

ON
THE

COAST

SPRING 2003 Reaching Out To People With Mental Illness

Courage to Come Back Awards Dinner 2003

—Gerald Haslam



Photo Courtesy of Dave Roelis

Deborra Hope, Global Television, Shirley Broadfoot, Courage To Come Back Chair, Blanche Anderson - Social/Economic Adversity Award Recipient, Jacqueline Pope - General Medicine Award Recipient, Jill Stainsby - Mental Health Award Recipient, Robb Dunfield - Physical Rehabilitation Award Recipient, Hardeep Bath - Youth Award Recipient, Joe Roberts - Chemical Dependency Award Recipient, Silken Laumann - Olympic Medallist & Co-Host, Darrell Burnham, Executive Director Coast Foundation

It's always a magical evening, filled with emotional electricity and a sense of anticipation. As the 649 members of the audience took their seats on April 24th, it began to be apparent that in this, the fifth year, the event has come of age, matured, settled down. Those who have attended before - about two-thirds of the crowd - know what to expect. They know they'll see old friends, even some they haven't seen since this same night last year.

They'll see past recipients of the Courage award, whose own stories were shared in past years under the blinding lights, and they'll remember them with pleasure and respect. They know they'll see this year's honored ones, in the filmed vignettes which tug at the heartstrings, and then in person, on that stage, accepting the award, speaking their thanks with simple eloquence.

This year, those who have been before noticed some things. They noticed Deborra Hope, now in her second time as co-host, relaxed and letting her impish charm shine through. And Silken too, now in year five like the event itself, still the consummate professional, still showing, more naturally perhaps, her humanity and compassion.

The food, the veterans said, was the best ever. The vignettes reached a new level of excellence in telling the stories. The awards program ran smoothly and ended at 9:32 pm, allowing even the busiest folk time for a snack and some talk in the foyer afterward before heading home.

Last year, some who attended said they were surprised that on this night, at a self-described fund-raising event, no one was asked for money, not directly at least. This year, that changed: a total of \$14,588 in cash and pledges were raised, in addition to the net proceeds from sponsorship and ticket revenue after all the bills are paid.

More than 200 audience members weren't old timers but newcomers to The Courage to Come Back Awards. Who knows what they'd heard about it in advance? What they saw, with the rest of us, was a magnificent, inspiring evening starring six remarkable people. The newcomers are strangers no longer; they are now part of the ever-expanding circle of friends of Coast.

Why? Because as one wise person put it, "You can't go to the Courage dinner and forget it; the impact and the memory stay with you and that's why you want to keep returning year after year."



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On January 19th, 2003 Wolf Schmitz received the Queen's Golden Jubilee Medal presented to him by Lorne Mayencourt, MLA Vancouver-Burrard. The medal is awarded to extraordinary citizens who contribute to their communities through devoted service and volunteerism.

Wolf has been with Coast since 1995 holding a variety of positions, from mental health worker, outreach worker and currently Coast Landscapes coordinator. We are very proud that our colleague and Coast staff has been recognized for his efforts. Congratulations Wolf! (and thanks for just being you).



Wolf Schmitz; Lorne Mayencourt



Presented by
Coast Hotels & Resorts
All proceeds raised go to the
Heart and Stroke Foundation
of B.C. & Yukon and the
Coast Mental Health Foundation

Thursday, June 19, 2003

Shotgun Start at 1:00 p.m.
 at the Westwood Plateau Golf & Country Club

We invite you to join us for a magnificent day of golf and great company in support of these two important charitable organizations.

Registration includes Green Fees, shared golf-cart, range balls prior to tee-off, on-cart boxed lunch & deluxe West Coast Buffet Dinner. The event dinner promises great prizes alongside of silent & live auctions.

Contact Mark Hope at 604-622-4484 or m.hope@coasthotels.com to register or get more info about the event.



THE
COURAGE
TO COME
BACK™

Coast is delighted to announce that The Courage To Come Back Awards was nominated for the Spirit of Vancouver Award in the Special Event category. This event is hosted by the Vancouver Board of Trade and is in their second year. While we weren't chosen as a finalist it was huge honor to have our event recognized and be included with the other nominees - much larger and more publicized events than our own. Congratulations!



Finding answers. For life.



Photo: Jon Murray, The Province



Jill Stainsby **MENTAL HEALTH**

There was mental illness in Jill's large family, resulting in what she describes as a "complicated" childhood. She moved out when she was 17 years old. Jill suffered her first psychotic episode at age 22.

Over the next 15 years, Jill was hospitalized for paranoid schizophrenia and she self-medicated with alcohol. During this time she often worked as a labourer and acquired a UBC degree.

In 1986 she underwent a thorough self-assessment and got sober. She then went back to school and received a Masters degree in 1991.

Jill soon began working and volunteering in the mental health field. She told her story and those of six other consumer / survivors in the landmark award-winning documentary "Within these Walls".

Today, Jill is a political activist and a feminist, employed as a Consumer Support Worker by the Vancouver Coastal Health Authority. She is currently studying toward a second Masters degree. Jill attends Quaker meetings and is active in the gay and lesbian social dance community in Vancouver, taking part in Square Dancing, Country & Western and Ballroom Dancing.

Photo: Darren Stone, For The Province



Blanche Anderson **SOCIAL/ECONOMIC ADVERSITY**

At the tender age of five, Blanche was placed in a residential school away from her home, the Sandy Lake Reserve west of Prince Albert, Saskatchewan. Her childhood years were spent in separation from her siblings, while the school subjected her to arbitrary punishment and denied her the use of her Cree language.

By age 16, Blanche left residential school to get married. She moved to Clearwater, BC, and had two children with her husband, an abusive alcoholic. In 1966, Blanche found the strength to leave him and moved to Kamloops, where she found work at the Tranquille Institution.

In 1971 she married again and had a daughter before the marriage ended in 1976. Blanche decided to continue her education and went to college for a health-worker certificate. When the Tranquille Institution closed in the mid 1980s, she moved with her daughter to Victoria and took pre-law courses until the money ran out. While working at the Glendale Institution, she achieved certification as a Mental Health Worker.

In 2002, Blanche retired. Today she volunteers as a mentor and friend to a person with special needs.

Photo: Wayne Leidenfrost, The Province



Jacqueline Pope **GENERAL MEDICINE**

Jacqueline has spent a lot of time in hospitals. She was born with a rare and serious genetic skin condition called epidermolysis bullosa, which attacks successive layers of skin with blistering and scarring, both within and on the surface of the body.

At the age of six, Jacqueline experienced her first of many surgeries. In the last five years alone, she has been hospitalized at least 10 times, with her most recent stay for 44 days

(ending this month) for the removal of cancerous cells.

Jacqueline refused to let her disability rule her life and secured a fashion design certificate at a community college. In addition to pursuing school, she has worked as a volunteer, helping others for more than 25 years. She is a prime mover at the White Rock-South Surrey Women's Place, a safe haven for women in need of advice and encouragement. Eight years ago she started the Disabled Women's Support Group, which meets weekly to assist those who need it. The B.C. Paraplegic Association has also recognized Jacqueline for her valuable contributions to the community.

"I like helping people," she says simply.

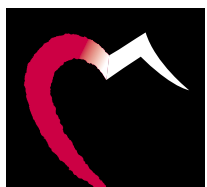
5TH ANNUAL COURAGE

THANK-YOU

Thank you to all who made The Courage To Come Back 2003 a great success. We wish a Special Thanks to all 175 nominees from all over British Columbia for sharing your amazing stories. On April 24th, we celebrated and presented our 2003 Courage Recipients their awards at a gala event at the Westin Bayshore.



COAST

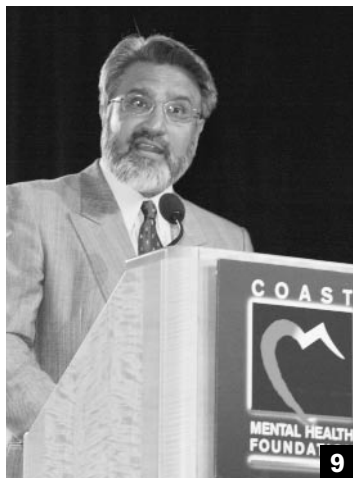


MENTAL HEALTH
FOUNDATION

THE
COURAGE
TO COME
BACK™

- 1 Deborra Hope, Joe Roberts & John Ridley (Director of Promotion, Community Relations Manager, Global Television)
- 2 Hardeep Bath & Lorne Mayencourt (MLA Vancouver-Burrard)
- 3 Shelley Mullins (Governor Coast Mental Health Foundation) and Jill Stainsby
- 4 Deborra Hope, Angela Seeger (Blanche's daughter and nominator), Blanche Anderson and Silken Laumann
- 5 Deborra Hope, Hardeep Bath & Bev Voice (Senior Vice-President, BC & Yukon Region, Scotiabank)
- 6 Silken Laumann, Robb Dunfield & Chris Carty (Executive Vice-President Corporate Strategy & Chief Marketing Officer, TELUS)
- 7 Tracey Schonfeld (Coast Mental Health Resource Centre), Penny Keene (2001 Mental Health Award Recipient) and guest

TO COME BACK AWARDS



8 Coast Mental Health Foundation Board of Governors, Kevin Evans (Vice President, Retail Council of Canada), Shirley Broadfoot (Chair, Courage To Come Back Awards), Gerald Haslam (Media Chair, Courage To Come Back Awards), Shelley Mullins, Stephen Edgar (Chair), Don Leier (Managing Director-North America, Compton International Fundraising). Governor absent: Franco Anglesio (President & CEO Coast Hotels & Resorts)

9 Dr. Gulzar Cheema, Minister of State for Mental Health

10 Silken Laumann, Jacqueline Pope, Lawrence Pillon (Director of Government & Public Affairs, Weyerhaeuser Company Ltd.) & RCMP Honour Guard, Division "E"

11 Keith Morgan (Columnist & Section Editor, The Province)

12 Silken Laumann, Lorne Kimber (1999 General Medicine Award Recipient) & Deborra Hope

2003 PARTNERS

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Global TV

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The Province

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MEDIA:

Fairchild Media Group
TV Week Magazine



Photos Courtesy of Dave Roels



Joe Roberts **CHEMICAL DEPENDENCY**

Joe's struggle with drugs started when he was only nine years old and living in Ontario. Before long he was using alcohol, marijuana, LSD and cocaine. By the time he was 16, he was into intravenous drug use. He was "an angry young man," he says now, with low self-esteem and family problems.

In 1986 he moved to Vancouver and became "a weekend junkie, hustling" and doing transient labour. Soon, he was sleeping under the Georgia Viaduct. It wasn't until early 1991 that he finally hit rock bottom when using morphine in lieu of heroin.

Joe took a giant step forward and got clean. He has been clean ever since.

Determined to get on with his life, Joe earned two sales and marketing diplomas in Ontario before moving back to Vancouver in 1996, where he worked successfully in sales. By 1998, he and a partner founded Mindware Design Communications.

Today, in addition to being a successful business owner, Joe is a professional speaker and has written a book, "The Seven Secrets to Profit from Adversity". His presentation, "Don't Buy the Lie about Getting High," has been delivered to thousands of BC students.

"Everyday is a gift," says Joe; "every minute has to count."



Photo: Nick Procyko, The Province

Robb Dunfield **PHYSICAL REHABILITATION**

In 1978, the world as Robb knew it came to a sudden stop. This accomplished athlete suffered massive spinal cord injuries in a fall, which left him a ventilator-dependent quadriplegic at the age of 19, able to move his neck muscles and nothing else.

Stuck in an institution, Robb was very angry at his fate. After accepting his new life, he took on the challenge of once again living a full life. He started by learning basic functions and learning mouth-painting skills. He soon honed his skills as a public speaker and then organized the first independent group home for quadriplegics.

In 1992 Robb married Sarah Andermatt, and together they decided to raise a family. In 1997, against long

odds, they had twins. Today Emma and Sophia are bright and boisterous pre-schoolers.

Robb's skill with the paintbrush served him well. He has sold a number of his paintings and has created labels that have appeared on millions of bottles of wine. He has donated a number of his works to The Variety Club, B.C. Paraplegic Association and several other good causes. In addition, his program of presentation for schools, "Above and Beyond", is in its fourth year.

Today, Robb works full-time as a program coordinator for the Rick Hansen Man in Motion Foundation, seeking to improve the lives of people with spinal-cord injuries.



Photo: Ric Ernst, The Province

Hardeep Bath **YOUTH**

Since birth, Hardeep has faced life without her spleen, a vital organ that acts as the main filter against disease-causing bugs in the body's blood system. For the rest of her life, Hardeep will contend with a severely weakened immune system and will face a variety of health challenges.

The full implication of Hardeep's missing spleen came when she was nine months old and bacteria attacked her body. She lost both her hands and parts of each foot to amputation. By age two, Hardeep suffered another loss – the death of her father.

As the school years quickly came upon her, Hardeep's family treated her like a typical kid. With

their support, she overcame her disabilities by working through and around them. All the while she maintained her wide and ready smile, radiating optimism. In fact, she relies on herself more than on artificial aids. "I'm living a regular life," she said. "I don't let things bother me."

Hardeep will graduate from Gladstone Secondary School this year and hopes to become a professional in the child-care field. She already has lots of experience, as she volunteers with kids in daycare and helps fellow students with and without disabilities. She has also attended several of the War Amps seminars for child amputees.

Dual Diagnosis Training & Support

Coast has been fortunate in becoming one of the leaders of mental health groups to train its staff in understanding addiction. Coast has surveyed its staff and is providing in-service training. The program is designed to teach staff to help people consider that they might have a problem, be helpful to people who want off drugs or alcohol, work with addiction services and include getting clean and sober as part of their care plan.

Coast has begun purchasing resource mate-

rials such as videos on different aspects of addiction and mental illness. In May, a dozen Coast staff members will attend the 11th Annual David Berman Memorial Co-Occurring Disorders Conference in Vancouver that deals with Dual Diagnosis.

In May Coast will start training sessions one afternoon a week for ten weeks. And finally, Coast has established an advisory committee whose members come from both the clinical and community programs area.

Coast Friends Match Anonymous Donor Challenge

Thank you to friends of Coast who helped us raise \$101,651 needed as part of the Anonymous Donor Project. Donors included VanCity Credit Union, The Bilby Foundation, First Baptist Foundation, St. Mary's Anglican Church in Kerrisdale and a few other friends.

The Anonymous Donor gave us \$331,607 for 2002/2003 and will give us another \$229,956 for this fiscal year because of our generous supporters. Before March 31, 2004 Coast needs to raise another \$153,302 for match.

The programs that are funded are:

1. *Dual Diagnosis Training and Support*
2. *Family Support Outreach*
3. *Job Development*
4. *Coast Landscapes*
5. *Outreach Program*
6. *Psychosocial Rehabilitation Programs*
7. *Transitional Housing Programs.*



Changing Lives Coast Community Tour

Please join us at Coast Foundation for an informative look at how Coast helps those who are often forgotten – people with a mental illness.

The “**Changing Lives, Coast Community Tour**” is a way for you to discover the simple, pragmatic and practical way that Coast works with people with a mental illness to find hope, housing, professional support and support from their peers in a community of healing. You will not be asked for money. This is not a fundraiser.

Coast offers a 1 hour information session, tour and light lunch from 12:00 to 1:00 at the Coast Mental Health Resource Centre – 1225 Seymour St (at Davie).

Changing Lives Tour

- Tuesday May 20th @ 12:00 • Tuesday June 3rd @ 12:00
- Tuesday June 17th @ 12:00 • Wednesday July 16th @ 12:00
- Wednesday August 13th @ 12:00 • Tuesday September 16th @ 12:00

RSVP Sharlene Hertz • 604-872-3502 ext: 226
sharlene@coastfoundation.com • 1225 Seymour Street

April 25, 2003

Dear Mr. D. Burnham & Mrs. S. Broadfoot,

I would like to express my heart-felt appreciation for the privilege of attending the 2003 Courage to Come Back Awards presentation.

It was so inspiring and moving! It was not only for us who are members of the mental health consumer society to be encouraged to take determined steps for recovery and establishing a meaningful and useful life, but also for people who are outside of our community to realize the tremendous roles they can play in reaching out and helping the mentally ill.

I cannot imagine how much hard work and preparations went into this event. Thank-you so much!

During the presentation I couldn't help tears coming to my eyes. As two young girls from a Coast apartment at our table kept wiping their eyes so much, someone offered those Kleenexes.

While we were getting ready to go home, a friend said, "I feel so ashamed of myself for complaining often! Compared with those Award winners, I'm so fortunate. I have nothing to complain about." It was the exact sentiment I felt. Everyone else who was present felt the same way I am sure. One of the staff mentioned, "I won't be able to sleep for a long time tonight as I think back on what I just witnessed."

Although my lot is so much easier and lighter, I'm compelled to follow the 2003 Awards winners' footsteps of conquering setbacks, climbing higher and higher, achieving, still achieving without complaints but with cheerfulness and resolutions.

May God continue to guide, protect and bless the wonderful awards winners richly, and may he help each one of us to arrive at the high goal he set's in his strength.

With many thanks,

Heart-felt Consumer

P.S. I would like to thank you for the beautifully set table and the delicious dinner.

HELP US SAVE MONEY!

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Please be sure to include the applicable email address for email receipt.

Our Policy: Coast does not sell or rent its distribution lists.

JOBS JOBS JOBS!

One of the biggest challenges faced by the Job Developer is finding placements for people with mental illness. More people seek employment than there are jobs available. Each member is job ready. They have participated in a Transitional Employment Program where they work for six months in a tempo-

rary placement. They have been described by transitional employment programs employers as motivated and reliable. People are available to work from four to 40 hours a week. If you can hire one of our employment program participants, contact Marcia at 604-872-3502 ext. 289.