

ON
THE

COAST

SPRING 2005 Coast Promotes Recovery of Persons With Mental Illness

Open Spaces

by Darrell Burnham, Executive Director Report

On the Coast is published by Coast Foundation Society (1974) whose mission is to promote recovery of persons with a mental illness.

On Wednesday April 13th, Coast held its Fourth Annual Open Spaces event at Heritage Hall on Main Street. Nearly 100 staff, clients, family members and representatives from both Boards participated working in groups looking at questions as varied as:

1. What kind of building could/should be built on the parking lot at our Kingsway and East 11th Avenue offices? (Supported housing units, research centre, social enterprise offices, retail stores?)
2. How can we better engage families of people who use Coast services?
3. What is a Centre of Excellence? Should Coast proceed with developing one and, if so, how?
4. How can Coast improve client access to clinical counseling?
5. How can Coast improve member's access to more skilled jobs that are higher paying?

It was an impressive session with participants from all areas of Coast working together to answer the question assigned their group and identify potential strategies.

Our next task is to summarize the immense number of suggestions and prepare a report for the Coast Foundation Society Board of Directors. They will meet in May to organize the follow-up work.

Many thanks to Andrea Keen, Executive Assistant, for all the arrangements; to Coast Catering for the wonderful food; and to all the volunteers and facilitators for their participation.

Open Spaces is one of many ways that Coast consults our community and members to improve services and meet unaddressed needs. Coast also has external advisory committees that offer support and counsel to the agency, including the Financial Trust Program, an Employment Advisory Committee, Coast Mental Health Foundation, The Courage To Come Back Advisory Committee, and others.

Coast Foundation Society has six client-members on the 18-person Board of Directors. The Planning and Partnership board sub-committee is comprised of clients, staff, management, and Board members. Plus, each service program and housing facility has a program or residents council.



COAST

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"Getting" Courage

by Gerald Haslam

Either you get it or you don't - Courage, that is. If stories of heroic individuals who have faced calamity, struggled to overcome it and gone on to inspire others have an intrinsic value to you, you get it. If such stories sail past, leaving you oblivious, you don't.

Clearly, the number of those who get it is going up. Not just because

the audience at the Hyatt on April 28th was the biggest ever, or because more sponsors contributed more money than ever before, but because, through our media partners and other outlets, more British Columbians were exposed to the six recipients than has ever previously been the case.

The recipients themselves clearly get it. Each one spoke

Continued on page 2

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COAST



MENTAL HEALTH
FOUNDATION

THE
COURAGE
TO COME
BACK™

2005 RECIPIENTS

Emily White
Youth

Lora Johnston-Corbett
Chemical Dependency

Halldor Bjarnason
*Inspirational
Achievement*

Donald Fraser
Mental Health

Melanie Carlbeck
General Medicine

Johanna Johnson
Physical Rehabilitation

To read recipient
stories go to
www.coastfoundation.com

with self-effacing dignity, well comprehending that while they might not see themselves as being courageous, but accept the accolades bestowed upon them and accept that the examples of their life's battles and achievements stand as beacons for countless people who are engaging in their own journeys.

Silken Laumann gets it. She lived it, back in 1992, before and during the Barcelona Olympics; she's been living it ever since, an incomparable Canadian hero.

Deborra Hope gets it. She can be coolly professional, as she was on March 30th at Global Television, conducting recipient interviews. But she can laugh at herself on stage and shed a few tears to threaten her mascara. You sense these Courage people are a lot more to her than just another news story.

Peter Legge gets it. The legendary motivational speaker was able to be present for the first time. If everyone was delighted by the \$70,000 raised in the room in 2004, imagine the joy after Peter completed his efforts this year. After the last award was presented, the total stood at \$80,520. Not good enough, said he. Within minutes, thanks to a group of generous folk, the total raised for Coast's downtown Resource Centre rose to a remarkable \$102,000.

Shirley Broadfoot surely gets it. For more than eight years she has pursued the dream of making British Columbia's Courage To Come Back a stunning success. Now, stepping down as Chair, she has seen her dream come true, seen a modest and warm awards program morph into the province's premiere community event.

And Lorne Segal gets it, too. From his first contact with Courage just four years ago, he grasped how powerful the inspiration of these stories could be. He threw himself into helping the awards program with his considerable energy and, just a day before the 2005 dinner, agreed to succeed Shirley Broadfoot as Chair.

Now one can guess that the amount of money raised will continue to grow, that the list of supporters will continue to increase. What will not - cannot - change is the enduring role of the most important people of all, those ordinary British Columbians whose stories of Courage are the beginning and end of this great event.

7TH ANNUAL COURAGE



TO COME BACK AWARDS



2



4



6



8

Photography by Dave Roels

THANK YOU

Thank you to all who made The Courage To Come Back 2005 a great success. We extend a special thanks to all 112 nominees from all over British Columbia for sharing your amazing stories. On April 28th, we celebrated and presented our 2005 Courage Recipients their awards at a gala event at the Hyatt Regency Hotel.

- 1 Bev Voice, Scotiabank; Emily White, Recipient
- 2 Peter Legge, President & CEO Canada Wide Magazines & Communications Ltd.
- 3 Deborra Hope, Global TV; Halldor Bjarnason, Recipient; Shayne Ramsay, BC Housing
- 4 Silken Laumann, Courage Honorary Chair; Melanie Carlbeck, Recipient; Ted Woodrow, Great-West Life
- 5 Silken Laumann; Don Fraser, Recipient; David A. Larsen, Weyerhaeuser Company Ltd.
- 6 Deborra Hope; Lora Johnston-Corbett, Recipient
- 7 Lorne Segal, Incoming Courage Chair; Shirley Broadfoot, Courage Founding Chair
- 8 Silken Laumann; Johanna Johnson, Recipient; Fergus Denhamer, TELUS

2005 PARTNERS

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Scotiabank
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TELUS
Great-West Life

GOLD COMMUNITY

BC Housing

GOLD MEDIA

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SILVER COMMUNITY

Providence Health Care
The HYDRECS Fund
Provincial Health Services Authority
Vancouver Coastal Health

BRONZE CORPORATE

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Finning International Inc.
KPMG

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Pacific Blue Cross
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The Hyatt Regency
Vancouver



Coast Helping To Train Victim Services Workers



Pictured in Kelowna are from left to right are: Ross Taylor; Renay Bajkay; Laurie Hearty, *Provincial Victim Services Training Coordinator* and Rudy Small.

Already over 100 Victim Services and Community Programs Workers from the Ministry of Public Safety and the Solicitor General have participated in the one-day **Demystifying Mental Illness** workshops.

the workshops discussions included medication management, accessing community resources, establishing boundaries and consistency for agencies to deliver effective services as well as dealing with the stigma related to mental illness.

Much discussion involved specific examples and strategies for problem solving and dealing with clinical issues brought forward by the participants. Each day at least one person with a mental illness shared their personal experience and answered questions from workshop participants.

Coast has been contracted to present information and practical suggestions for Victim Services' Workers to help their clients with thought, mood, and personality and concurrent disorders. Participants in the sessions work with victims of crime who often battle with mental illness and/or addiction.

Sessions included workshops on schizophrenia, bipolar disorder, anxiety disorders, various types of personality disorders and addiction. During

The Coast group includes Renay Bajkay who is the Community Homes' Team Leader and is the Manager for Crossroads Home. **The Crossroads program was identified as a best practice model by the Evaluating Team from the Canadian Council on Health Services Accreditation.** The program serves young adult women with a major mental illness, including personality disorders, to develop skills for independent living. Renay is a Psychiatric Nurse and has worked in mental health for 16 years.

Rudy Small is the Community Homes Manager at Ananda House and is mentoring a new manager at Chester House and Shaw Place. Before Coast he was most recently the Manager of Health Services Program Delivery at BC Housing and worked throughout the province. Rudy also worked for many years at Riverview. **In 2002 he received the Award of Excellence in Psychiatric Nursing** from the College of Registered Psychiatric Nurses of BC. Rudy has worked in mental health for 30 years.

Ross Taylor, Resource Development Associate from Coast Mental Health Foundation, participates by sharing his personal experience as a person with a concurrent disorder.

The group has one more session to complete in Vancouver but has already presented in Nanaimo, Abbotsford, Prince George, Kelowna and Cranbrook.

If you are interested in having Coast staff present workshops and share technical and practical knowledge about recovery for mental health and/or addiction, please call Heather Edgar 604-675-2323. Coast has experts in a variety of fields for presentations, as well as members willing to participate in panels or workshops to share their personal experience as people in recovery from mental illness and/or addiction.

Don't Miss...

The Coast Mental Health Resource Centre's inaugural Art Show running May 26th - June 2nd. We hope you can join us for the opening reception on May 26th from 6 - 9 pm at 1225 Seymour Street. The show features mixed media, painting, drawing, sculpture, photography, poetry and performance art. RSVP artshow@CoastFoundation.com or call 604.675.2319. Refreshments will be served by Coast Catering.





From left to right for Landscapes photo: Peter Schwizgebel, *Coast Landscapes Business Manager*; Alex Reid, *Crew Leader*; Jack Beatty, *Clubhouse Manager*; Dr. Don Rix, *BC Technology Social Venture Partners*, Heather Edgar, *Coast Associate Executive Director*, Bruce Lounds, *BCT SVP*, Kathleen Speakman, *BCT SVP Executive Director*, Ed Levy, *BCT SVP*, kneeling - Wolf Schmitz, *Landscapes Coordinator*.



Welcome to Coast Landscapes

Coast is very pleased to welcome **Peter Schwizgebel** as the new Business Manager for Coast Landscapes. Peter will be responsible for the ambitious goals established in the business plan for 2005/06 and to guide the transition of this venture into a separate incorporated business entity owned by the Coast Foundation.

Coast has been ably assisted in this phase by Ed Levy and the contribution of time from Bruce Lounds from BC Technology Social Venture Partners (BCT SVP). (www.bctsvp.com) BCT SVP is 70 high technology business leaders & their families, who go beyond the cheque by contributing not only their money but also their time to help strengthen non-profit organizations.

The goal of this phase of development is to move to self-sustainability requiring no government or private money. Peter operated his own landscaping business since 2001 and hired a number of Coast members to work full-time in his business. Of his Coast member employees who worked for him, Peter says *"These guys worked so hard and were some of my best employees."*

Prior to 2001, Peter worked for a manufacturing business as Production Manager, Project Manager and implemented safety and environmental management systems. In addition to his small business and project management skills, he has experience in Worker's Compensation Board due diligence, quality control, property management and a

landscaping diploma. This position has been privately funded through BC Technology Social Venture Partners (directed donation by Dr. Don Rix) and a gift from the David and Dorothy Lam Foundation.

Now in its third year, Coast Landscapes offers custom landscaping, lawn maintenance services, power washing and landscape design, quality work, competitive prices and jobs for people recovering from a mental illness.

Homes, stratas, businesses and others wanting a free estimate for your landscaping and property management needs, please call Peter Schwizgebel at 604-675-2348 or email peters-@coastfoundation.com. References available.

Sewing with Heart

Need a reusable durable nylon bag?
Sewing with Heart produces fine quality nylon bags made by Coast members. Perfect for shopping, taking your lunch to work, carrying books or using as gift bags – the Market or Tote Bags and Gift or Bottle Bags are reasonably priced.

For more info contact Sewing With Heart, 604-675-2352 or kathya@coastfoundation.com. Products can be viewed at Coast, 295 E 11th Ave (near Kingsway & Broadway) 9 am to 4:30 pm Monday to Thursday & Friday until 6:30 pm.



Coast Funding Needs for 2005/06

Coast Mental Health Foundation supports community mental health programs.

Coast's goal is to increase assistance for programs that provide supported housing, employment and community service centers to those in need and that help mental health consumers achieve practical goals. Coast's first responsibility is to build and sustain the resources needed to ensure universal access to these vital programs in our communities.

For this year Coast's focus is raising funds for the Coast Mental Health Resource Centre. Our goal is to have this vital community centre open seven days a week and have the ability to offer a wide range of services.

We hope that you can be a part of the solution in creating a caring community for individuals with mental illness, many of whom are seriously disadvantaged and vulnerable.

Your generous investment will help these individuals turn their lives around to have a meaningful life and become valuable citizens.

You are invited to inquire further about these priorities and how you can assist Coast offer jobs, housing, basic services and community rehabilitation and education.

In addition to the funding below, Vancouver Coastal Health provides \$688,872 for the operation of the Mental Health Resource Centre.

Coast would like to thank **BC Gaming** (\$100,000), an **Anonymous Donor** (\$ 61,868), **BC Technology Social Venture Partners (through a directed donation from Dr. Don Rix)** (\$30,000), **The David and Dorothy Lam Foundation** (\$25,000), **Vancouver Coastal Health** (\$21,926), **Our Lady of the Prairies Foundation** (\$15,000) and **Face the World Foundation** (\$10,000) for their **total support of \$263,794** towards needs identified for 2005 including:

PROJECTS
Maintain six-day service at Mental Health Resource Centre
Expand daily hours of operation during six days and open Mental Health Resource Centre seven days a week
Develop special Supported Independent Living units to house 20 most at-risk individuals
Conduct impact-analysis research of Centre's impact on health care services
Clean Start – client support and staff training to educate and support individuals with mental illness about how to deal with addiction
Employment Development, Job Coaching and Sewing with Heart Co-op
Business Manager & equipment for Coast Landscapes
Outreach Worker to provide one-to-one support for homeless and individuals at risk
One-to-one peer support and programs run by members to help in rehabilitation and moving members to more independent housing
Volunteer Coordinator and program
Centre of Excellence project development funds

Funding

Coast Foundation Society is funded by *Vancouver Coastal Health, Provincial Health Services Association, BC Ministry of Health, BC Ministry of Human Resources, BC Housing Management Commission, Human Resources Social Development Canada, Canada Mortgage and Housing Corporation, City of Vancouver, Coast Mental Health Foundation* and by donations from *generous individuals, families, foundations and corporations.*

Coast Foundation Society

Board Approves Strategic Plan

Today more than ever, non-profits need to carefully use the resources made available from public, private and non-profit funders to best meet the needs of their clients and intentionally manage growth.

Coast's first strategic plan was developed in the year 2000 to identify the needs of people with a mental illness and develop programs and services to meet those needs. Since then:

- The number of people served in housing units has increased from 400 to over 550 (25%).
- Demand for services at the Resource Centre has increased by 400%.
- Employment programs have grown to include more competitive job placement, supported employment and a more focused pre-employment program at the Clubhouse.
- Coast has created jobs through social enterprises such as Coast Landscapes, Sewing with Heart and Coast Catering.

Therefore, Coast's operating expenses have increased from \$9 million to \$13 million in just one year and staffing levels have increased by 25% to support the dramatic growth in services.

In 2005 Coast approved a strategic plan to better meet the needs of the people we serve and help those without proper supports.

To view the full strategic plan, visit our website at www.coastfoundation.com. We welcome your feedback and assistance in helping us better offer opportunities for people recovering from mental illness. The key elements of the plan and the values that our organization are built on include:

Mission Statement: Coast promotes recovery of persons with mental illness.

VISION ELEMENTS

- Public awareness of positive achievements of persons with mental illness
- Understanding of nature of recovery
- Fewer people homeless & more in appropriate housing
- Fewer in isolation – more participating as a citizen, a volunteer, a worker

STRATEGIC THEMES & INITIATIVES

Responding to the Need

- Increase housing units by 10% per year
- Increase job opportunities by 10% a year
- Clean Start - deliver addiction support to people with mental illness
- Mental Health Resource Centre – secure funding for 7-day expanded operations

Engaging the Public

- Volunteer Program – fund staff position and increase volunteer involvement
- Communications Plan – communicate needs of Coast clients, how those needs can be met & the effectiveness of community mental health services

Pursuing Excellence

- Complete second successful Canadian Council of Health Services Accreditation review in 2006
- Develop Centre of Excellence – explore research opportunities and document best practices

Building & Reinforcing our Foundation

- Infrastructure Development – quality control, internal communications
- Information Management – new client record system & staff training
- Human Resources – develop long term HR plan, training, recruitment

COAST'S VALUES

Values related to people of Coast

- Health - mental, physical, spiritual and emotional
- Recovery - an individual journey
- Respect - diversity, uniqueness and interdependence

Values related to the services

Coast deliver

- Creativity and Innovation - an entrepreneurial spirit
- In Stewardship – effective use natural, human and financial resources
- Person-centered – individualized plans and choice
- Excellence - accountability, outcomes, service & cost performance

For more information on helping us achieve our strategic objectives, contact Darrell Burnham 604-872-3502.

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.

Become a member of the Coast Foundation Society Board

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.

C O A S T



MENTAL HEALTH
FOUNDATION

Changing Lives The Coast Community Tour

Date: 3rd Tuesday of the month

2005: May 17, June 21, July 19,
Aug 16, 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
• of misdiagnosed, undiagnosed and
• untreated 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