



COAST PROMOTES RECOVERY OF PERSONS WITH MENTAL ILLNESS

Do you have a future? Is it clear or murky? Will you have enough to eat, a place to live or a job? Will your family, friends and co-workers stay in your life? If you become sick, will you recover?

Do you have the hope needed to face today and plan for tomorrow?

Coast has learned in its 35 years that hope is essential for people to begin and continue on the road to recovery from mental illness.

Coast has seen clients move from unemployment, homelessness, being hungry and alone, to finding jobs, housing, food and a community of people who care.

Through Coast people see that however despairing their life is and how dark the future seems to be there is an opportunity to recover.

Members meet others who have learned how to live with a mental illness which gives them hope that they too can recover.

Since 1972, Coast has seen thousands recover from mental illness and many more are on their way.

Coast's services promote recovery from mental illness.

Housing, jobs, rehabilitation plans, staff and peer supports, a place to belong, food, clothing, fun, education, addiction programs and other effective community mental health services reach thousands of people each year.

Hope is the anchor for a future and believing that people can recover.

Coast Mental Health Programs

1. Supported Housing (started 1974)

- Coast provides supported housing to over 700 people. By 2011 this number will increase to over 1000
- Housing supports vary depending on the needs of tenants to ensure housing is offered through a range of supports
- All units have rent subsidy or rent geared to income

2. Community Homes (started 1981)

- Supports people who need a structured and supervised setting
- Coast has 12 licensed care facilities providing 24-hour 7 days a week service for 113 individuals and one facility with 16 hour a day 7 days a week service for eight residents
- Residents develop individual goals and are encouraged to develop life skills with a move to increasing independence



3. Clubhouse (started 1972)

- Provides volunteer and employment opportunities
- Clubhouse helps members to discover, develop and apply their capabilities
- Helps members reach goals in employment, self-development and community involvement
- The Clubhouse has Transitional Employment Positions and Supported Employment Positions

- Link to employment openings in Coast Social Enterprise Foundation including landscaping, sewing and catering

4. PACT Employment Services (started 1982)

- Provides specialized training and support programs for individuals to acquire skills, find employment, education, and/or training for people looking for more than 20 hours of work a week
- Provides competitive job search programs so that people with a mental illness who are in recovery, can receive fair market compensation for their skills and experience



Photo courtesy of Dave Roels

5. Coast Mental Health Resource Centre (started 1993)

- Since 2000, the new Centre membership has grown from 500 to over 2,500
- In the downtown area, provides basic services such as meals, showers, clothing, laundry and others
- Offers opportunities to learn basic living skills, social activities, wellness programs, addiction recovery supports, volunteer opportunities, links to housing, other agencies and employment programs

6. Financial Trust Program (started 1999)

- Serves people with a mental illness that have Persons with Disability (PWD) status with the BC Ministry of Income and Employment Assistance
- Individuals who receive a lump sum of money (inheritance or settlement) or their families can place these assets in a trust and name person with PWD status as the beneficiary
- Allows individuals to keep their PWD payments and benefits and receive income from their trust for disability related reasons
- Over 300 clients

7. Coast Cottages (started 2003)

- Serves 41 residents who are clients of forensics
- 24/7 care in cottages located on grounds of Riverview Hospital
- Transitional housing program to assist people move to more independent living
- Cottage Training Apartment (CTAP) to give residents the opportunity to experience independent living on a short term, trial basis

8. Coast Social Enterprise Foundation (started 2005)

- Formed to oversee "businesses" owned by Coast which provide jobs to people with a mental illness
- Landscaping with Heart is a business which is self sustaining through customer revenue



Just Imagine

Imagine a world where saying "I have schizophrenia" can be said as openly as "I have diabetes".

Imagine a world where parents could freely share with neighbours that their son was in the hospital psychiatric ward as they would if their son was in the hospital cancer ward.

Imagine a world where employers and colleagues supported workers who have had a breakdown as they would someone who had been in a car accident.

Imagine a world where landlords and other tenants would welcome a neighbour who had a psychiatric disability as they would someone in a wheelchair or with a guide dog.

Imagine a world that made mental health research, treatment and community supports a priority for society.

Imagine a world where people have the hope to ask for treatment and support to recover from mental illness.



Coast Mental Health

For thirty-five years Coast Mental Health has been and is striving to make this world a reality for the people we serve who have a mental illness.

Everyday Coast works with people to promote recovery and to help people take steps to better mental health. Unfortunately thousands remain untreated, homeless or addicted to drugs or alcohol - without the knowledge or the hope that they can recover.

Coast is dedicated to work towards a world where a mental illness diagnosis is not covered in a cloak of shame. Coast is creatively responding to the needs of people who struggle with mental illness.

In 2001, Coast, created a separate department, Coast Mental Health Foundation, to raise funds to improve and change how society views and treats people with mental health concerns. In 2008, Coast is undertaking a strategic planning process called What's Next for Coast?

Pursuing Quality

Coast's purpose is to promote recovery through excellent services to persons with mental illness. We take our responsibility as a leader in the mental health field seriously. Our rigorous processes are dedicated to and ultimately measured by clients' achievements. Our objective is to be responsive to stakeholder needs and requirements, exceed expectations and continually set the field benchmark for innovative quality services and products. The foundation of Coast's success is our employees. Their commitment to continuous improvement provides a basis for achieving our quality objectives.

Mission Statement

Coast promotes recovery of persons with mental illness

Vision Statement

"A society where possibilities become reality"

Funding

Coast is supported by donations from generous individuals, families, foundations and corporations who give through the Coast Mental Health Foundation or directly to Coast Mental Health. To make a donation online visit www.coastmentalhealth.com or call the Foundation at 604-675-2317.

Coast Mental Health receives ongoing grants from Vancouver Coastal Health; Provincial Health Services Authority; BC Ministry of Health ; BC Ministry of Income and Employment Assistance; BC Housing Management Commission; Services Canada; Canada Mortgage and Housing Corporation and the City of Vancouver.

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Coast offers tours each month to people interested in learning more about our work.



Coast's Programs & Philosophy

Psychosocial Rehabilitation

Coast provides practical community mental health services. Clients and staff work together to develop an individual plan with specific goals of recovery. The rehabilitation and recovery process reinforces hope, optimism, and a genuine belief that clients can take responsibility for their own growth and recovery from mental illness. This philosophy is called Psychosocial Rehabilitation (PSR).

The foundations of PSR are:

- The full human potential of each client is emphasized
- Care is approached on an individual basis rather than on "the diagnosis"
- Quick intervention techniques are used when warning signs of a relapse or crisis are observed
- Education and involvement of family members are used in support of clients
- Clients are encouraged to gain skills that will create greater independence
- Moving toward gainful employment or other meaningful activity is a theme of the rehabilitation process
- Emphasis on skill building, social support and the expectation of recovery

What is Mental Illness?

A mental illness is a malfunction of thoughts, emotions or behaviours that impair a person's ability to function in relationships, daily life skills and at work. Mental illness is not a developmental disability - it is not defined by limited intelligence.

Mental illness is a disease just like cancer, diabetes or heart disease. The most common mental illnesses are schizophrenia, major clinical depression, bipolar (manic-depressive), anxiety disorders, chemical dependency or abuse and personality disorders. All of these illnesses and others can be treated with up to 80% realizing some sort of recovery and function. Unfortunately, 75% of people with a mental illness never seek help because of a lack of knowledge, prejudice or shame.

How many people have a mental illness?

You or someone you know may have a mental illness. Various studies show that one in five Canadians will experience a mental health problem at some point in their lives. In Canada, there are one million people who have a serious and persistent mental illness and require more services to get better.

Coast Mental Health Foundation

Coast Mental Health Foundation exists to make better mental health possible by raising money for Coast Mental Health. It supports community mental health programs that improve the lives of people with serious mental illness including supported housing, employment programs and community services that help individuals achieve practical goals. Coast's first responsibility is to build and sustain the resources needed to ensure universal access to these vital community mental health services.

To make a donation you can visit Coast's website at www.coastmentalhealth.com.

Coast Mental Health Foundation Proudly Hosts...



...The Courage To Come Back Awards Program, which honours individuals around the province of British Columbia who have courageously battled serious physical, mental and personal challenges.

British Columbians are invited to nominate people who have demonstrated courage in overcoming adversity, injury or illness. Nominations are received in six categories: Mental Health; Physical Rehabilitation; Medical; Addiction; Social Adversity and Youth.

The names of the recipients are released in advance of the awards evening in features on Global Television and in The Province. It culminates with a very special awards dinner each year.

The hope of recovery is fundamental in the journey to wellness. Through *The Courage To Come Back Awards*, Coast and its partners honour individuals who demonstrate that whatever a person may face they have the capacity to recover or "come back". Through these awards Coast promotes that recovery is possible and that it is worth struggling for. Coast believes it is important for the community to understand the character of these remarkable people and help reduce any stigma or misunderstandings that come with these challenges.

"Courage is like love, it must have hope for nourishment." – Napoleon Bonaparte