



**EMBARGOED UNTIL 4:00AM
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**Coast Mental Health Announces
Third 2009 Courage To Come Back Award Recipient
JESSICA BRIMACOMBE named as recipient in YOUTH category**

*VANCOUVER, B.C. April 6, 2009 – Coast Mental Health announced the third of six award recipients of a 2009 Courage To Come Back Award. **Jessica Brimacombe of Langley** has been named as the 2009 Courage To Come Back Award recipient in the Youth category. Recipients in the remaining three categories will be announced weekly leading up to the awards gala on Thursday, April 30th.*

Jessica Brimacombe is an honours student. She has a large circle of friends, is an active volunteer in a number of causes in her community, plans to open an art therapy counselling practice to help children, weight trains three times a week, and takes part in Sun Runs. She is a teenaged girl with a zest for life, a kind heart, loving and supportive parents, and big plans for the future. Not exactly someone you'd picture as having undergone 30 operations since birth, with more to come. This remarkable young lady is Coast Mental Health's 2009 Courage To Come Back Award recipient in the Youth category.

Jessica was born with Crouzon Syndrome, a genetic disorder of bones in the mid-face and skull. Her first surgery took place when she was only 7 weeks old, and in her short life has had more than two dozen additional operations and recoveries involving many hours of physical rehabilitation. In addition, Jessica has scoliosis and has had two major surgeries on her spine, and has had a stroke which has left her with slight paralysis on her right side. At various times in her life she has used a wheelchair, a walker, and a cane. She has spent many hours in hospital, in bed and in rehab when she was supposed to be attending school but still maintains a more than 95% average in her classes. She has missed literally months of classroom time, yet has never asked for a reduced workload or modified lessons because she wants to graduate with the same standards as any other student.

She does not spend all of her time studying, however. Jessica also volunteers an enormous number of hours per year to help others, including education projects in Africa, fundraising on her grad council, helping grade 2 students learn to read, tutoring a local grade 4 student, planning and working at talent shows. During the summers she volunteers at various kids' camps and programs.

Jessica's attitude is what most impacts her peers, teachers, family and friends. They say she is responsible, organized, accountable; a remarkably selfless being who is the first to help others. She is gentle, attentive and kind to others while showing confidence and determination to meet her own goals. She lives her life fearlessly and refuses to be treated as a victim, looks for ways to help and get involved, and leads by example with a maturity well beyond her years. They say she is their "golden humanitarian."

Jessica says about winning a Courage To Come Back Award, "When I found out I was being nominated for this award I was excited, honored, and I tried not to let it go to my head. Then when I found out I actually won, I was in shock and speechless. It is a bit overwhelming, but a once in a lifetime experience."

Congratulations, Jessica. Coast is proud to have you as our 2009 Courage To Come Back recipient in the Youth category.

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Jessica Brimacombe named as recipient in CTCB Youth category

Jessica will receive her Courage To Come Back Award at the 11th Annual Gala Dinner at the Hyatt Regency Hotel in Vancouver on Thursday, April 30th. For tickets, call 604-675-2328 or purchase online at www.coastmentalhealth.com

About Courage To Come Back:

The Courage To Come Back Awards celebrate people who have inspired others as they have courageously battled back from illness, adversity or injury. Through Courage, British Columbians are acknowledged for their accomplishments, positive attitudes and willingness to give back to their communities. Awards are given in six categories including: mental health, physical rehabilitation, medical, addiction, social adversity and youth.

Through presenting the stories of six amazing recipients each year at The Courage To Come Back Awards, Coast Mental Health strives to offer hope to all those suffering from illness, adversity or injury and hopes to demonstrate that all people have value and dignity regardless of the illness, adversity or injury they have faced.

About Coast Mental Health:

Since 1972, Coast Mental Health has been providing high-quality housing, employment programs, social opportunities and other community mental health services for people with serious and persistent mental illnesses.

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