

ON THE

COAST PROMOTES RECOVERY OF PERSONS WITH MENTAL ILLNESS

Courage To Come Back Awards 2009

It's all about the recipients

On April 30, 2009 nearly 800 guests gathered at the beautiful Hyatt Regency Hotel to honour the achievements of six outstanding British Columbians at the 2009 Courage To Come Back Awards presented by **Coast Mental Health**.

For the first time in Courage history, all six recipients were female. Each is a tremendous example of human resilience and inspiration. The stories about and speeches from **Jessica Brimacombe** (Youth), **Helen Burnham** (Addiction), **Vivian Garcia** (Physical Rehabilitation), **Tina Tomashiro** (Mental Health) and **Becki Wyer** (Social Adversity) brought many tears, and a few standing ovations. **Lori Slater**, recipient in the Medical category, was unable to attend due to an unexpected illness, but her daughter **Lisa Wiebe** accepted gracefully on her mother's behalf.

Global BC's **Deborra Hope** and CMHF's **Kevin Evans** flawlessly kept the flow going and the audience entertained. Kevin's interplay with **Peter Legge's** video link to London raised laughs all around.

We were honoured to have **Premier Gordon Campbell** offer greetings from the province, and grateful once again to our partners and friends for introductions and award presentations. It was also terrific to have representatives of the RCMP "E" Division on

Back Row L to R: Tina Tomashiro, Helen Burnham, Lisa Wiebe, Jessica Brimacombe, Becki Wyer, Front Row: Vivian Garcia

stage in their distinctive red serge.

Infinity Productions and group did another stellar job of lights, camera, and action. In particular, Infinity's recipient vignettes were touching portraits of these remarkable women that captured the essence of just how far each has come, and the amazing contributions they make to their communities.

The fundraising effort was a huge success, particularly for these difficult economic times. Coast and Courage are extremely grateful to our

tremendously loyal guests and supporters who once again dug deep to provide funding for Coast services.

The evening was wrapped up in a moving tribute to the recipients and guests by Courage To Come Back Chair **Lorne Segal**.

All in all, we couldn't have asked for a better evening. **Thank you, everyone.**

Coast promotes recovery of persons with mental illness

Our vision is a society where possibilities become reality



COAST
MENTAL HEALTH

Education Bursaries Help People Find Work

Thanks to The Thomas Foundation and The Manjit Maun Memorial Education Fund, 85 Coast members received educational grants to take courses or training. And for 2009 the Thomas Foundation has given another \$10,000!

Education bursaries are important to people with a mental illness, as it often strikes in the late teens or early twenties. People need to learn to manage their mental health and cannot complete education or begin careers. For others, the onset of mental illness results in a need to change careers. Bursaries are a new beginning or a second opportunity for work and all the mental health benefits that work, paid or not, can bring.

In total over \$29,000 benefited people in 2008/09 to assist them in some of the following education and training. Some people have found work already including:

- A personal trainer
- Accounting bookkeeper
- Herbalist Specialist
- Geology and jewellery salesperson

Others are enrolled in programs that will lead to work including:

- An addictions counselling diploma program
- Resident Manager's program at the University of BC to become

superintendents

- Business Management Course to run Sewing with Heart, a Coast Social Enterprise Business employment cooperative
- Class 1 Truck Driving Course
- BCIT Computer Certificate Program
- TOFEL English as a Second Language Instructor Course

Others are taking courses to help them volunteer or work part-time:

- Thirty people taking food safe courses to volunteer or work in catering and Coast meal program services feeding 250 people a day
- Twenty-five people taking WHMIS courses to learn how to handle chemicals safely to work in cleaning and maintenance volunteer or paid positions.

There are many other people who benefit from this fund. Educational opportunities help people realize their dreams and find hope when many believe that they may not work again. In past years, the program has resulted in a job placement rate of 76%.

If you have a mental illness and are interested in applying please contact Cathy Taylor at cathyt@coastmentalhealth.com or 604-675-2351.



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604-764-6337

<http://www.coastmentalhealth.com/landscaping.html>

A Coast Social Enterprise Foundation Company

The Long Road Back

Grief, workaholism and addiction brought an end to work eight years ago

Steve's life in 2001 revolved around taking care of his ill mother and being a workaholic. Steve says that: "My previous job burned me out and I got fired. I began using drugs and I was traumatized when my mother died."

With no one to look after and no job, Steve had no anchors in life and his drug use escalated.

He tried working part-time but he kept losing his job.

Emotional and mental health problems seemed easier to cope with by using drugs and Steve "self-medicated" to deal with depression, anxiety and grief.

But taking drugs did not help Steve manage his emotions.

In 2004, Steve's peer support worker at his mental health team suggested he go to Coast Mental Health's Resource Centre. He thought the Resource Centre was a good place to meet people, reduce his isolation and get meals. At the Clubhouse and through PACT Employment Services, Steve found he could get help with finding a job.

Steve was living in a variety of temporary or transitional housing as with basic income assistance he could not afford an apartment. He says "It has been a long trip to find housing, jobs, food, socialization and recovery from mental health and addiction issues."

Steve's lifestyle and health issues prevented working most times. But he found work being

the bookkeeper for Coast Mental Health's Landscaping with Heart on a part time basis. He says that, "working at Landscaping with Heart has given me confidence again, that I have skills and can do a good job. I have more choices and a better quality of life."

One big change for Steve is that, "Working 25 hours a month and getting paid means I can buy groceries when otherwise I'd be starving. It is a real job. I am accountable to people and I can handle this job."

"I also got another bookkeeping contract last fall because Landscaping with Heart gave me a reference."

Steve took advantage of the Coast Education Bursary fund to take continuing professional education seminars on taxes, financial reporting and investigating fraud cases. These seminars mean that he can keep his Certified Management Association designation current.

Steve likes his work at Landscaping with Heart and he plans to eventually expand the number of contracts he has as a self-employed accountant.

Steve still struggles with addiction from time to time and last summer he went to a treatment centre for a six week program. For Steve, "Being employed is a motivation for staying well despite mental health and addiction issues. It also gives him a future orientation and the hope that he can better himself educationally and vocationally."



Coast Awarded Ten-Resident Facility in Burnaby

Forglen Opened in March 2009



Coast Mental Health expanded its services into Burnaby, serving ten residents in a new purpose built facility. This is Coast's first contracted service with the Fraser Health Authority.

Many of the residents came from an older home in New Westminster and are extremely happy with their new accommodations. Rod, 67, is actually an old Clubhouse member. Having a long history with Coast he was familiar with the operators of the new facility. "The staff members here treat me well and this is by far the best place I have ever been in. This is my home," states Rod as he proudly shows off his room filled with beautiful artwork.

Jean, 75, is equally eager to show off her new room. She gets to enjoy a large master bedroom, complete with an ensuite bathroom and walk-in closet. "I've never been so happy in my whole life. I am cooking, baking and gardening. I have never had the support to be



so active," says Jean.

What's Next, Coast's new strategic plan, calls for growing the reach of Coast with a range of options for clients and building capacity with geographic reach of services to engage new funders.

The successful acquisition of this home in Burnaby helps fulfill some of these larger strategic initiatives. It also means that Coast's nationally recognized Community Homes program can serve more people as the division expands to 13 homes and 122 residents. Community Homes are staffed 24 hours and provide a variety of recovery and rehab programs for their clients. Programs include client centred support for life skills development, symptom management, activities of daily living, leisure and community resource development.



The Community Homes Division received a National Award from the Canadian Council of Health Services Executives in recognition of Excellence in Pharmaceutical Supply Chain Management in 2007. Is also received the Health Employers' Association of BC Top Innovator – Affiliate Award of Merit, for the design of QWIK, which is a comprehensive system ensuring consistent, effective and individual support for clients in 2008.

For more information on Coast Community Homes, please contact Renay Bajkay renayb@coastmentalhealth.com or 604-675-2304.

Interview with Lorne Segal

Chair of the Courage To Come Back Awards

In recognition of Lorne's outstanding contribution to Coast, Lorne Segal was appointed Honorary Patron of Coast Mental Health Foundation in 2008

What is the most rewarding part of being the chair of the Courage To Come Back Awards?

Meeting the recipients and learning about their stories. Their tremendous poise and bravery in the face of extreme difficulties is deeply inspirational to me. Having a chance to talk to them, and their families and friends, is a privilege.

How did you become involved?

I attended an event in 2001. As guests are every year at Courage, I was blown away by the recipient stories and by the respectful and beautiful way the event honoured them. I had to become more involved.

What keeps you providing leadership to Courage after all these years?

It is easy: I continue to be excited at the possibilities Courage holds to offer hope to people struggling in our communities. The event is a highlight in the Vancouver charity calendar. Each year it has grown and we have added more guests and supporters to our Courage family.

What have you learned about Coast Mental Health?

Coast is an organization that is providing front-line care to individuals most at need of assistance. The staff at Coast, from the outreach and housing workers to the executive director, are compassionate and committed to helping people with a mental illness and, by doing so, helping every member of our Greater Vancouver community.

Have your views on mental illness and mental health changed since becoming involved with Coast?

Absolutely. I have learned that people with a mental illness are not frightening or threatening; they are simply people who, through no choice of their own, have



Photo: Dave Roels

overwhelming challenges to deal with on a daily basis. I've learned true recovery is possible with proper support and assistance – people can and do set and reach their own goals, including realizing their educational, social and employment dreams.

Why do you encourage people to volunteer or financially support Courage and Coast Mental Health?

Everyone is touched by mental illness, whether in their family or circle of friends, at work, or by the devastation it causes across society as a whole through homelessness and addiction issues. By attending Courage or supporting the work that Coast does through volunteering or donations, you are helping to better your own neighbourhood and help your own neighbours. You are helping to solve some of our most problematic issues through funding an organization that has been offering effective, proven solutions since 1972.

Any other thoughts or comments?

So often, bad news stories and simply the daily stress of life can be draining. The process of learning recipients' stories, and then having the chance to publicly recognize their achievements, re-fills the tank, so to speak. I am honoured to be involved with The Courage To Come Back Awards, and very grateful for the chance to introduce others to this uplifting and inspiring event.

THANK YOU



Coast Mental Health raised over \$632,000 in ticket sales, partnerships and funds pledged the night of Courage. These donations allow Coast to respond to the growing need for services for people with a mental illness. Thank you to everyone who supported the 2009 Courage To Back Awards.

2009 PARTNERS IN COURAGE

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BC Housing Management
Great-West Life Assurance
The Province Newspaper

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BC Housing

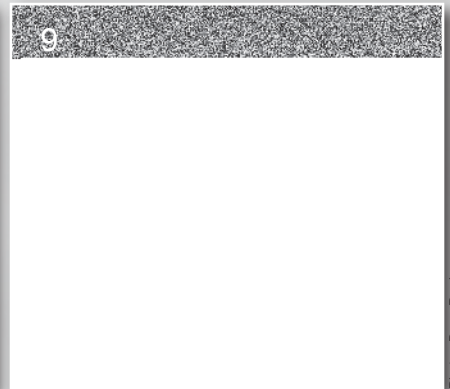
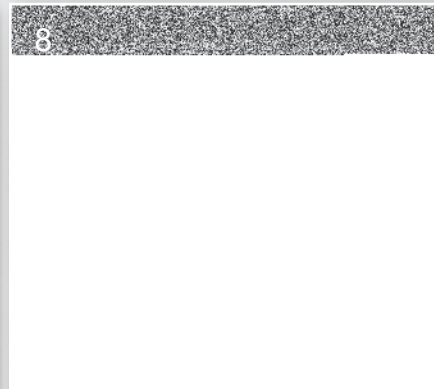
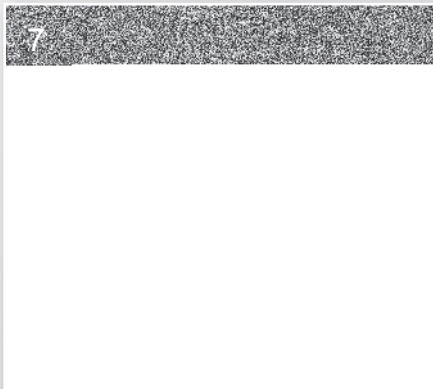
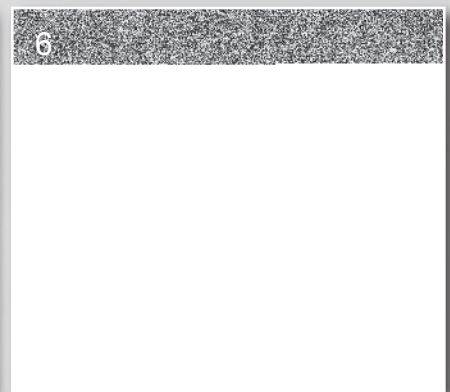
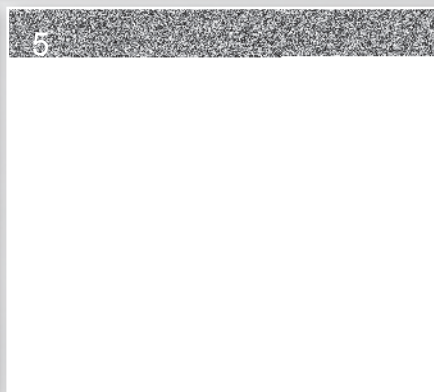
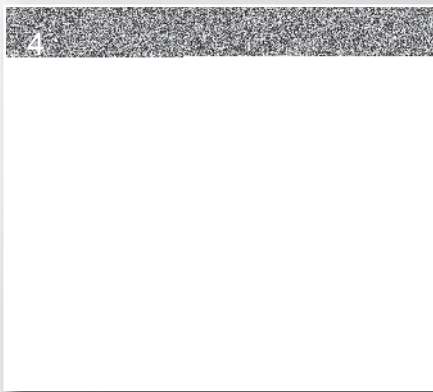
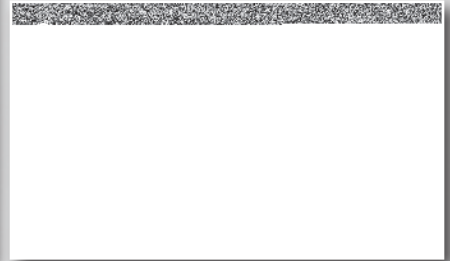
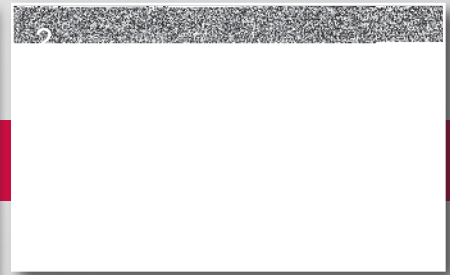
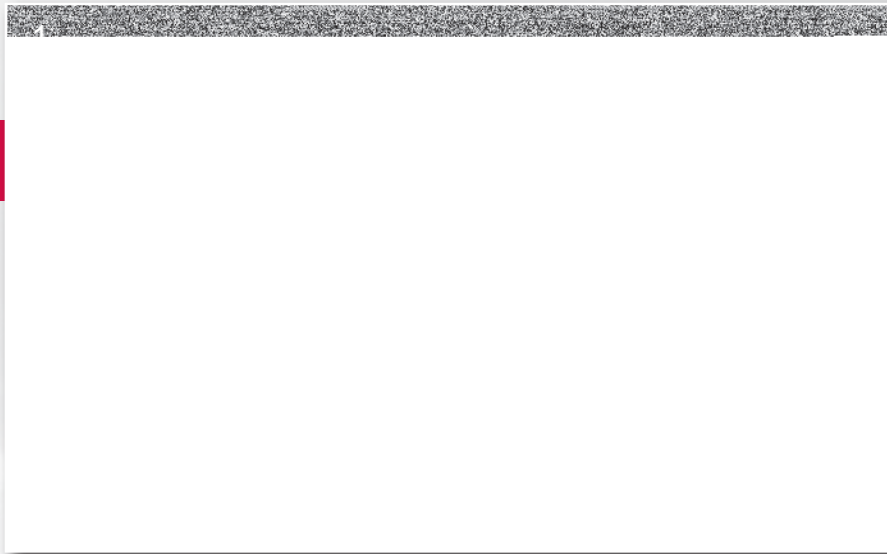


STRONGER COMMUNITIES TOGETHER™

The Province

It starts here.





Photos: Dave Roels

1 - Lorne Segal - Chair, Courage To Come Back Awards

2 - Kevin Evans, Darrell Burnham - Executive Director Coast Mental Health, Lorne Segal, Rebecca Legge

3 - Courage Co-Hosts Kevin Evans and Deborra Hope

4 - Jessica Brimacombe (Youth category) with Deborra Hope and David Poole - Sr. Vice President, BC&Yukon Region Scotiabank

5 - Helen Burnham (Addiction category) with Deborra Hope and Chip Wilson - President, Lululemon Athletica

6 - Vivian Garcia (Physical Rehabilitation category) with Kevin Evans and Ted Woodrow – Director, Great-West Life Assurance

7 - Lisa Wiebe accepting on behalf of Lori Slater (Medical category) with Deborra Hope and Brett Manlove - Vice President and General Manager, Global BC

8 - Tina Tomashiro (Mental Health category) with Kevin Evans and Brooke Wade

9 - Becki Wyer (Social Adversity category) with Kevin Evans and Shayne Ramsay, Chief Executive Officer, BC Housing Management Corporation

Coast is Going Green

With increased technology capacity Coast hopes to transition to sending out friends and supporters newsletter and information through the internet and email. In addition to being more environmentally friendly, this will also save us printing and postage costs.

Help us go green and send you email to gogreen@coastmentalhealth.com

Dedicated Cantonese and Mandarin Phone Line

關於Coast (海岸精神康復會)的進一步資訊,可以粵語或國語致電查詢,電話為
604-675-2318

這個號碼專為講粵語與國語的人士而設,以便我們更有效地提供協助。撥這個號碼後請留言,兩、三天內Coast人員就會回電與你聯絡。

如有意到Coast參觀或想查詢Coast的一般事務,請撥通上面號碼後留言即可。

Coast Information Sessions

2009

JOIN US for an information session

- Learn about community and researched-based solutions that help people with a mental illness
- Gain hope for solving homelessness
- Learn how Coast engages people on a path to employment
- Hear from Coast clients
- Find out what other services Coast offers

Coast Mental Health Resource Centre

1225 Seymour Street
(at Davie)

Tuesday

Noon to 1:00 pm
A Light lunch is provided

June 16
July 21
August 18
September 15
October 20
November 25

Coast Employment Centre

Coast Clubhouse & PACT Employment Services
295 East 11th Avenue at Kingsway

Wednesday

Noon to 1:00 pm
A Light lunch is provided

June 10
July 8
August 12
September 9
October 14

Coast is able to accommodate a tour specific to your needs, with advance notice

Phone: **604-675-2317**

Email: tours@coastmentalhealth.com