



**COAST**  
MENTAL HEALTH  
FOUNDATION

GRATITUDE REPORT 2023/2024  
**COMMUNITY**

Pure Joy! Thanks to you, there's a safe place for people to experience moments of joy.






 WELCOME

Isabela Zabava and Elaine Reynolds

## When you support community-based mental health care, your generosity changes lives.

Community-based mental health programs care for people where they live. We bridge the gap from hospital care to support our clients' changing needs as they recover. Your generosity ensures essential needs are met, like nutritious meals and supportive housing. And you also make possible the programs that build on that foundation - helping our clients find recovery, hope and a better life. As good neighbours, Coast also offers help off-site, through street outreach and volunteer outreach.

Coast's programs follow three pillars:

-  **Housing creates stability and security**
-  **Support services help clients develop tools for recovery and navigating care**
-  **Education and Employment programs develop confidence, and the skills to enjoy financial independence**

At every step, a community-based approach meets people where they're at in their recovery to offer help. Your support to Coast Mental Health Foundation makes it possible for us to help people who need it the most.

Every day, you are making a difference in the lives of the clients we serve, and we are so grateful.

**Isabela Zabava**, Executive Director | **Elaine Reynolds**, Board Chair



# COMMUNITY

Because of you, people like Marie have a safe place to call home with supports for their needs.

## For someone recovering from severe mental illness and substance use disorders, community care can be life-changing.

Thanks to your generosity, we continue to provide housing, services, and support for recovery.

You funded 35 incredible programs and activities this year. Without your donations, these life-changing services simply wouldn't be available. You helped enhance core programs - like nutritious meals - and powered innovation by funding our Peer Support and Brain Training programs. Every year, your gifts help us to innovate new ways to help our most vulnerable neighbours. Many of our programs would never have gotten off the ground without your support.

Last year, our Brain Training program continued to grow in popularity across Coast's locations. Today, it is available at dozens of sites, both virtually and in person. Music Therapy has expanded throughout Coast and participation rates are very encouraging. The Culinary Training program is back to operating at full

capacity after COVID-19 challenges.

With your help, people living with severe mental illness and substance use disorders are finding hope for recovery. From the bottom of our hearts: thank you for making these programs possible in our community.



**35 PROGRAMS  
& ACTIVITIES  
FUNDED**  
through philanthropy

**Do you want to see how you're making a difference for yourself?**

We'd love to give you a tour of our programs!

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Fund Development Officer:  
**604.785.1910**  
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# HOUSING

## HOW HOUSING SUPPORTS RECOVERY

With your support, Coast maintains a “housing first” approach. Your donations allow us to swiftly help people with shelter, food, and hygiene supplies, before they become street entrenched. Housing is the first step in helping people work towards a brighter future.



**1,068 HOMES WITH  
SUPPORTS ACROSS  
53 FACILITIES**



**AN ADDITIONAL 274 RENT  
SUBSIDIES AND SUPPORTS**  
assist people with more independent  
living options

## UPDATE

**Thanks to you, we're helping people start their road to recovery from a supportive place: home.**

This year, we completed renovations to Highlands, a 10-bedroom community home. Residents receive 24-hour support, 3 meals a day, medication help, family support, and visits from both a doctor and the local mental health team.

Alongside BC Women's Hospital, we also launched a pilot project for parents-to-be. It offers housing and supports for pregnant people affected by substance use, helping them transition from acute care back into the community.

Secure housing is the key to recovery. Thank you for making it possible.

“No one deserves to be homeless.”



Home Sweet Home: You ensure people like Art can thrive.

## ART'S STORY

**When you ensure safe and secure housing in your community, you help someone open the door to a better life.**

“Before this building was even built, I used to sleep in that lane over there,” shares Art. He’s a soft-spoken artist and poet, and he survived over a decade of homelessness.

Now at Dunbar Apartments, Art participates in gardening, Bingo games and movie nights. Thanks to you, residents enjoy a free healthy breakfast three days a week, as well as nightly dinner. He’s financially secure, and his art and poetry are flourishing.

Thanks to your support for housing with wrap-around services, Coast can help more people like Art feel at home.

“No one deserves to be homeless,” says Art. “Everyone should have a place to go and feel safe. The staff are wonderful here. When I go downstairs, say at 3:00 in the morning, I look in the office and there’s a staff member there. I feel like I’m not afraid anymore. This place feels like home, honest to God.”

# SUPPORT SERVICES

## HOW SUPPORT SERVICES ENHANCE RECOVERY

This year, you helped Coast clients connect to 35 different services, from meals to gardening. Support services help clients learn new skills and map out a road to recovery. Our range of programs includes youth services, Brain Training, and music therapy. With your help, clients are building confidence, tools to cope - and more importantly hope.



**213 PARTICIPANTS**

accessed the Brain Training  
Program



**332 MEMBERS  
PARTICIPATED**

in the Young Adults Programs

## UPDATE

Support Services help clients build the skills for a brighter future.

With your kind support, Brain Training is now offered at dozens of Coast sites. Clients at all stages of their recovery say it makes them feel more able to manage their mental health. With your help, Coast is planning on training more staff to further expand this program.

Thanks to you, our youngest clients at Pacific Coast Apartments now have a dedicated youth social worker for daily support. And there is access to an Elder who is generously giving further support to Indigenous youth.

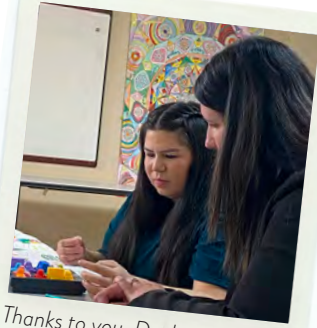
None of these programs would exist without your support. Thank you for helping your community connect to these vital services.

## DAYLEY'S STORY

When you donate to Coast programs, you're helping someone try new things - and that can be life-changing.



The Rabble Rousers' group took part in Vancouver's Pride parade.



Thanks to you, Dayley is able to access Brain Training.



Dayley also loves participating in music therapy.

"There's nothing at Coast that I haven't done at least once," says Dayley. "It's great that they have such a variety of programs because everyone will fit some program in here."

She is speaking from experience. "Some of the programs I use are the culinary program with Chef Margaret. I've done Peer Support training and I've done Rabble Rousers for about six years. I am also doing the Street Cleaning program, as well as music and Brain Training."

Many of the programs Dayley enjoys are for Young Adults aged 18-32.

"A lot of people don't know where to turn - because they age out of the resources that they need. I'm 28 years old. A lot of people age out about 24. That's why Coast has been a huge support, because it offers a space for people who are older."

"Coast changed my life for the better."

# EMPLOYMENT AND EDUCATION

## HOW EMPLOYMENT AND EDUCATION SUPPORT RECOVERY

You are helping our clients find their place in their community. Coast's education programs teach clients the skills to get and maintain a job. Meanwhile, our employment programs provide folks with work in a supportive environment.



**177 CLIENTS / TENANTS / MEMBERS EMPLOYED**

across Coast Mental Health's facilities



**23 CONTRACTS SECURED**

as part of the Transitional Employment Program in 2023/2024

## UPDATE

Because of you, your neighbours are finding meaningful work - and their place in the local community.

Our Transitional Employment Program is blooming, thanks to supporters like you! The Street Clean Team has secured a three-year grant from the City of Vancouver. This program keeps Vancouver clean while providing meaningful, low-barrier job opportunities.

Culinary Training is back in session. The program supports youth living with mental illness who experience barriers to employment. We now offer a 10 week "Culinary 101" training and a quarterly community cooking club.

And thanks to your generosity, we continue to train Peer Support Workers to help others in their recovery.

Your donations are helping to change people's lives, one connection at a time.





“This foundation gave him hope again, to live again.”

Cooking community: Your support has given Josh and his family new hope.

## JOSH & LUCY’S STORY

Growing up, Josh helped his mom Lucy in the kitchen, and dreamed of becoming a chef. But when Josh began to struggle with depression, Lucy wasn’t sure how to help.

“We were so scared because we work every day, 16 hours a day, and he’s alone dealing with deep depression,” she remembers. But then, Josh found Coast and the Culinary Training program. Attending training got him on a healthy schedule and connecting with the community helped power his recovery.

“Coming down here, you meet a bunch of people,” he shares. “People from all walks of the world. And I think that’s important. It’s kind of like going back to school, sign up for university. It’s more positive than hanging out by yourself, for sure.”

Being a part of the cooking community at Coast is giving Josh confidence that when he’s ready to go back to work, he’ll have support. And Lucy is proud of how far he’s come: “This foundation gave him hope again, to live again. We are so appreciative.”



2024 Courage To Come Back Award recipients: Samantha Sewell (Youth), Kevin Parker (Addiction), Leo Sammarelli (Physical Rehabilitation), Baylie McKnight (Mental Health), Monica Gärtner (Medical)

Each spring the Courage To Come Back Awards recognize five remarkable people whose stories of triumph over extraordinary adversity inspire courage in the lives of others facing adversity, and fight stigma by showing what is possible.

On May 23rd, 2024, over 1,600 people gathered at the Vancouver Convention Centre to celebrate the recipients of the 26th Courage To Come Back Awards, presented by Wheaton Precious Metals, raising a phenomenal \$1.76 Million in support of life-saving programs and services at Coast Mental Health.

On behalf of Co-Chairs Lorne Segal, O.B.C., D.Litt.(Hon.), LLD. (Hon.), President of Kingswood Properties Ltd., and Eric Carlson, CEO of Anthem Properties, and everyone at Coast Mental Health, we share our profound gratitude to our guests and supporters, our dedicated volunteers, and the courageous recipients who inspired this tremendous event.



Co-Chair Lorne Segal, O.B.C., D.Litt. (Hon.), LLD. (Hon.), President of Kingswood Properties Ltd.

Co-Chair Eric Carlson, Core-founder and CEO Anthem Properties

“It is important to share my story to give people hope that it is possible to come back from adversity and live a life worth living.”

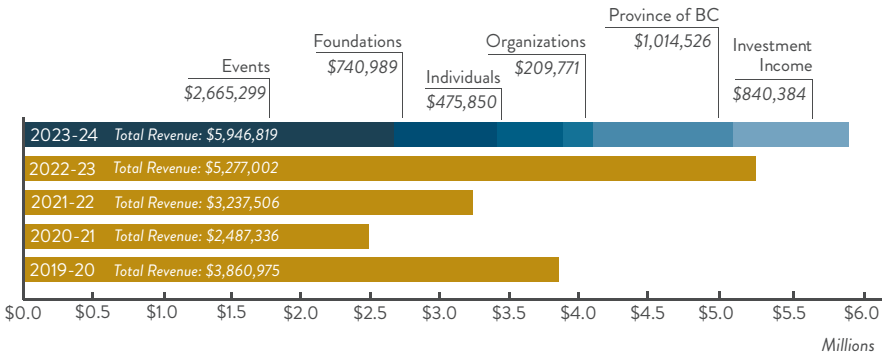
Baylie McKnight,

2024 Courage To Come Back recipient in the Mental Health category

# FINANCIALS

Supporters like you are critical in ensuring the life-changing programs of Coast Mental Health continue to grow and thrive.

## OVERVIEW OF REVENUE AND FUNDING SOURCES



Your inspiring generosity has changed the lives of thousands of British Columbians. Many of the programs that define Coast’s unique and successful approach to community-based mental health care fall outside the scope of established government funding. They simply wouldn’t be possible without you.

Your kindness means that the thousands of clients we support each year have access to some of the most effective, high-quality programs, facilities and skilled professionals in the province. Last year, you made 35 impactful programs possible - from meals and basic hygiene supplies, through to music therapy and Brain Training.

To our supporters who are making recovery possible for people living with mental illness, thank you for your vision and generosity.

If you have any questions, or would like a copy of our audited financial statements, please contact Isabela Zabava at [isabela.zabava@coastmentalhealth.com](mailto:isabela.zabava@coastmentalhealth.com).



## CRISIS RESOURCES

If you or someone you know is having a mental health or substance use crisis, call 911 or go to your local hospital emergency room, or call the Crisis Line at **310-6789** (no area code needed).

If you can't see a way out, call the Suicide Hotline NOW.

**9-8-8**

All smiles: You have helped Shaineel find new purpose through culinary training.

## BOARD OF DIRECTORS 2023/2024

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