

Annual Report

2022-2023



Mental Health Recovery Partners

South Island

Hope and Support for All

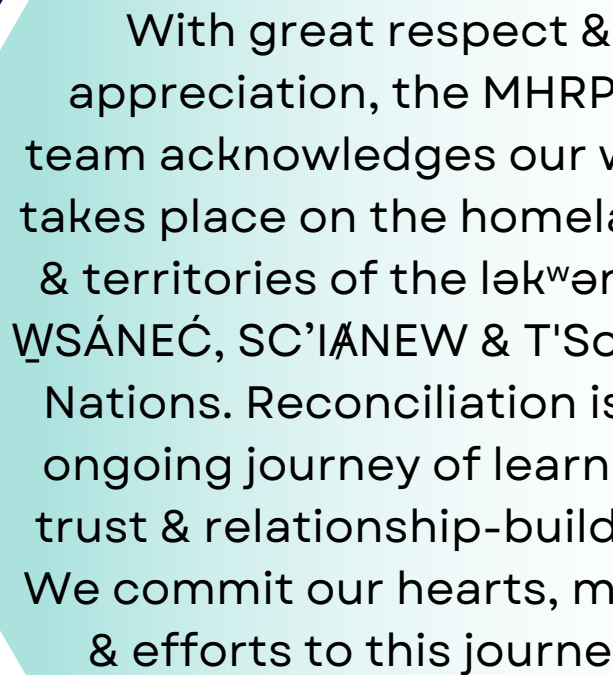


*Look for Sam in the report
and follow their recovery
journey with MHRP SI!*

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Land Acknowledgement



With great respect & appreciation, the MHRP SI team acknowledges our work takes place on the homelands & territories of the ləkʷəŋən, W̱SÁNEĆ, SC'IA̱NEW & T'Sou-ke Nations. Reconciliation is an ongoing journey of learning, trust & relationship-building. We commit our hearts, minds & efforts to this journey.

OUR MISSION

MHRP SI provides services and programs for people living with, and the loved ones of people living with, mental illness and mental health challenges with or without substance use challenges regardless of their diagnosis.

About Us

OUR VISION

Living recovery is living a hopeful journey and doing your best despite adversity.

MHRP SI has been a proud and accomplished member of the mental health and substance use (MHSU) sector for almost 40 years. MHRP SI is a recovery-oriented, charitable non-profit society whose objective is to improve the lives of individuals and families affected by mental illness and MHSU challenges.

We are committed to hope and support for all experiencing mental health challenges with or without substance use.

We offer a range of support options including Peer Support, Counselling, Education Workshops and Support Groups. Our many programs and services provide help to people living with anxiety & depression, mood disorders, schizophrenia and other disorders.

MESSAGE FROM EXECUTIVE DIRECTOR

JANINE THEOBALD

Palpable authenticity – this describes my experience with Mental Health Recovery Partners South Island (MHRP SI) from the day the team welcomed me through to this moment. Other adjectives to describe this team and the organization are resilient, compassionate, joyful, knowledgeable, nimble, expert, and holders of hope. This list is not exhaustive but should provide a sense of what one might expect when accessing MHRP SI’s programs and services. As the need for our services grows, our team of staff and volunteers continue to step in to fill the gaps to meet people wherever they are on their recovery journey.

Having joined MHRP SI in January 2023, I am building on the achievements of my predecessors. Early 2022 saw the departure of Hazel Meredith, long time CEO of MHRP SI, whose championing of peer leadership and equity cannot be understated. Olivia Howard stepped in as Acting CEO for the remainder of the year, maintained and grew operations and thoughtfully prepared for the incoming Executive Director. My sincerest thanks to both Hazel and Olivia for their MHRP SI leadership and the legacy of a community-based and person-centred approach.

The following pages reflect the programs and services the team delivered, sustained, and broadened, whilst persevering through many changes. Changes organizationally, and in the collective transition of our broader society through the varied stages of the ongoing global pandemic. Again, I laud their commitment to our work and ability to adeptly ride these waves.

The connection of the MHRP SI community and its enduring relationships is an ongoing source of comfort and delight. I’m humbled meeting folks who have been involved with the organization for years, and some, for decades, who pop by to say ‘hello’ or recommence volunteering.

The journey into the future of MHRP SI can be described like the bungy jump many supporters took in the nude, which I only dared to do in my bathing suit in my early days as MHRP SI ED – exhilarating, clear, confident, safe, supported and continuing to bounce back, transformed, and stronger than ever!

I hold deep gratitude for each of you, staff, program participants, volunteers, members, peers and family members, donors, funders, and sponsors, and all those who have made the work of MHRP SI possible in 2022-23 and the many, many years prior! Together, we’ve got this!



MESSAGE FROM ACTING PRESIDENT

STEPHANIE HART

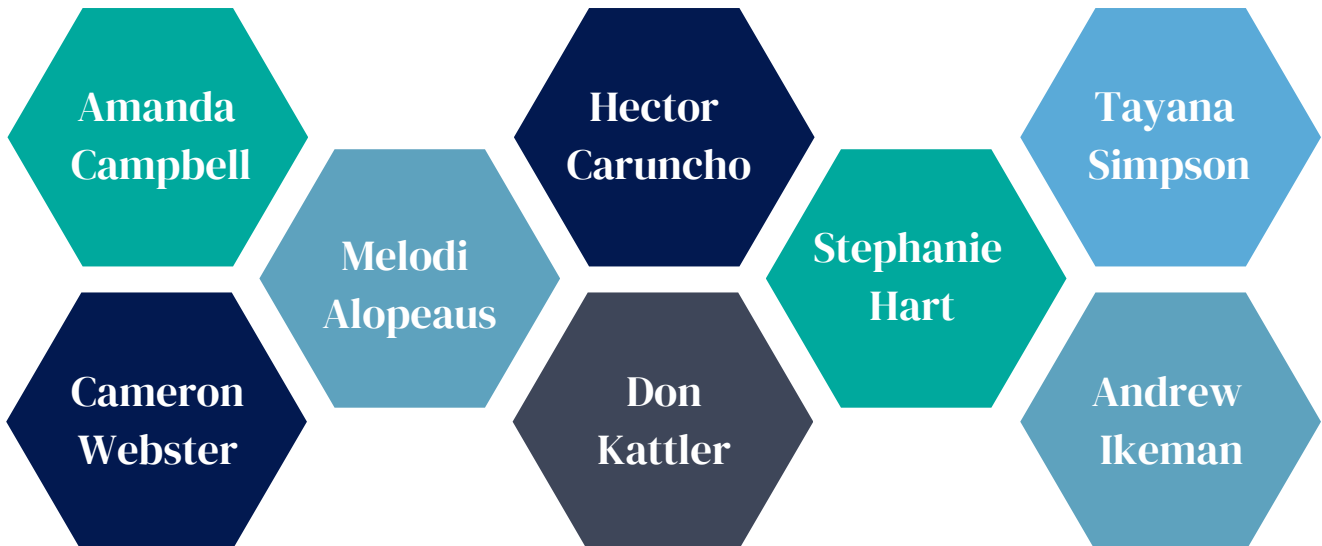
I am grateful to be representing the MHRP SI Board as Acting President, working alongside Janine, who joined us in the beginning of 2023. The Board has experienced many changes over the last couple of years, and we are pleased to be entering a period of organizational strength and promise with Janine at the helm.

I would like to acknowledge the amazing contributions of my predecessor Amanda Campbell, who is currently on leave from the Board of Directors. It is fair to say MHRP SI is thriving today in large part because of Amanda's leadership and hard work.

I would also like to recognize Olivia Howard and Kevin Pryer, who have now moved on. Olivia served as the former acting CEO, who stepped up and carried a big load, not just holding down the fort, but laying the groundwork for improving the organizational structure of MHRP SI. Kevin was fundamental in ensuring the Board was informed and reassured that the finances were always in good order.

Most of all, I am excited for this new chapter, and to have the honour to participate in helping the people who do the real work here.

2022-2023 BOARD DIRECTORS



Our Team



Marion Gibson
Program Manager



Beth Cowin
Counsellor



Emma Lujan
Counsellor



Zoë Newson
TDM Peer Support
Manager



Hannah Monis
Administrative Coordinator



Tracy Taylor
Project Coordinator



Tanisa Bimb
Youth Education
Coordinator



Don Tufford
Senior Family Counsellor



Evelyn Smith
Counsellor



Kevin Pryer
Accountant



Mihaela Iacob
Respite Worker



Andrea Mueller
Administrative Coordinator



Liz Skillings
Director of Finance

PEER SUPPORTERS



Our Volunteers

- Daniel
- John
- Josee
- Kevin
- Kim
- Marjorie
- Meron
- Samira

PROGRAMS & SERVICES

PEER SUPPORT

1:1 Peer Support

MHRP SI's trained peer supporters (people with lived and living experience) meet their peers to create mutual and beneficial relationships. Connecting with someone who has 'been there' can make a huge impact on an individual's wellness journey. Peer and Peer Supporters meet once a week for 3 months and finish with a celebration lunch. Our peer supporters meet monthly in a Community of Practice meeting to share learnings, innovate, and evolve the program.

Family Peer Support

Family peer supporters are people that have experience with a family member living with a mental illness or mental health concerns. They are available for 12 community meetings with loved ones who need and welcome support and understanding of their unique, and shared experiences.

Drop-In Peer Support (DIPS)

DIPS is a warm and welcoming space to find 1:1 connection and resource referral over coffee, tea, and a snack. This program is designed, developed, and delivered by peer supporters who saw a need for low-barrier peer support access. This program launched out of the MHRP SI boardroom in March of 2023 and has continued to grow and be delivered in other locations. DIPS is serving as a one-off support session, and a gateway to our other services.

Sam first found MHRP SI when they were hospitalized for mental health concerns. They were paired with a peer supporter in the TDM program.

This is a common way folks get connected with MHRP SI services.



Community of Practice (COP)

MHRP SI Peer Supporters meet monthly in a facilitated COP, based on the framework below developed by Etienne and Beverly Wenger-Trayner. The team comes together to share learnings, problem solve and review the core principles and values of peer support through a quality improvement lens. This continues to be a deeply valued and impactful professional development opportunity for the team.

DOMAIN - Community members have a shared domain of interest, competence and commitment that distinguishes them from others.
COMMUNITY - Members pursue this interest through joint activities, discussions, problem-solving opportunities, information sharing and relationship building. The notion of a community creates the social fabric for enabling collective learning.

PRACTICE - Community members are actual practitioners in this domain of interest, and build a shared repertoire of resources and ideas that they take back to their practice.

"This conversation has been so healing. I haven't opened up like this in 20 years. Thank you."

"Being able to listen and share experiences in a caring non-judgmental manner can be very comforting."

16
PEER
SUPPORTERS

98
1:1 Peer Support
Meetings

5
Family Peer
Supporters

Transitional Discharge Model (TDM) Peer Support

TDM by the numbers...

2000+

individual interactions in hospital and the community

100+

peers received community support

30+

new peers seen in hospital each month

20+

peers actively being seen in the community

HOW DOES IT WORK?

Trained peer supporters from MHRP SI provide services at the Royal Jubilee Hospital psychiatric units. TDM peer supporters work with a wide demographic of peers and lead their practice with values including self-determination, empathy, dignity, mutuality, and respect.

Peers have the option to sign up to receive support in the community after their hospital stay. They are empowered to identify which peer supporter they would like work with. Once discharged, peers are provided 12 free 1:1 one-hour sessions with their peer supporter. These regular meetings support meaningful connect and support resource navigation.

“Talking with Peer Supporters has been the most supportive thing for me while I’ve been in the hospital – I feel like I can actually say what I truly feel to you guys because you just understand. I’m so excited to continue seeing someone after I’m discharged.”

PEER VOICES

“Peer supporters coming to the unit is what I look forward to every day – it’s one of the only things I have to look forward to.”

“I’ve been grateful to have the support while I’ve been here in the hospital. You’ve all been so kind to me and I’m so glad I get to be supported in the community too.”



After first being connected with TDM peer supporters, Sam continued to receive emotional and practical support during their 2-month long admission. When Sam received a pass to leave the unit, a peer supporter was able to accompany them which was the first time they had been outside since admission.

Sam was grateful to learn that they could continue to receive support from their preferred peer supporter after discharge.

WHAT’S NEW WITH TDM THIS YEAR?

In October 2022, the TDM service was expanded to have peer supporters present 7-days a week.

We added more members to our TDM team, which presently includes 8 peer supporters!

During this expansion, we introduced two new support groups to the psychiatric units: Resource Sharing and the Peer Social Circle.

In October the TDM team facilitated the first WRAP session to take place on the on the Sub-Acute 5B unit at the Eric Martin Pavilion.

PROGRAMS & SERVICES

SUPPORT GROUPS

138

Creative Wednesday participants

436

Hope & Recovery Attendees

Online Hope and Recovery Support Group

This online group is for people with lived and living experience of mental illness and mental health concerns and began during COVID-19 when in-person gathering was not possible. This is a safe space, facilitated by Peer Supporters, where people can ask questions and share their experiences, wisdom and hope to support each other along their mental health recovery journeys.

In-Person Hope and Recovery Support Group

This in-person group is for the same population as the online group. This is a safe space similar to the online group and is facilitated by MHRP SI Peer Supporters. Participants are happy to be meeting in person again. They share stories, snacks, and their strengths and experience in navigating their recovery journeys.

Family and Friends Support Group

This in-person group is for the family members or friends of a loved one experiencing mental health concerns. Family members face unique challenges when caring for their loved ones. This group is co-facilitated by an MHRP SI counsellor and a Family Peer Supporter.

Creative Wednesdays

Developed during COVID-19, this on-line support group offered a creative space where participants could share their artform and discuss how their creative pieces helped support and express their recovery journeys.

Sam's TDM peer supporter told Sam about MHRP SI's in-person Hope & Recovery group. Post discharge Sam began to attend the group each Monday. Sam soon found connection with others attending the group.



Early Psychosis Intervention (EPI) Group

This in-person group is for family members of an individual experiencing early psychosis. In 2022-2023 it was run in collaboration with the Island Health EPI Program and was facilitated by an Island Health clinician and a facilitator from our team.

People Respecting Intersectionality and Sexuality in Mental Health (PRISM)

An open and welcoming connection-based support group that addresses the stigma associated with mental health challenges in the 2SLGBTQIA+ community.



NEW SUPPORT GROUP

PRISM: People Respecting Intersectionality and Sexuality in Mental Health

PRISM is a drop-in support group co-developed by two queer-identified MHRP SI employees who discovered they had a lot in common in their experiences with mental health and wellness intersecting with their 2SLGBTQIA+ identities. They realized others were likely having similar experiences, and that there was a need for a space for people to come together as they had to learn from, and support each other.

They looked to create a group, developed and facilitated by queer people, for queer people. This space would be opened to share and gain new perspectives regarding gender, sexual identity, and the intersections with mental health. Critically, PRISM was designed to hold space for and encourage open, honest communication, and radical acceptance.

July 2022, as Pride month wrapped, PRISM was launched! It is a consistently well-attended group. The trust, connections and friendships developed in PRISM are a testament to the power of peers (queers) developing supports for peers (queers)! It is a space for understanding, laughter, and celebration of everyone's wonderful uniqueness!

19
PRISM groups held this year

78
PRISM attendees this year

Sam began interacting with people whose experiences mirrored their own.

They look forward to attending PRISM every other Wednesday and interacting with people who understand them.



PROGRAMS & SERVICES

EDUCATION

Wellness Recovery Action Plan (WRAP)

WRAP is an evidence-based personal relapse prevention plan program, whereby workshop participants increase their knowledge about mental illness and create their own personalized wellness plan. Trained WRAP facilitators have expertly provided this workshop, for many years.

Partnership Presentations

Partnership presentations and workshops are a poignant way of sharing knowledge, fostering hope, and reducing stigma. First-person perspectives are shared through storytelling, and opportunities for Q & A.

Family Recovery Journey

A free 6-week workshop for friends and family members of those experiencing mental health challenges that offers knowledge and skills to cope. There is a strong emphasis on psychosis and a new module that focuses on mood disorders. We offered three workshops this fiscal year.



Youth Education Workshops

This workshop is for youth designed by youth. Tangible tools that can be used to support personal well-being and the mental health of those around them are shared. The content of the workshop is accessible, evidence-based and informed by students with lived and living experience. In 2022-23 MHRP SI presented just over 30 workshops in high schools.

Supporting the 2SLGBTQIA+ Community in Mental Health

This education workshop was designed for community mental health organizations to learn more from queer people about how to best support queer clients with their services.

50 WRAPS facilitated by the end of 2022!

60

WRAP Workshop Participants in 2022

1,200

Hours of WRAP Workshops

"I related to some of the stories told during the presentation, and it was nice to hear that other people have had the same experiences."

"Really it was wonderful and impactful. As someone who's never talked or heard from people with schizophrenia, I really learned a lot and I'm sure others did too."

"They were very meaningful conversations because they were speaking on personal experience."

"Great presentation! Truly helps others who may be in the same boat. Thank you!"

PROGRAMS & SERVICES

COUNSELLING

"I honestly don't know what I would have done had this service not been available to me. I feel it fills a gap for those of us who care for loved ones with such a challenging illness. I know they (MHRP SI) have played a vital role in my continued positive relationship with my son."

-Parent experience

MHRP SI's Counselling Team is comprised of 5 members led and coordinated by our Senior Counsellor. The team is joined by a practicum student completing their Master's of Clinical Counselling.

Like the Peer Supporters, they meet monthly in a Community of Practice to stay connected, problem solve and share best practices.

1:1 Support Counselling

MHRP SI's individual counselling service is for people who are struggling with their mental illness and mental health challenges. This service was created in response to community need and requests for support.

Many individuals are referred by loved ones who have been accessing family counselling services. The latter half of 2022-23 saw a significant increase in requests for individual counselling and supports.

Family Counselling

Family counselling continues to be a core service offered by MHRP SI for family members experiencing their own unique challenges as their loved one's mental illness emerges, or persists.

The heart of family counselling lies in providing understanding of, and practical support for, the difficult circumstances that can arise when caring for a loved one living with mental illness and mental health challenges.

So often families do not know who to turn to or where to go. We discuss strategies to support their own resilience and well-being, and provide resource referral and navigation support. Our counsellors vary in age, gender identities, backgrounds, and professional experience.

145

Individuals Served

264

Individual Counselling Sessions

334

Family Counselling Sessions

179

Families Served



Sam's parents booked several counselling sessions to learn more about Sam's mental illness and how to best support themselves while supporting Sam through their recovery journey.

PROGRAMS & SERVICES

ADDITIONAL PROGRAMS

Living Life to the Full

This Canadian Mental Health Association developed 8-week fun and interactive course helps participants understand their feelings, thoughts and behaviors, and how to manage them in a healthy way. We presented our first workshop beginning early October 2022. Our second cohort for Living Life the the Full started at the end of March 2023!

Respite Program

Our respite program provides short-term care to give relief and support to primary, unpaid, family caregivers. Family members and loved ones are able to request a respite worker to connect with their loved one for outings and support.

Friendly Caller Program

Our volunteers are happy to facilitate our Friendly Caller Program. Members of the community seeking connection and support by way of a phone call can sign up to be on our list for a chat and a check in. This is not a counselling or peer support session, it is a service created to support people during the ongoing COVID-19 pandemic as a measure to reduce the impact of isolation.

Memorial Fund

Mental Health Recovery Partners South Island provides support and one-time investment of up to \$300 to those living with mental illness in our community. This can be for a variety of supports, including, but not limited to, course fees, supplies or other tools or activities to facilitate mental wellness and recovery. This activity is funded by generous community donors directing funds to this program.

Yes2Me Scholarship

This Scholarship Program celebrates the efforts of young people living with mental illness by rewarding them with an incentive to pursue their educational goals and build a better self and bright future. In 2022, MHRP SI partnered with Otsuka-Lundbeck to award over \$10,000 in scholarships to hard working, deserving individuals!



Sam now volunteers with MHRP SI for our Friendly Caller Program!

They also hope to eventually become a Peer Supporter.

Community Engagement

Lori's BBQ Fundraisers
We were the lucky recipient of Lori's Takeaway Café's two BBQ fundraisers held May and September 2022 which raised \$600 supporting MHRP SI's ongoing programs and services.

**Thank you
Lori and Dave!**



Community-Led Crisis Response
In February staff engaged with the Community-led Crisis Response Team. We collaborated to learn about their services and share learnings with this dedicated and exciting new team.

Headstrong
Two staff members attended the Mental Health Commission of Canada's November Headstrong Youth Leadership Initiative Summit. The summit brought together youth with lived experience to connect with organizations providing mental health & wellness supports.

Project ReConnect
is an annual service fair providing community members experiencing homelessness, and low income or poverty, with access to free services, resources, and referrals. The MHRP SI team was had a table to connect with the community and networked with service providers.



Team Building



Summer Picnic at Willows Beach
Time to get some sun, fun & food, away from the office!

Safetalk
Staff & volunteers took SafeTalk, a Suicide Prevention Course. 9 participants received Safe Talk certificates & now have the skills to help save a life.

A number of team members volunteered and participated in the 2022-2023 Naked Bungy Jump!

Including our Administrative Coordinators, Hannah and James, and TDM Manager, Zoë!



MHRP SI Holiday Party
In December the team came together to celebrate the season and each other! Great food & fun was had by all!



Bungy-ers!



**17th Annual
WildPlay Naked
Bungy Jump
Fundraiser**



van^ouver
foundation

This March 4th and 5th, 120 remarkable people signed up to take a leap of faith, raise funds, and bungee headfirst 150 feet into the Nanaimo River Valley!

Participants agreed to raise a minimum \$200 donation to MHRP SI, with many raising into the thousands of dollars! All funds raised by ‘bungy-ers’ and sponsors have again, incredibly, been matched by an anonymous donor through the Grayross Foundation (held at the Vancouver Foundation) for a total of almost \$85,000 to support our low-barrier, no-cost and rapid-access mental health supports!

Our partners, WildPlay Nanaimo, and the crew of volunteers, including reps from MHRP Central Island, facilitated the success and safety of the event and ‘bungy-ers’ as they faced their fears and braved the rain, hail, and giant snowflakes on day one!

**Thank you to our
Naked Bungy
Sponsors!**

**Pacific Sands
Beach Resort**

**LUSH Cosmetics
Evan Williams
Horror Escape
RavenWood Boulders
Hotel Zed
91.7 Coast FM
89.7 Juice FM
The Strait & Narrow
Tim Hortons #101975**

**Skydive V.I.
Used.ca
Arc'teryx Victoria
Travelodge by
Wyndham
Nanaimo**

With Many Thanks



Kevin Pryer, We Thank You!!!

For 22 years, Kevin diligently worked to keep the MHRP SI books in order with the utmost of care and attention to detail. His tenure saw many changes, not the least of which was a legal name change! His positive attitude and quick smile brightened our office. His attention to detail extended to the team. He would often ask how a weekend event went, or stop to chat about the Jays' or Canucks' game the night before, only slightly teasing the Leafs fans of the group! Kevin, we wish you all the best, your commitment and dedication to MHRP SI is reflected in who we are as a team. Your legacy remains, but we do miss you, and Tucker too!



A special thank you to Daniel Topp for his work on the MHRP SI website!



Thank you to our Canada Summer Student Molly Pearce for her work on this annual Report!

Big hearts for our MHRP SI Volunteers!
We love you!

Financial Statement



MENTAL HEALTH RECOVER PARTNERS SOCIETY - SOUTH VANCOUVER ISLAND
 Statement of Revenues and Expenditures and Statement of Changes in Net Assets *
 Year Ended March 31, 2023

	2023	2022
REVENUES		
Government contributions	344,701	233,891
Contributions from other registered charities	91,337	76,483
Fundraising and special events	86,792	110,592
Other revenue	22,578	1,765
Donations	8,206	19,294
Victoria Foundation Endowment Fund	6,968	6,482
Interest	1,150	286
	561,732	448,793
EXPENDITURES		
Amortization	4,755	5,060
Insurance	3,102	2,742
Office	8,476	12,418
Professional fees	33,133	4,613
Project costs	312,281	190,087
Rent	30,216	27,319
Support	7,077	3,908
Wages and benefits	160,572	128,639
	559,612	374,786
EXCESS OF REVENUES OVER EXPENDITURES	2,120	74,007
NET ASSETS Beginning of year	215,601	204,630
Prior period adjustment	-	(63,036)
NET ASSETS End of year	217,721	215,601
NET ASSETS Consist of:		
Operating Fund	211,079	204,204
Memorial Fund	5,504	5,504
Invested in Capital Assets	1,138	5,893
	217,721	215,601

Thank you to our 2022-2023 Donors

Electric Edge Systems Group Inc
The Wooden Shoe Dutch Store
Wildplay Elements Parks
The Estate of Sylvia Hogenboom
Adrian Barwin
Alana Westwood
Alana Williams
Alec Fenton
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Avery Taylor
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Beth Gibson
Bev Thiele
Bonnie Stephens
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Brenda Thomsen
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Bryan Hayden
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Cameron Lackey
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Candice Neigum
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Thank you to our 2022-2023 Donors

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Katie Dutchak
Katrina Brinmert
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Keith Warnock
Kelly Summerfield
Kelly Roth
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Sheila Flood
Shelby Warnock
Shelley Court
Shelley Storage
Sherry Thiessen
Sherry Thompson
Sheryl Fielden
Simon Cheng
Sophia Vassiliadis
Sophie McBean
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Stacey Clark
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Southern
Vancouver Island



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**BRITISH
COLUMBIA**



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FOUNDATION**



Otsuka



Congratulations
on the success of your
continued recovery
journey Sam!

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Contact Us



250-384-4225



admin@mhrpsi.ca



www.mhrp.ca



Mental Health Recovery Partners
South Island
Hope and Support for All

941 Kings Road, Victoria, B.C. V8T 1W7