



MHRP

South Island

ANNUAL REPORT

2023-2024

Mental Health Recovery Partners Society
South Vancouver Island

Hope and Support for All



LAND ACKNOWLEDGEMENT



With great respect and appreciation, the MHRP SI team acknowledges our work takes place on the homelands & territories of the ləkʷəŋən, ƵSÁNEĆ, SC'IAŊEW & T'Sou-ke Nations.

Reconciliation is an ongoing journey of learning, trust & relationship-building.



We commit our hearts, minds, and efforts to this journey.



OUR MISSION

To provide hope and authentic support to all who are impacted by their own or someone else's mental illness, mental health and/or substance use challenges.

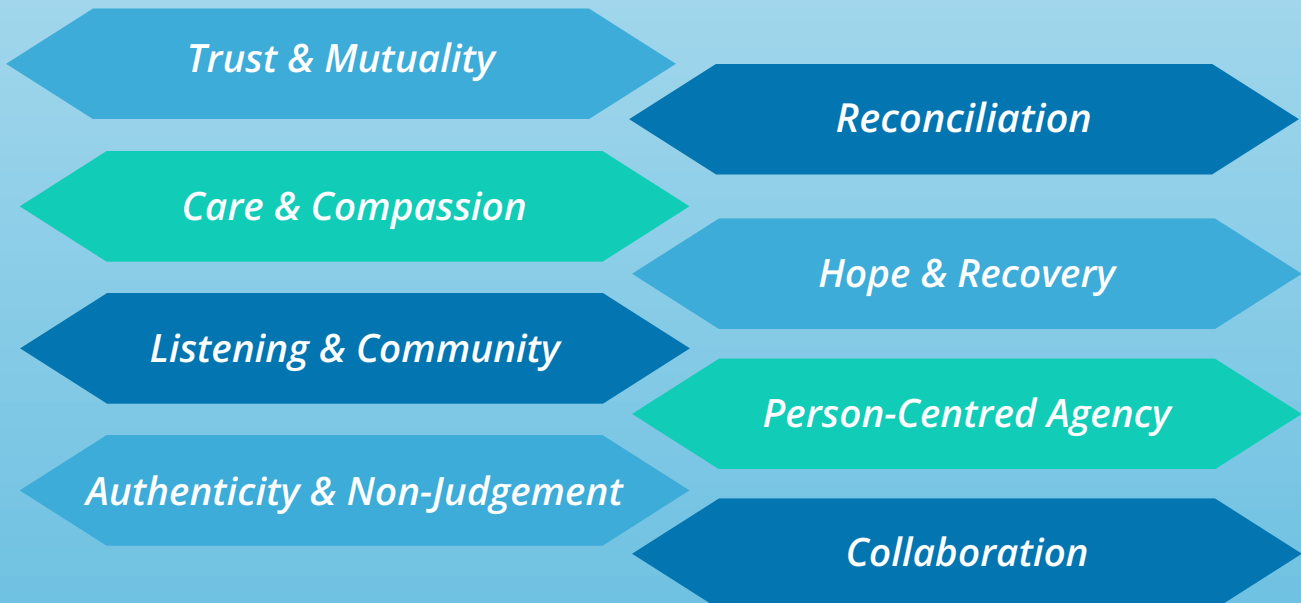


OUR VISION

A society where timely and accessible support is available for all, and mental health and substance use challenges are transformed into strengthened resilience and growth.



OUR VALUES



A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Janine Theobald
Executive Director

The 2023-2024 year (*our 40th!*) was one of transformation, growth and relationship strengthening for Mental Health Recovery Partners South Island (MHRP SI). Our activities are delivered through a recovery-oriented and person-centred approach firmly rooted in our core values.

MHRP SI's internal transformation is informed by a long-standing ethos of 'hope and support for all'.

Our team has worked to improve our systems and workflows to be user friendly for our team and folks accessing our services, positioning us to clearly describe our social impact and tell our story. We engage each other with mutual respect, compassion, and curiosity. We approach our relationships with program participants, community partners, supporters and funders in the same spirit. We uphold a willingness to be of service as part of a seamless continuum of mental health care in our region.

MHRP SI's capacity has grown, as has the demand for our services. Our community collaborated in development of our 2025-2030 Strategic Plan which outlines a continued pathway to realizing our shared Vision: A society where timely and accessible support is available for all, and mental health and substance use challenges are transformed into strengthened resilience and growth.

MHRP SI continues to provide excellence and leadership in Peer Support services bolstered by ongoing professional development training. In February, we received 2 days of wellness training with Jenn Cusick, the curriculum writer and developer for the BC Peer Support Training Curriculum. Although the efficacy of peer support is reflected in the growth of opportunities for employed peer workers, there remain challenges with stigma and lack of understanding of the role. We look forward to continued collaboration with other peer support service providers in the creation of a network of peer support professionals to further elevate the discipline of peer support.

Our staff, volunteers and Board are taking steps toward meaningful Reconciliation in these territories, and beyond. This includes training described in this report that asked us to explore our own internalized biases and to commit to tangible actions for healing and change, both personally and organizationally.

We couldn't do any of this work without our community's support. To our staff, program participants, volunteers, members, peers, family members and loved ones, community partners, donors, funders, and sponsors, thank you for your individual and collective contributions to MHRP SI's success. It is my privilege to walk shoulder to shoulder with you on this recovery journey.



The image above is 'Whorl of Transformation' by artist Margaret August, a Two-Spirit, Coast Salish artist from shíshálh Nation. This design depicts salmon, inspired by a spindle whorl artifact. The disc-like shape would be created with unique designs to give the wool spinner a trance-like experience for healing and transformation.

A MESSAGE FROM OUR BOARD PRESIDENT

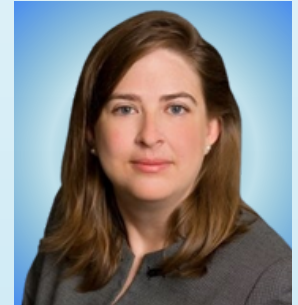


This is an exciting and gratifying time to be president of MHRP South Island. I am so grateful for the leadership of Janine over the last year. She has brought enthusiasm and competence to the job, and has time over time confirmed my belief that we're lucky to have her.

The financials, as you'll see from the reports presented, are solid. Our core programs are functioning well. And we're noticing that our partners and potential partners are recognizing more and more what MHRP SI brings to the table.

Just as importantly, under Janine's leadership, we've professionalized our approach to structure, compensation, and benefits for the staff that does the hard work on the ground. These people are MHRP SI, and it's crucial we support them, as they support the community.

Finally, the future looks full of promise. We've rebranded with a new logo shared with MHRP Central and North Island, and the Board voted to approve our 2025-2030 Strategic Plan. This plan was inclusively developed in collaboration with the team, and our community funders, partners and participants. We've got an amazing slate of new Board members, and I can't wait to start work with them. Thank you to the membership for your time and support throughout the year.



Stephanie Hart
Board President

OUR 2023-2024 BOARD OF DIRECTORS

Nancy Ford
Stephanie Hart
Andrew Ikeman

Tayana Simpson
Jon Taylor
Alana Warren

OUR PAST PRESIDENTS & EDs

Maggie Thompson
Ina Porges
John O'Brien
Vincenza Cameron
Wendy Cameron
Pat Donaldson
Marilyn Duncan
Patty Verdone

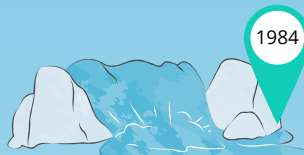
Murray Galbraith
Carol Milstone
Leo Chaland
Veronica Barlee
Leo Chaland
Anne Bowles
Maurizio Baldini
Hugh Wilkinson
Renata Varwig

Elizabeth Cook
Fred Dawe
Jane Milliken
Hazel Meredith
David Axon
Don Monsour
Amanda Campbell
Olivia Howard





OUR 40 YEAR TIMELINE



- A group of parents formed a supportive environment for families and caregivers of loved ones who were living with Schizophrenia
- First board meeting: November 27



- Received first United Way Grant



- Friends of Schizophrenics Society - Victoria Branch was founded.
- Operated at St. Anne's Academy
- Started support groups and presentations



- Moved to current home located at 941 Kings Road



- BC Schizophrenia Society -Victoria Branch
1992-1993 BCSS Logo



- BCSS - Victoria Branch Logo was updated



- In-Community Peer Support program was launched



- First WRAP delivered



- First Annual Naked Bungy Jump for Mental Health



- Mental Health Recovery Partners South Island was created



- Transitional Discharge Model Peer Support at the Royal Jubilee Hospital began



- New branding to celebrate our 40th anniversary as a society
What do you see?



Mental Health Recovery Partners
South Island
Hope and Support for All

A special thank you to our volunteer Josée who did the research to help create this timeline



COMMUNITY-BASED PEER SUPPORT

So... what is a “Peer Supporter” anyways?

A Peer Supporter is someone with lived and living experience of mental health and/or substance use challenges. Peer Supporters are trained, non-clinical professionals who support others by utilizing their own lived experience & recovery journey in supportive ways.

MHRP SI’s Community-Based Peer Support Team provides free 1:1 support to individuals who self-refer from the community, be it Victoria, Langford, Sooke, or even the Gulf Islands. Meetings can be offered in-person, online, or over the phone and provide a safe space for open sharing, deep empathetic listening, social reconnection, building hope, and to feel less alone in one’s recovery.

This year, the Community-Based Team offered **552** 1:1 peer support meetings.

Here’s what some people connected to our Community-Based Peer Support program had to say...

“Peer support validated my unique experience and gave me hope while I struggle with my mental health.” - Peer Testimonial

“I felt understood and cared about and had a non-judgmental place to talk about what I am going through.” - Peer Testimonial

“Enjoyed the one-on-one peer support, enjoyed having coffee with someone. She helped understand myself better.” - Peer Testimonial

The Community-Based Team members include:

Chlöe, John, Jameel, Ken, and Tracy (Community Peer Support Team Lead)



“Being a Peer Supporter to me means walking alongside the peer I am meeting with on their recovery journey and offering support and resources. As a Peer Supporter I do my best to treat my peer with unconditional high regard and praise.” - John L.



TRANSITIONAL DISCHARGE MODEL PEER SUPPORT

TDM stands for *“Transitional Discharge Model”* and is a specialized peer support service which provides non-clinical support to individuals hospitalized for mental health concerns both during an admission *and* after discharge.

TDM Peer Supporters from MHRP SI are people who have a shared experience of previous psychiatric admissions. They provide emotional and practical support and utilize their lived experience and recovery to foster hope and resilience in their peers.

MHRP SI is contracted by Island Health to deliver this service on the Mental Health and Substance Use (MHSU) units at the Royal Jubilee Hospital (RJH) and in the community.

This year, the TDM Team served more than **465** individuals, for a total of over **5300** peer interactions between the hospital and in-community! On average, the TDM Team engages with **36+** new peers on the MHSU units at the RJH each month.

Here’s what some people connected to our TDM Peer Support program had to say...

“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” - Peer Testimonial

“They need more of these kinds of support available. The work your team does is incredible & it changes lives.” - Island Health Staff Member Testimonial

“Thank you for holding space for me yesterday and letting me get all of that off my chest. I had a really good meeting with my psychiatrist today and I wouldn’t have been able to calmly advocate for myself if I hadn’t talked to you. Hearing your experience was so helpful.. I can’t thank you enough.” - Peer Testimonial

The TDM Team members include:

Aria, Bailey, Erin, Fabian, Kay, Megan, Rachel, Sam, Scott, and Zoë (TDM Manager)





FAMILY PEER SUPPORT & DROP-IN PEER SUPPORT

Keeping true to the roots of our organization, our Family Peer Supporters provide support to family members so they in turn can support their loved ones. When someone experiences a mental health challenge, it often has a ripple effect, and entire families can be affected.

Our trained Family Peer Supporters provide opportunity and safe spaces for family members to share their experiences or vent their concerns, because they too have been there. Problem solving, boundary setting, self-care and coping strategies are often talked about.

Our Family Peer Supporters worked with 20 individuals this year.

“My wife and I have been attending the Friends and Family and Early Psychosis Intervention (EPI) support groups for the last 6 months. These evenings are vital for support and information. We rely on them to help us navigate the most difficult time in our lives.” - Family Peer Testimonial



MHRP SI's Family Peer Support team includes: David, Sarah, and Michelle



MHRP SI piloted a Drop-in Peer Support (DIPS) program. Designed and implemented by one of our experienced Peer Supporters. DIPS allowed participants to visit and receive a half hour of 1:1 peer support in a casual and informal setting with no requirement to sign up, as well as the option to remain anonymous.

This style suited many peers because they may have been unsure about what peer support is, needed more time to build a trusting relationship, or didn't want to commit to a longer program.

MHRP SI's Drop-in Peer Support program serviced **48** participants in total from October 2023 until March 2024.

“I LOVED drop-in peer support & WANT to come back to get more support. I found it the MOST helpful,” says R.



COUNSELLING SERVICES

Over the 2023-2024 year, MHRP SI has provided no cost individual counselling appointments, and counselling services for family members and loved ones. Our Family Member Counselling services are offered to loved ones and family members of individuals who have lived or living experience with mental health and/or substance use challenges.

The program offers up to 6 free sessions allowing family members and loved ones to access low barrier counselling regardless of income or other circumstances. Many of our counselling clients go on to access our other services such as peer support, support groups, psycho-educational and/or social groups. Others receive support in advocating for themselves or accessing other community resources.

In the 2023-2024 year, MHRP SI provided a total of **729** counselling sessions.

Here's what some people connected to MHRP SI's counselling services had to say...

"You have been such a help to our daughter and in turn our entire family, and we are really grateful to you, Don and MHRP SI. Our daughter came home very upbeat and did mention that she may join a peer group. I sure hope she does, it would be so nice for her to meet people with similar experiences." - Family Counselling Client Testimonial

"My experience with counselling at MHRP SI was very positive and impactful on my mental health and trauma healing. Andrea made me feel so comfortable in discussing personal and triggering situations and experiences that I've been through. I always felt at ease and left each session feeling emotionally lighter and with a sense of validation and non-judgment." - Individual Counselling Client Testimonial

"As a counsellor I get to act as a mirror for people, to help them see parts of themselves they couldn't before. AT MHRP, often that means I get to help them find hope within themselves" - Beth, Counsellor at MHRP SI

The 2023-2024 MHRP SI counselling team included: Andrea, Emma, Evelyn, Don, Beth and Samira.





EDUCATION PROGRAMS

Family Recovery Journey

Family Recovery Journey (FRJ) is a psychoeducation program developed by the Schizophrenia Society of Canada. In addition to learning the symptoms, prognosis and patterns of different mental illnesses, FRJ participants found connection with each other and learned they are not alone in their journey. We offered this workshop twice this year.

“The best part was knowing that our family was not the only one going through this.”

Antidepressant Skills Workshop

Facilitated by our counsellors Andrea and Evelyn, this workshop debuted on February 16th, 2024. It is a four-week self-care program for people with mild to medium depression, low mood, and seasonal affective disorder. It focuses on re-activating life, changing negative thinking patterns, and solving problems as they arise.

“Was helpful with tools and tips for combating depression. Lovely facilitators that held space for any problems that we were having,” says one of the workshop participants.

Partnership Presentations

Partnership presentations are an impactful way of sharing experiences, fostering hope, and reducing stigma. These “up close and personal” presentations offer first person accounts from people living with mental illness and sometimes include recovery partners such as family members, mental health workers and counsellors. These presentations promote conversations that normalize mental health challenges and can sometimes even encourage someone to seek help for themselves. We delivered **8** Partnership Presentations this year.

An attendee of our presentation at the UVic Law Centre shares this feedback:

“This was a great presentation! I really appreciated the use of personal stories and experiences rather than just discussing facts, figures and theories.”

“It was wonderful and impactful. As someone who has never talked or heard from people with mental illness, I learned a lot from this, and I’m sure others did too.” says a Claremont High School student.





EDUCATION PROGRAMS

Wellness Recovery Action Plan

The Wellness Recovery Action Plan (WRAP) is an evidence-based, personal wellness plan that supports participants to use effective tools and create daily action plans to stay aligned with personal goals. It helps identify and address challenges, provides support during crises, and integrates essential recovery concepts into everyday life.

There were **7** workshops held with **61** participants.

"It helped me to cope with my anxiety (reduced drastically). Special mention to the facilitators, they were outstanding. Kudos to these wonderful people," Program Participant.

Storyteller Training Workshop

The Storyteller Workshop was developed and delivered by people with lived experience. Participants walked through the journey of creating their own personal narratives in a safe, open and welcoming space, with the outcome that every storyteller came away with an introduction and outline for their stories. Participants liked *"the small group sizes, the sharing of personal stories/experiences and the calmness in which the material was presented."* One participant also said, *"I truly enjoyed the feeling of being genuine and for not just with food, beverages and tissue (needed), but with a supportive environment, meaningful stories and useful information."*

This year **15** participants completed these workshops, many of whom have since publicly shared their stories at MHRP SI and other events.



Marjorie - Co-facilitator



Our first Storyteller Training cohort



SUPPORT GROUPS

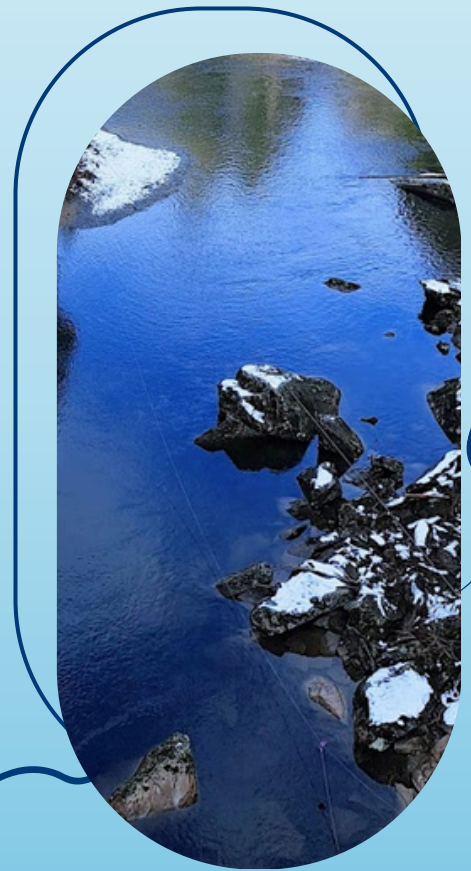
Our support groups bring together people with similar experiences to share their feelings, feel heard and garner support. These groups sometimes function as a bridge between clinical and emotional needs where participants feel less lonely, isolated or judged because they can talk openly and honestly about their situation and learn they are not alone. They are facilitated by people with lived experience who demonstrate hope and recovery are possible.

We held a total of **157** groups with **954** participants.

In 2023-2024 we piloted family support groups in the Saanich Peninsula and look forward to reducing barriers and expanding our services.

OUR SUPPORT GROUPS INCLUDE:

- **Hope and Recovery**
- **Family & Friends**
- **Men's Social Circle**
- **Women's Support Circle**
- **Creative Days**
- **PRISM - People Respecting Intersectionality and Sexuality in Mental Health**
- **EPI - Early Psychosis Intervention**



This past year, we have seen the addition of new programs to reflect the changing needs of the people we serve.



OTHER PROGRAMS & SERVICES

Memorial Fund

The Memorial Fund provides a one-time offer of financial assistance to family members or an individual living with serious & persistent mental illness, where there is an established need. This year, we distributed **\$3,518.00** amongst **12** individuals.

“The Memorial Fund gave me the opportunity to take an expensive course that I otherwise wouldn't have the means to do so. Having that course has given me plenty of job opportunities. The Memorial Fund has helped me better my life,” says H., who benefited from this fund in 2023.

Friendly Caller

Connecting with people and reducing the feeling of loneliness are the goals of this program. Once a week, one of our volunteers, Josée calls those registered with the Friendly Caller program. She says, *“I see the value in the Friendly Caller Program because it connects people that may not otherwise have strong community connections through a simple phone call. It gives space to people to talk about anything they might want to talk about, to be encouraged and to be supported. It can make a difference for people experiencing isolation, as well as for people that are slowly reconnecting to others.”*

Yes2Me Scholarship

Sponsored by the Otsuka-Lundbeck Alliance, the Yes2Me Scholarship celebrates the efforts of young people living with mental health challenges by rewarding them with an incentive to pursue their educational goals and confidently build a brighter future. Danielle, a UVic student, shared these thoughts after receiving this grant in January 2024, *“As an individual with a mental illness, it is encouraging to know this scholarship was created specifically for people like me. Thank you for supporting my goals and dreams to achieve my master's degree in social work and pursue a career supporting people along their own mental health journey.”*



Marion Mendoza
Program Manager



OTHER PROGRAMS & SERVICES

System Navigation

Navigating the social system can be complex due to the range of services, providers, and potential barriers individuals may encounter. System Navigation at MHRP SI was a pilot program aimed to help individuals understand, access, and move through the various services, resources, and support systems available to address mental health needs. With an understanding of the types of services offered by different providers, our System Navigator, **Hannah Monis**, assisted individuals in finding appropriate services and resources that aligned with their needs. System Navigation also provided advocacy for individuals to ensure appropriate and timely care, along with providing emotional support and guidance throughout the process.

28 individuals benefited from this program since its launch in November 2023.



When asked about their experience with this program, a participant said,

“My trauma created considerable inertia in my life. Hannah’s support and advocacy was invaluable in my moving forward through the daunting systematic roadblocks, real and perceived, in my way.”

Hope and Support for All 



Happy Retirement Mihaela!

Mihaela Iacob was our longest standing contractor. She dedicated many years of herself offering compassionate care and respite to families who cared for their loved one living with mental illness.

Fun fact: Up until her retirement, Mihaela attended every single one of our Naked Bungy Jump events with her little dogs.

We wish you much health and happiness in your retirement Mihaela!



2023-2024 VOLUNTEERS

A significant part of this organization's success is made possible by the support of our amazing volunteers. Many have lived and living experience of mental health challenges and may have been participants at MHRP SI at one time.

Managed by our Administrative Coordinator, our volunteers are thriving and helping others in their own unique ways.

To our volunteers of this fiscal year, we are grateful for your incredible contribution to the organization and the community we serve.



Tony is our Administrative & Volunteer Coordinator. Thank you Tony for all that you do!



Kevin has been a dedicated volunteer for many years now and does wonderful storytelling of his mental health journey.



Josée manages the Friendly Caller Program and is frequently invited as a guest speaker in our various partnership presentations.



Melissa is working on her diploma in Community, Family and Child Studies at Camosun College.

OUR 2023-2024 MHRP SI VOLUNTEERS

- Chris
- Elliott
- Fiona
- Gabrielle
- Grace
- John A.
- John M.
- Josée
- Kevin
- Meron
- Marjorie
- Melissa
- Momo
- Q





TEAM BUILDING EVENTS

Sometimes, a picture can say a thousand words...

Here are some highlights of MHRP SI team building events in our 2023-2024 year, including a staff BBQ, holiday party, and a staff workshop to collaborate on the creation of MHRP SI's Values and Mission & Vision statements.



The "Ugly Christmas Sweater Crew" from our MHRP SI Holiday Party



Brianna Bear opening the MHRP SI Barbecue with a traditional Indigenous welcoming



Halloween festivities at the office!



The MHRP SI Barbecue in action!



MHRP SI staff, volunteers, and loved ones coming together to watch a Victoria Royals hockey game!



MHRP SI staff gathered for the creation of MHRP SI's Mission, Vision and Values.



MHRP SI staff at the Foundations of Wellness Workshop facilitated by Jenn Cusik



Program Manager, Marion Mendoza with Executive Director Janine Theobald at the MHRP SI Holiday Party



COMMUNITY ENGAGEMENT



Jameel from the Community-Based Peer Support team speaking at the Connection Project



Hannah, Zoë and Stephanie volunteering at the MHRP SI Holiday Thrift Market fundraiser



TDM Manager Zoë Newson alongside the Minister of Mental Health and Addictions, Jennifer Whiteside, Island Health Board Chair, Leah Hollins, MLA Murray Rankin, and Jen Sandberg, Team Lead of the Bridging Care Program (BCP) who all spoke at the Island Health BCP media announcement



Don, Sarah, and Bailey at the MHRP SI booth for Quadra Village Days.



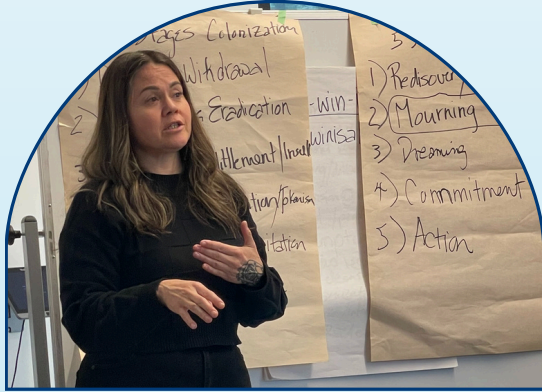
MHRP SI staff members, board members, former leadership, volunteers, and loved ones celebrating the "Night of White" fundraiser in honour of mental health awareness



MHRP SI staff and PRISM group participants taking part in the annual Pride Parade



UNDERSTANDING OUR ROLE & RESPONSIBILITY



Chaw-win-is

San'Yas Training:

As part of our commitment to taking actions to understanding and realizing Reconciliation in these territories, our team participated in learning activities in 2023-2024. We are immensely grateful to the facilitators of these trainings.

December through March MHRP SI staff and family peer supporters completed the San'yas Anti-Racism Indigenous Cultural Safety (ICS) Training Program, Core ICS Mental Health Course. The training focused on education about Colonization in Canada, the historical and ongoing impact of racism and stereotyping on Indigenous people, and asked participants to identify actions to strengthen ICS in relationships, practices and service delivery.

Overwhelmingly the team found the training valuable, informative and often challenging. It was the first time some participants learned about the history of residential schools and 'Indian' hospitals, and the lasting trauma of these systems of oppression. We explored our own biases and learned that many of these are taught by myths perpetuated by colonial structures and systems in which we are all embedded.



Chaw-win-is & JB Williams

Participants were asked: *'What is your key takeaway from the Training?'*

- *'How little I knew and how much more there is to learn.'*
- *'It is so important for us working in the mental health space to acknowledge systemic oppression and actively work to unlearn our biases & confront discriminatory practices when we see them.'*
- *'Learning is and must be continuous -- uplifting the voices and experiences of Indigenous people is crucial and important.'*

Image: Recovery by Naomi Fraser - see page 25 appendix for details





RECONCILIATION & RESURGENCE

Our team and Board of Directors participated in workshops with Chaw-win-is, a Nuu-chah-nulth woman from Tla-o-qui-aht and Cheklesah nations, and consultant with Yaamaa Consulting Services. Her work focuses on decolonization and resurgence through education. These meaningful sessions were facilitated through storytelling and academic references. We discussed the non-linear and ongoing stages of colonization and decolonization. We also learned about strength, resilience and resurgence.

John-Bradley (JB) Williams, a traditional knowledge keeper and ethnobotanist of Tsawout and Ahousah joined us at a day-long retreat at the beautiful Power To Be campus. He shared land-based teachings where we learned about Indigenous plants and their uses, as well as traditional stories about wildlife and fauna origins, which also held life lessons. His deep knowledge and willingness to share personal perspectives was done with a constant twinkle in his eye and a contagious sense of humour.



JB Williams

Participants identified the Nuu-chah-nulth 'Hotoquist' teaching shared by Chaw-win-is as deeply impactful and mind-opening.

'Hotoquist: "Our canoe has tipped over and we are lost at sea, along with ourselves and our treasures. As we gather ourselves together and turn the canoe back over, we need to decide what we will bring with us back to shore. We must take the time to consider what we need to bring to shore because that is when the re-building of our nations will begin. As my auntie Lee Maracle said to me once in a recent conversation, "We are building from a skeleton of what we once were."'*

*Restoule, Jean-Paul and Chaw-win-is.(2017). Old ways are the new way forward: Why indigenous pedagogies are good for everyone.. The Canadian Commission for UNESCO's IdeaLab.

This teaching brought forward deep discussion and reflection for the Board and the team. It tells us that we need to help support Indigenous resurgence, healing and prosperity, or get out of the way of it. Sometimes getting out of the way is how we help. Most importantly, we need to look inward to identify our biases and stop perpetuating the harmful behaviour of the status quo.

We recognize we have not known or understood the long-standing protocols regarding conducting 'business' in these territories. We commit to continuing to learn and to act upon these lessons and aim to do better to do our work here in a good way.





18TH ANNUAL NAKED BUNGY JUMP A FUNDRAISER FOR MENTAL HEALTH

Our annual Naked Bungy Jump for Mental Health, in partnership with WildPlay Nanaimo, was back for the 18th time on March 2nd and 3rd of 2024. At 150 feet above the Nanaimo River, and cold weather that brought rain and snow, over one hundred individuals stood tall for an astounding feat of plunging naked to help raise funds for mental health on Vancouver Island. Their collaborative efforts and generosity of our partners and sponsors, including an anonymous donor who doubled every dollar collected, raised **over \$93,000!**



INDIGENOUS PROTOCOL

David "Dave" Bodaly of the Snuneymuxw First Nation opened the event with a traditional welcoming and song.



WILDPLAY STAFF

Safety first – The amazing crew of WildPlay Nanaimo ensured the safety of every jumper. No injury reported during the event all thanks to them!



STAR JUMPERS!

Her "charisma, uniqueness, nerve, and talent" landed her a spot in *Canada's Drag Race* Season 3 and CBC Gem's documentary series *Canada's a Drag*. After the TV shows were over, she continues to do drag performances, more notably at Vicious Poodle in downtown Victoria.



Q is a non-binary artist with lived and living experience of mental illness, hospitalization, homelessness and addiction. An accomplished musician, they have won numerous awards and toured the world, performing in a musical duo with their younger brother.

SPECIAL THANKS TO THIS YEAR'S SPONSORS

- Malahat SkyWalk
- Robinson's Outdoor Store
- Travelodge Inn Nanaimo
- Haunted Manor
- Hullo
- Horror Escape
- Modo
- Bloc
- Crag X
- Lush
- Inn on Long Lake Nanaimo
- Grove Outdoors
- Love-In Collective
- SkyDive Vancouver Island



FUNDERS & SPONSORS



West Shore Lions Club
Langford, British Columbia -
Canada



Government of Canada Gouvernement du Canada

Canada



The MICO Foundation facilitated by
the Strategic Charitable Giving Foundation



2023-2024 DONORS

As we reflect on the past fiscal year, we are filled with immense gratitude for your unwavering support to provide hope and support to countless individuals and families navigating mental health challenges. The impact of your generosity extends far beyond the numbers, touching lives and fostering a community of care and compassion.

CanadaHelps
Cindy Gibson Ceramics
Costco Langford #256
Dr Daisy Dulay, MD FRCPC Inc
Dr. Kendra Strong Inc
Electric Edge Systems Group Inc
Grey & Ivy
Hutcheson and Co., CPA, LLP
JB Consultants Inc.
Kelsey Matichuk, RMT
Lori's Takeaway
Maw investments limited
Nicole Holman Creative
Sullivan Counselling Ltd
Unveil Veritas Coaching and Consulting
Vaughan Planning
Vintage After Death
WildPlay Elements Parks
Zegas Group Ltd
Aarin Teich
Abby Fisher
Abby Moreside
Adam Noonan
Adam Rosenberg
Adrian Barwin
Adrienne Hempstock
Aerin Queenan
Aimee Levesque
Aisling Kennedy
Alana Williams
Alex Blais
Alex Drouin
Alexander Andrew
Ali Janjua
Alissa Merz
Alyne Mochan
Alysha Anderson
Amanda Bugarin Palmieri
Amanda Engstrom
Amanda Meyers
Amanda Nagy
Amber Cyr
Amy Edwards
Amy McCavour
Anabel Sargent
Ande Axelrod
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Anna Gummer
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Anthony Redmond

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Ashleigh Bundock
Ashlie Sweenie
Augusto V Juorio
Barb Best
Barb Kristjansson
Barbara Neratini
Beau Belle-Oudry
Becca Ascott
Ben Baumgard
Benjamin Behnke
Blane Fowler
Bob Teeter
Brad Hague
Brad Pelerine
Brad T
Bradley Dudinsky
Bradley Jones
Bradley Poges
Brenda McBain
Brendan Bowes
Brendan Milholm
Brent Kokoskin
Brian & Dianne Northup
Bri-Anne Denis
Brigitte Bilodeau
Brittany Melo
Brittany Rainville
Bunny Luang
Cady Dreher
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FINANCIALS 2023-2024

MENTAL HEALTH RECOVER PARTNERS SOCIETY - SOUTH VANCOUVER ISLAND

Statement of Revenues and Expenditures*

Year Ended March 31, 2024

| | 2024 | 2023 |
|--|-----------------|----------------|
| REVENUES | | |
| Government contributions | 550,462 | 344,701 |
| Contributions from other registered charities | 105,058 | 98,305 |
| Fundraising and special events | 57,290 | 86,792 |
| Donations | 32,557 | 8,206 |
| Other | 10,950 | 22,578 |
| Interest | 2,925 | 1,150 |
| | <u>759,242</u> | <u>561,732</u> |
| EXPENDITURES | | |
| Amortization | 142 | 4,755 |
| Insurance | 3,217 | 3,102 |
| Office | 21,511 | 8,476 |
| Professional fees | 4,613 | 33,133 |
| Project costs | 557,245 | 319,358 |
| Rent | 35,094 | 30,216 |
| Wages and benefits | 184,330 | 160,572 |
| | <u>806,152</u> | <u>559,612</u> |
| EXCESS (DEFICIENCY) OF REVENUES OVER EXPENDITURES | <u>(46,910)</u> | <u>2,120</u> |

* Full Financial Statements, and Independent Practitioner's Review

Engagement Report, are available at the MHRP SI Office: 941 Kings Road, Victoria, BC

Director of Finance
Elizabeth Skillings, CPA, CA



APPENDIX

Recovery by Naomi Fraser

Naomi Fraser, Nuu-chah-nulth Artist. I was born in 1971 to a mother from the Ahousaht tribe of the Nuu-chah-nulth Nation and a Scottish immigrant father from Inverness. My ancestral roots are in Ehattesaht, Tla-o-qui-aht, and Ahousaht as well as Makah. My practice of Nuu-chah-nulth arts began as a child with dancing, and hearing Nuu-chah-nulth Lore. When I moved to Victoria for my last year of high school, I began practicing native visual art. Butch Dick, a Salish artist, was my first native art teacher. I am also a silent speaker. Silent speaker is a term my late mother, a Nuu-chah-nulth speaker and linguist, said is used for people that can understand Nuu-chah-nulth, but respond in English. I am lucky I did learn and produce language lessons on Facebook and You Tube with my late mother's help.

The torch for culture is passed on: but it will not have the same brilliance as it would for a native speaker. It is bittersweet to create "Recovery." Nineteenth Century Masks and Curtains held in private collections and museums inspired this work. It is helpful to at least see our ancestors work on the internet, but it is so unjust to see these treasures as a part of another people's collection. What will we bring back to the shore with us? The first half of the image is getting children back into our traditional vessel. There is a baby boy on the bough and a little girl being lifted out of the water. The man with the ochre colouring around the eyes is from a chief's family.

Paddles are depicted because they are tools of journey and to remember that paddles are also weapons. They were sharpened at the tip and sides for battle on the water. We are warriors, and whaling people. We must recover what colonization has done to our psyche and recall our strength. The second part of the image from left to right is two men in wolf headdress to represent law. The box in the middle is a chief's box that are the tools to facilitate the role of a chief. Second to last is a woman in a lightning serpent headdress, followed by another young man wearing a serpent headdress as well. Chiefs who have songs with these masks distribute wealth. All the elements depicted in "Recovery" are about regaining the wealth and structure of higher social economic status and connection.



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