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MPA-Motivation, Power & Achievement Society

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Mission, Philosophy, Values, Beliefs

Mission Statement
To inspire hope and facilitate recovery for individuals with mental health issues.

To establish and operate social, vocational, recreational and housing programs that support people in their own communities.

Philosophy
Recovery from mental illness is achievable through empowerment, autonomy, responsibility and peer support.

Values
- The uniqueness of every person
- The right to self-determination
- Peer support
- Shared decision making
- Creativity and innovation
- Excellence

Beliefs
- Hope
- Every person has the right to be treated with respect and dignity
- Every person is unique and possesses an array of strengths and abilities
- Every person has the right to be the ‘director’ of their own recovery from mental illness

MPA Society—Empowerment in Mental Health since 1971
This past year has been a very busy and exciting time for the Society. The agency continues to grow and provide new housing options and services for our members. We were able to renovate the well used Resource Centre on 4th and Burrard and have expanded services offered at that key program for all members of the Society. This includes a full time recreation therapist who is working with members to develop meaningful and interesting social activities.

The 7th and Fir project will provide new supported apartments as well as create a new home for the Resource Centre. The Society received overwhelming support from the local area community during the public hearing process and was successful in obtaining the development permit for the project. We look forward to the start of construction as well as working with our partners in the project, Katherine Sanford Housing Society, the City of Vancouver, Vancouver Coastal Health and BC Housing.

We were able to begin renovations and repairs at many of the MPA owned properties in order to improve the standard of living for residents as well as to maintain the value of the properties. We have also improved on the IT infrastructure which will allow for members to have computer access at each location. The improved computer system will also improve reliability and reduce computer problems for members and staff. During this fiscal year we were also able to purchase two new vehicles which are being used for outreach as well as member activities.

For a number of years MPA has been renting Beckman House, a licensed home in Maple Ridge, from a private landlord. MPA was able to facilitate the purchase of the property by Fraser Health Authority, ensuring that the program will continue and residents will have a home for years to come.

MPA also expanded the role of advocacy over the last year and actively advocated for increased training for police officers and first responders who may come in contact with people with mental health issues. The City of Vancouver, at the request of MPA, proclaimed the first Mental Health Awareness Week in Vancouver’s history. Efforts will continue to highlight the importance of mental health and services for people struggling with mental illness.

In an effort to increase mental health awareness a fundraising campaign has been developed called “Your Wellness Day”. This fundraiser will increase awareness of mental health issues as well as increase donations to the Society.

During the last year, members of the management team and Board of Directors visited all MPA programs and met with members to discuss a change to the Society bylaw. A Special General Meeting of the Society was held and the bylaw revision was passed.

We are also pleased to report that MPA has been chosen as the Housing Lead for the Mental Health Commission of Canada’s Research Demonstration Project in Mental Health in Homelessness. In the year ahead, MPA will secure 200 market rental apartments for people who are homeless and struggle with mental health issues.

MPA was also selected to provide support and outreach services to three SRO hotels in Vancouver. This program allows MPA to fulfill its mandate of providing services to people in their community.

It is expected that the year ahead will be a busy and productive year with a focus on continued service improvements and meeting the needs of members and people who receive services from MPA.

Gillian Reid
Board Chair

David MacIntyre
Executive Director
MPA Society Board of Directors/ Society Directors

**MPA Board of Directors**

- Gillian Reid, Board Chair
- John Gunn, Vice Chair & Treasurer
- Leitizia Lorello
- Laura Williams-Taylor
- Ron Warbrick

**MPA Society Directors**

- David MacIntyre, Executive Director
- Elizabeth Hatton, Director, Finance & HR
- Sue Baker, Director, Supported Housing
- Rudy Young, Director, Advocacy and Social Justice
- Nick Blackman, Director, Licensed Housing
- Kim Capri, Director, Corporate Development
Corporate Development

The position of Director of Corporate Development was created this past year and filled in March 2009. The position has a broad-based mandate including a number of portfolios: Media & Community Relations, Communications, Revenue Development, and Research. In its simplest description, the position is a resource to the Management Team to serve and support them in any and all of the above areas.

YOUR WELLNESS DAY™

In partnership with the Canadian Mental Health Association – Vancouver/Burnaby Branch, MPA Society created and launched the “Your Wellness Day™” event. On May 29th 2009, this trade-marked community fundraising event saw 12 spa and salon partners donate 20% of their gross revenue to our charities. The response was enthusiastic and we look forward to growing this annual event.

We are tremendously grateful to the 12 inaugural business partners who supported us.

In addition, we are appreciative of the community members who booked a salon or spa treatment, at these businesses, in support of the event.

Next year, we hope to welcome more businesses on board and include the Caring Companies or Exceptional Employers category who will confirm their support by agreeing to either organize and support a team day at one of the participating spas/salons or offer their employees an hour off from work (without loss of pay) to attend one of the participating spas or salons.

PUTTING OUR PRACTICES INTO PRINT AND ON DISC

MPA Society has been offering services and supports for 38 years. The approaches and practices have been based on the principles of hope, integrity, compassion and common sense. Creating a written reference guide to capture these practices, describes to our workforce our on-going commitment to a positive work environment and non-discriminatory practices.

In addition, this tool offers consistency and confirms we remain in compliance with applicable legislation. Furthermore, implementing the systems that ensure that MPA Society has current tools, technology and processes to support our work is also underway. These projects are scheduled for completion and launch in Fall, 2009.

Kim Capri
Director of Corporate Development
Advocacy and Social Justice

Mission Statement
To empower and support people with mental illness to ensure their social and legal rights are promoted.

Philosophy  Advocacy and social justice is achieved through recognition of human rights, fair treatment under the law, and an impartial share of the benefits of society.

The MPA Society remains positioned as an advocacy focused organization. From our inception to the present day, the MPA Society has been and continues to be recognized as a leader in advocating for improved services for individuals experiencing the debilitating effects of mental illness.

The Advocacy and Social Justice portfolio of services includes the MPA Resource Centre, the Mental Health Empowerment Advocate Program (MHEAP), Court Services in Vancouver and Surrey and Individual and Systemic Advocacy at Riverview Hospital.

The MPA Resource Centre and the Court Programs have begun the process of operational planning. This establishes a method and process for the development and overall direction of programs, improving integration of services across programs and operational portfolios, defining goals and establishing an action plan for future years ensuring continued improvement in our program services. Operational Planning will begin in the remaining areas of MHEAP and Individual and Systemic Advocacy in the coming year.

Rudy Young, R.P.N.
Director of Advocacy and Social Justice

MENTAL HEALTH EMPOWERMENT ADVOCATES PROGRAM (MHEAP)

The Mental Health Empowerment Advocates Program (MHEAP) continues to provide high volume and quality advocacy services for the MPA Society organization.

Our specialized areas of advocacy include legal aid and financial assistance, tenancy rights and educational workshops for both those in need of advocacy and other service organizations.

The services of MHEAP are easily accessed through a variety of means including walk-in referrals, telephone, e-mail or onsite visits in Vancouver, North Vancouver, Richmond and on a limited basis within the Fraser Health Authority.

During this year, MHEAP continued to become more fully integrated with the other programs of Advocacy and Social Justice as well as other programs throughout the MPA Society organization.

MHEAP continues to provide advocacy services for those residing in our housing programs including income tax preparations, letters for student loan forgiveness as well as ensuring those receiving our services receive the full economic benefits they are entitled to under provincial and federal income security plans.

Operational Planning for the MHEAP Program will commence in the coming year and will include the development of mission and philosophy statements as well as the development of specific goals and actions to guide program development and delivery in future years.
Advocacy and Social Justice

COURT SERVICES

The Court Services Program continues to be faced with new challenges being presented through redefining of services within both the healthcare and criminal justice systems.

The Court Services Program in both Vancouver and Surrey are at the intersection of mental health, social services and criminal justice. With over 21 years experience, the MPA Society is at the forefront of understanding the complex interrelationship between mental and physical health, social services and criminal justice.

The MPA Court Services Program has begun the process of operational planning and is currently developing mission and philosophy statements which will allow the program to develop clear and concise operational goals and actions that will guide the development and growth of the program for future years.

The Downtown Community Court has now opened and the MPA Society has continued to have meetings to discuss our interest and possible role in this new court without compromising our firm belief in the decriminalization of mental illness.

Our partnership with the Law Foundation of British Columbia continues to be strong and with their generous support a new multi language brochure has been developed and will soon be printed and distributed. The brochure outlines our services and the rights of the mentally ill in the criminal justice system.

MPA SOCIETY RIVerview ADVOCACY PROGRAM

The MPA Riverview Advocacy Program (Individual and Systemic Advocacy) continues to provide a range of advocacy services that have been associated with the MPA Society since our inception in 1971.

The main areas of advocacy at Riverview Hospital involve policy reform, individual rights information, mental health review panels and service delivery dispute resolution. Leadership in advocacy is accomplished through a monthly newsletter, offering a work experience through our coffee meet and greet programs as well as our activity in the development of a Peer Support Program at the hospital.

Funding for the advocacy program has been decreased by Riverview Hospital as part of the Provincial Health Services Authority (PHSA) and has resulted in our staffing being decreased. The decreased funding for this program is attributed to the declining number of people residing at and receiving treatment at Riverview Hospital. The MPA Society is maintaining all other advocacy based programs and services despite the reduction in funding for the program.

The success of this program is best demonstrated by receiving special notice in the CCHSA Accreditation review at Riverview Hospital. This review found the MPA Advocacy Program to be one of the key success areas in their last survey in 2006.
MPA Resource Centre

Mission Statement
To provide resources that enhance the quality of life of individuals with mental illness through community involvement, advocacy and support.

Philosophy
The needs of our membership are met through advocacy, activities and social gathering including meals.

This has been an exciting and transformational year for the MPA Resource Centre.

During the summer of 2008, the MPA Society closed the Resource Centre for a period of six (6) weeks to allow for redevelopment of the existing space at West 4th Avenue. The redevelopment included design changes to make the program space more user friendly, open and spacious including a much needed redesign of the kitchen area. New furnishings were purchased including a washer and dryer and the new space was revealed in early September. The response to those changes has been overwhelmingly positive and the MPA Resource Centre is now positioned to become the hub of social and recreational activity for the entire organization.

During the closure of the MPA Resource Centre the staff began the process of operational planning. This process will continue in the near future with member input from across the organization.

As part of the redevelopment of the existing MPA Resource Centre, two key service enhancements were initiated. Those enhancements included a site dedicated, full time Homeless Outreach worker and a full time Recreation Therapist.

The Homeless Outreach staff have been successful in finding both temporary and permanent housing accommodations for several of our members in a few short months, and has provided additional support to those at risk for homelessness so that individuals can maintain their current living situations.

The Recreation Therapist is in the process of gathering information from those that attend the MPA Resource Centre and is now developing an exciting calendar of recreational and social activities. With our long established history in the community and with the assistance of those attending the MPA Resource Centre, a history wall celebrating our past achievements is proudly displayed on a dedicated wall within the Resource Centre. A dedicated space is now available for creative arts and crafts including all of the required supplies and the coming year will bring more excitement and positive change for those attending the MPA Resource Centre.

Rudy Young, R.P.N.
Director of Advocacy and Social Justice

Areas of Advocacy
- Family and Relationship
- Financial
- Nutrition
- Housing (including tenancy rights)
- Legal
- Medical and Dental
- Mental Health
- Substance Misuse
- Victim Support Referrals
- Crisis Intervention

Social Recreational Activities
- Camping
- Jewelry Making
- Mandelas
- Art Therapy
- Park Outings
- Hope in Shadows
- Stand Up for Mental Health
- Monthly Special Activities
- Annual Summer BBQ
- Annual Christmas Party
- Movies (in & out of Centre)
- Bingo (in & out of Centre)
- Gardening Club (Community garden)

Life Skills
- Mental Matters Support Group
- Riverview Peer Support
- Phone Reception Work
- Food Bank Delivery
- Flowers for Food Program
- Concurrent Disorders Support Group
- Smoking Cessation Support Group
- Conversation Club Group
- Creative Writing Group
Supported Housing

Mission Statement
To provide safe, affordable and supportive housing to person’s living with a mental illness. These housing options are situated throughout communities so that individuals may reside in the neighborhood of their choice.

Philosophy
Adequate shelter is a basic need and a fundamental human right. There is a critical shortage of affordable housing units for persons with a mental illness. By providing various housing alternatives, MPA Society supports individuals in their communities while they continue their journey towards recovery from mental illness.

I would like to thank the residents and staff of the Supported Housing Division for another successful year. We continue to work together to enhance the existing programs to better meet the needs of our residents.

This past year we were selected as a partner in the Mental Health Commission of Canada Research Demonstration Project. This project will take place in five Canadian Cities and is designed to provide policy relevant evidence about what service and system interventions best achieve housing stability and improved health and well-being for those who are homeless and mentally ill. The four-year, multi-site research demonstration project will be conducted in the cities of Vancouver, Winnipeg, Toronto, Montreal and Moncton. The overall goal is to identify best practices that could be applicable on a national scale. In Vancouver, the project team will also be looking at persons who may have a mental illness and addictions issues.

The research project is based on a housing first model. Housing First is a model that puts consumer/tenant choice at the center of all considerations with respect to the provision of housing and support services. Treatment and support services are offered on a voluntary basis by off site service providers. Beginning in September, 2009 and continuing over the next 3 years, the project will support 300 people to get and keep housing in Vancouver and will interview people and learn from their experience. We will also be learning from the experiences of 200 other people who will continue to receive services and supports that are available to them right now.

The project will involve researchers, service providers and organizations as well as people with lived experience. The demonstration project will provide the opportunity for a number of individuals to receive housing and a variety of supports that may be different than the kinds of supports that are currently available. MPA has been chosen as one of the lead service providers for the project in Vancouver. Specifically, our role will be to secure 200 units of market rentals and to administer the subsidies for the program participants. We will continue to build on existing relationship with landlords and we will actively promote new partnerships within the private rental market. We look forward to participating in this new and exciting program for those who are homeless and living with a mental illness in Vancouver.

This year 75 new individuals accessed housing through the various MPA Supported Housing sites. We continue to work with the Mental Health Housing Services Access Team to place individuals in appropriate housing resources.

I look forward to the coming year as we work together to improve existing programs and as we look towards future expansion in the Supported Housing Division.

Sue Baker
Director of Supported Housing
Supported Housing

Phoenix Apartments

Welwyn House

West 10th House

Duke House

Kidder Place

Batten House

Irvine Place

Silken Laumann House

The Hampton
Mission Statement
To inspire hope and facilitate recovery for individuals with mental health issues using the principles of psychosocial rehabilitation.

Philosophy
Recovery and Hope is achieved through empowerment, autonomy and responsibility.

To begin, I would like to thank the members, staff and Directors of MPA Society for their warm and welcoming introduction to the society in September of 2008.

Licensed Housing has continued with a focus on building and implementing the principles of psychosocial rehabilitation as an equal partnership between staff and members. This focus reflects the belief in the MPA Society mission and philosophy statements and has allowed our members to develop their strengths and address challenges in many areas of their lives.

Tamarack House, Tilikum House, Banyan House, Byron House, Sophia House and Virginia House have all developed and created a supportive environment focused on the strengths of the members. Some members have moved on to volunteer jobs, paying jobs and more independent living situations.

Winston Manor continues to provide an essential service through respite support services and community transitional support for members needing short-term support and skills development.

Berman House is now a co-ed home for members with co-occurring disorders and supports them in their transition to more stable housing and sobriety. The award winning Adventure Therapy program remains a favorite activity of staff and members.

Beckman House, in Maple Ridge, continues to provide a variety of member supports including aging in place, Healthy Minds – Healthy Bodies activity programs and the Member Appreciation Gala celebration in September of 2008.

Adding to the schedule of social and recreational activities, staff and members of the homes are now able to re-establish their connection with the newly renovated and revitalized MPA Resource Centre along with a new Recreation Therapist.

We have developed a new and exciting partnership with Douglas College. Several of the homes provide practicum experiences for students in both the Community Mental Health Worker Program (CMHWP) and the Health Care Support Worker Program (HCSWP).

MPA Society makes regular presentations at Douglas College to the CMHWP, HCSWP and Nursing programs with the aim of educating students and faculty about MPA Society, our services and our belief in psychosocial rehabilitation and recovery for people faced with mental health issues.

Nick Blackman, B.A., R.P.N.
Director of Licensed Housing
Licensed Housing

- Byron House
- Berman House
- Winston Manor
- Beckman House
- Sophia House
- Virginia House
- Tamarack House
- Tilikum House
- Banyan House
Finance

Membership resources are safeguarded and maximized...

**Revenues**

<table>
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<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
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<tbody>
<tr>
<td>Grants</td>
<td>10,400,910</td>
<td>9,922,544</td>
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<tr>
<td>Rental Income</td>
<td>1,255,402</td>
<td>1,179,308</td>
</tr>
<tr>
<td>Other</td>
<td>105,706</td>
<td>115,542</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$ 11,762,018</strong></td>
<td><strong>$ 11,217,394</strong></td>
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**Expenditures**

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries &amp; Benefits</td>
<td>7,577,410</td>
<td>7,292,495</td>
</tr>
<tr>
<td>Property Costs</td>
<td>3,019,764</td>
<td>2,806,017</td>
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<tr>
<td>Program Costs</td>
<td>631,336</td>
<td>618,971</td>
</tr>
<tr>
<td>Other</td>
<td>375,645</td>
<td>386,712</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$ 11,604,155</strong></td>
<td><strong>$ 11,104,195</strong></td>
</tr>
</tbody>
</table>

**Revenues over Expenditures**

- **$ 157,863** (2009)
- **$ 113,199** (2008)

MPA strives to ensure financial and human resources are employed to enhance the quality of services for our members today, while maintaining financial stability to ensure sustainability of programs and services for the future.

In 2008/2009 fiscal year, MPA Society experienced a relative break even of operating revenues and expenditures.

During the year, MPA invested approximately $330,000 in minor and major repairs and improvements to program facilities. Included in these projects was a significant enhancement to the MPA Resource Centre, along with property upkeep and renovations at residential programs. MPA also purchased two new vehicles, improving transit opportunities for program outings, as well as assisting the new MPA Homeless Outreach Worker to connect people with housing and other resources in their community. MPA also hired a new recreation therapist who will be working at the MPA Resource Centre.
Funding and Community Support

MPA Society Members thank you for your funding and contributions...

Government Funding

BC Housing Management Commission, BC Ministry of Housing and Social Development, Fraser Health Authority, Law Foundation of British Columbia, Provincial Health Services, Vancouver Coastal Health

MPA Society and its members would like to extend a thank you to all community members who contribute by a donation of food, cash, a gift-in-kind, new clothing or by volunteering.

You are helping to ensure that each individual who comes to MPA Society, now and in the future, is able to receive the support and service they need.

Please join us in our campaign to help people in the most need. One small action has large repercussions in a persons life, providing hope and facilitating recovery for individuals with mental health issues.