



# MPA Society

Empowerment in Mental Health Since 1971



42 Years of Innovation in  
Mental Health Services

# Annual Report 2013

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## ANNUAL REPORT

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# Vision, Mission, Philosophy, Core Values and Beliefs

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## Vision

**A society inclusive of people with mental illness who make choices about their lives and participate fully in their community.**

## Mission

**Inspiring hope and supporting recovery for people with mental illness by establishing and operating social, vocational, recreation, advocacy and housing programs that support people in their own communities.**

## Philosophy

**Recovery is achievable through support, empowerment, autonomy, and responsibility.**

## Core Values and Beliefs

**At MPA Society, we value:**

- **The uniqueness of every person**
- **The right to self-determination**
- **Peer support**
- **Creativity and innovation**
- **Accountability**

**At MPA Society, we believe:**

- **Every person has the right to be treated with dignity and respect**
- **Every person possesses an array of strengths and abilities**
- **Every person has the right to direct their own recovery**
- **In supporting individual growth**
- **In hope**

## Message from the Board Chairman

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MPA Society had its beginnings in the community 42 years ago. Today, MPA continues to honour our past by actively being part of the community and supporting people in the communities in which they live. While MPA is committed to improving our cities and neighbourhoods, we have also benefited from the committed volunteers who provide governance and oversight to this outstanding agency. On behalf of the Members, Management and staff of MPA, I wish to thank the Board of Directors who volunteer their time to help ensure MPA provides the best housing and services available to our members.

During this period of expansion and growth, MPA's Board of Directors has worked to strengthen the governance and oversight of the agency. I am pleased to report significant progress on our strategic objectives:

- strengthen board, staff and volunteer capacity
- strengthen financial capacity, governance and controls and
- heighten and enhance our profile

The Board of Directors works closely with the Executive Director to provide guidance and support for the numerous improvements to MPA structures and processes. The Board has also created clear and comprehensive terms of reference to oversee the work of the various committees of the Board. Most recently, the Board decided to modernize the Society's Bylaws which governs how MPA operates. The original bylaws, written over 40 years ago, have been changed many times and contained a variety of inconsistencies. The new modern bylaws provides clear language and is another step in strengthening the governance of the Society. We are very excited to present the revised MPA bylaws at our Annual General Meeting and are committed to honouring MPA's unique past while setting the groundwork for an exciting future.

I wish to thank the members and staff of MPA Society, and also wish to thank our Executive Director for his leadership and commitment.

Chris Heminsley  
Board Chairman



## Message from the Executive Director

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It is my pleasure to report on another year of growth and development at MPA Society. While MPA continues to grow and provide new services and housing options for our members, we have also focused on improving our existing services and structure of the organization.

Over the last 5 years, virtually every area and division of the agency has been examined, strengthened and improved. MPA is committed to providing outstanding service to our Members while being an accountable, responsible community agency who strives to be as efficient and effective with the funds we receive. To further that commitment, and as a statement of confidence in our agency, MPA has begun the Accreditation process. This process invites external reviewers to examine how MPA provides services, protects our Members and does business. CARF Accreditation is a process that demonstrates our commitment to service excellence and quality improvement in all areas of our programs and services and helps to ensure we meet our Members needs.

While this is a significant undertaking, the background work has been in process for a number of years. Recently, MPA released our first comprehensive agency wide Policy and Procedure Manual which documents our practices and approaches and provides staff a useful reference for their work. We also launched our new website which has a staff portal that will facilitate online learning and MPA specific courses.

In addition to the numerous improvements to the structure of MPA, we have had another year of growth and expansion and are providing services to more people in more places than ever before. While MPA began in Vancouver, we now provide housing and services in Vancouver, Burnaby, Surrey, Maple Ridge, Coquitlam, Port Coquitlam and Abbotsford. MPA is also providing leadership in our field and is playing an active role in working with our funders, partners and stakeholders to improve the sector and to better support people with mental health challenges.

I wish to thank our Members, Board of Directors and all of MPA employees for their support, hard work and commitment during this very exciting time. I also wish to thank the members of the Community Advisory Committee of Sanford Apartments and thank them for helping us celebrate our first year in our new location.

David MacIntyre  
Executive Director



## MPA Society - Board of Directors / Society Directors

### MPA Board of Directors 2012-2013



Chris Heminsley



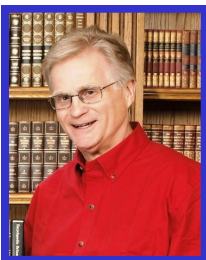
Chris Earle  
Treasurer



John Gunn



George Hungerford



Ian McBean



Ron Byron



Cathy Rambarran



Laurie Campbell



Joe Chu



David Brydon

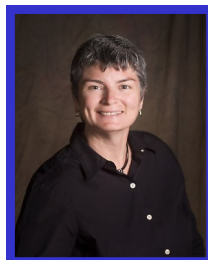
### MPA Society Directors



David MacIntyre  
Executive Director



Elizabeth Hatton  
Director, Finance & HR



Sue Baker  
Director



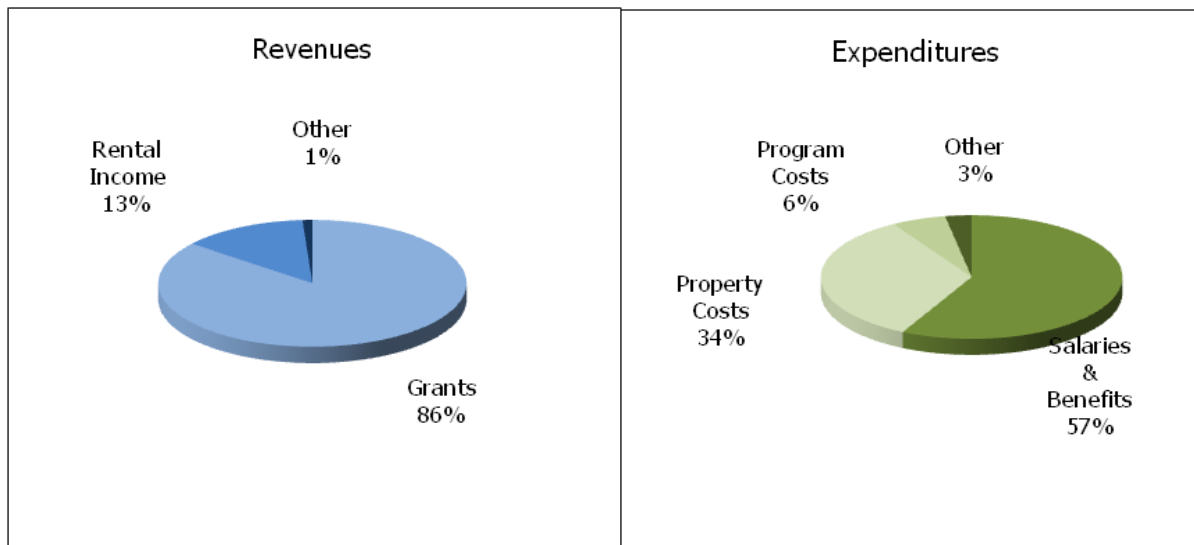
Kim Capri  
Director



Nick Blackman  
Director

## Finance

Revenue	2013		2012	
Grants	13,968,886	86%	13,309,183	86%
Rental Income	2,160,176	13%	2,025,030	13%
Other	119,881	1%	111,449	1%
<b>Total</b>	<b>\$ 16,248,943</b>		<b>\$ 15,445,662</b>	
<b>Expenditures</b>				
Salaries & Benefits	9,133,106	57%	8,661,330	57%
Property Costs	5,361,819	34%	5,314,116	35%
Program Costs	928,177	6%	882,895	6%
Other	448,792	3%	378,238	2%
<b>Total</b>	<b>\$ 15,871,894</b>		<b>\$ 15,236,579</b>	
<b>Revenues over Expenditures</b>	<b>\$ 377,049</b>		<b>\$ 209,083</b>	



MPA Society strives to ensure financial and human resources are employed to enhance quality of services while maintaining financial stability and ensuring sustainability of programs for the future.

During the year MPA added new programs to its continuum of services, reflected in increased grant income in the year, and proportionate increases to salaries, benefits, property and program activity costs associated with these new services.

In the 2012/2013 fiscal year MPA Society experienced a surplus of operating revenues over expenditures. This surplus will provide the opportunity to make ongoing repairs and improvements to the Society's facilities, and to support the Society's accreditation process.



# Advocacy and Social Justice

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## Advocacy

### 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.*

## Leading the way to empowerment

MPA advocacy is about taking action to help people say what they want, secure their rights, represent their interests and access services.

While every MPA program or service has an advocacy component, and all MPA staff advocate for our clients in one way or another, our formal, recognized advocacy programs are: Homeless Outreach, MPA Advocacy Program, Court Services and the MPA Resource Centre. These programs offer individual, systemic and policy advocacy and have been the foundation and part of the original purpose of MPA since its formation in 1971.

At MPA Society, advocacy embraces the principles of PSR; namely, that our efforts support individual choice, personal freedom and decision making.

Advocacy work at MPA Society incorporates the following beliefs and practices:

- Active support of an idea or cause;
- Organized activism to change policies, practices or beliefs;
- Speaking on behalf of another (generally the disadvantaged);

## Court Services

### Philosophy

*To empower individuals living with mental illness in conflict with the legal system which is achieved through connections to the community, acts of advocacy and relationship building.*

The MPA Society Court Services Program operates in Vancouver and Surrey and provides assistance for individuals experiencing the effects of mental illness and addictions, who have become involved in the criminal justice system. Our assistance occurs as friends of the court inside and outside of the courthouse.

### Goals

Our objectives include the decriminalization of the mentally ill within the context and application of the principles of psychosocial rehabilitation, leading to the larger goal of recovery for those we serve. This is achieved through motivation and encouragement of positive change, education and connection to community based services. We believe that our efforts can have a positive impact on lowering rates of recidivism by encouraging empowerment, self-determination and acceptance of personal responsibility.



# Advocacy and Social Justice

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## MPA Resource Centre

### Philosophy

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

People with mental illness can be vulnerable and stigmatized. The MPA Resource Centre, located at 2275 Fir Street in Vancouver, provides a safe community setting where our members can socialize and engage in peer support in a welcoming and non-judgmental environment.

### Supports and Services offered:

- Homeless Outreach Worker
- Hot meal program
- Weekly Food Bank
- Access to Shower and Laundry Facilities
- Use of computers and internet
- Assistance with Resume Preparation, Job search, Housing search
- Social Programming/Recreational Therapy including: conversation clubs, pool and ping pong tournaments, art projects, and sports and fitness activities

### Membership

The MPA Resource Centre is a membership based resource available to people who live with mental illness. Membership implies both connection and responsibility. Members have created expectations of conduct for attendees to follow, ensuring the peaceful enjoyment and safety for everyone accessing this valuable resource.

### Goals

The MPA Society Resource Centre endeavors to offer a comprehensive array of social, recreational and skill building activities to people living with mental illness. By providing resources for accessing the basic needs of nourishment and housing, members are able to improve the quality of their lives while pursuing enjoyment of these activities.

# Housing

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## **In 1971, MPA Society was formed and began offering supported housing alternatives to people facing the challenges of mental illness.**

The first member-owned, communal living group home, located in the Westside Kitsilano area of Vancouver, formed the foundation of MPA Society's housing program. We currently offer a full continuum of housing options with over 750 individuals living in our Supported and Licensed Housing programs, located throughout the communities of Vancouver, Burnaby, Port Coquitlam and Maple Ridge.

MPA Society's housing programs focus on connecting participants to family, friends and the larger community in which they live, while actively engaging with service users and community partners, to reduce the harm and stigma associated with having a mental illness. Our programs provide flexibility to meet the individual needs of each resident.

MPA Society strives to inspire hope and facilitate recovery for people facing the challenges of living with mental illness. We believe that recovery is achieved through empowerment, autonomy and responsibility using the guiding principles of Psychosocial Rehabilitation. Our housing programs support people to live full and meaningful lives while developing identities that focus on their strengths and potential.

## **Supported Housing**

**MPA began offering housing alternatives in the early 1970's with their first member owned, communal living group home in the Westside, Kitsilano area of Vancouver.**

Currently, MPA Society supports over 700 units of Supported Housing by offering 12 different programs throughout the Vancouver region and 4 in the Fraser Health region. These programs provide flexibility in programming to meet the individual needs of each resident. Staffing levels and support services range from locations with on site staff, which are available 24 hours each day, to independent living programs with bi-monthly outreach staff contact for tenants who reside in market rental apartments throughout Vancouver.

### **Supports and Services Offered**

- Life skills training, cooking, budgeting and finances, home management
- Financial subsidies
- Social and peer support
- Vocational training/access to volunteer programs
- Recreation, health and fitness
- Advocacy and legal services
- Referrals for mental health and addictions treatment and information
- Illness and symptom management
- Medication information and support
- Public transportation
- Community resources and supports

### **Goals**

In conjunction with other mental health supports, the ultimate goal in supported housing is to provide a safe and secure home while empowering the individual to maintain as high a level of independence as possible. We believe it is imperative that these housing options are present in all neighborhoods so that individuals can retain existing connections with their family, friends, and other mental health support networks.

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## **Licensed Housing**

During the 1990's, MPA Society enhanced its capacity to provide a continuum of housing and support services by developing a Licensed Housing division.

Currently operating with 8 homes in Vancouver and 1 home located in Maple Ridge, Licensed Housing provides housing and supports to 75 people. The Licensed Housing programs have developed and implemented a range of innovative programs aimed at health promotion, prevention and rehabilitation.

Based on the principles of psychosocial rehabilitation and the belief that recovery is possible, these programs have led to a creative and innovative synergy between residents, staff and a multitude of community partners. As a result, residents continue to achieve remarkable gains in their confidence, recovery and independence.

### **Supports and Services Offered**

Residents in the Licensed Housing programs are engaged in all aspects of the operation of the home and in all phases of their individual recovery from mental illness and addiction issues. This includes:

- Weekly house meetings
- Active participation and ongoing evaluation of a recovery plan through identification and development of short term and long term personal goals
- Medication education and information
- Encouraging informed risk taking through problem solving in a mutually supportive environment
- Money management
- Life skills development including meal preparation, personal appearance, respect for others and self-esteem

### **Goals**

To provide supports and services that create an environment where residents are empowered to make decisions, create and attain self-directed goals and develop positive relationships that lead to living a meaningful life in their community.

## Funding and Community Support

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**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, Mental Health Commission of Canada, City of Vancouver



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 person's life, providing hope and facilitating recovery for individuals with mental health issues.

## History of the MPA Society

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As a patient in a day-care program, Lanny Beckman experienced an alienation and powerlessness that led to a general lack of faith in organized mental health services. Specifically, Lanny and several fellow outpatients found their day program inadequate since crises often arose on evenings and weekends when hospital staff were unavailable. Also, it was against the rules for patients to have personal or even telephone contact with one another outside of the institution.

The suicides of two fellow patients, on weekends, prompted both a strong emotional response and the clandestine circulation of a patients' phone list. As time passed, the group found more real support from their informal network than from the therapy they received during the hospital hours. They decided to try to find other people who were dissatisfied with established psychiatric treatment. With the help of others, notably Barry Couil, and a sympathetic newspaper columnist, an open meeting was publicized. More than 75 people turned up, and out of their collective dissent and desire to provide services for themselves, the Vancouver Mental Patients Association was born.

One man offered the use of his house at low rent, and it was set up as a meeting place, a 24 hour crisis center, and 10 bed residence. A grant from the graduating class of the University of British Columbia, and various donations took care of the rent and furnishings initially. Funding was secured from the Company of Young Canadians for 2 nominal salaries, but much of the work was done by volunteers. Incorporation as a non-profit society, with a constitution and a five member Board, sped up the move to a more stable financial situation. The objectives of the Society were established as:

1. To assist in the rehabilitation and promote the welfare of mental patients and former mental patients.
2. To establish and operate social, vocational, recreational, residential and emergency facilities.
3. To acquire funds and other assistance.
4. To print, publish and distribute literature.

*This is a group that was really being run by 'crazy' people. I mean, it just seems that if you put all those ingredients together you are just going to have a disaster on your hands in no time. It didn't happen that way. It all worked. There were continual crises and continual resolutions of these crises. I remember it as a very exciting time, a time of us really understanding that it's possible to put together an organization and a set of services that really are superior in a lot of ways to existing services - a place where people really did feel some involvement. A whole lot of people came that had never had any sense of power in their lives before."*

- Lanny Beckman

## A Word From Our Members and Residents...

Coming to the MPA Society Resource Centre has changed my life. I didn't know that I was an artist before I came here. I used to just stay at home, and I didn't really have anything good going on in my life. I had never tried painting or anything artistic...didn't think I could do it. Now I know it's something I'm good at and it makes me feel good. I've changed so much since I started coming here. I'm happier and I feel better about myself.

I feel safe! I can go to work everyday and get my empties and my bed will be waiting for me at night. I don't have to be looking for places to sleep because I have my own suite.

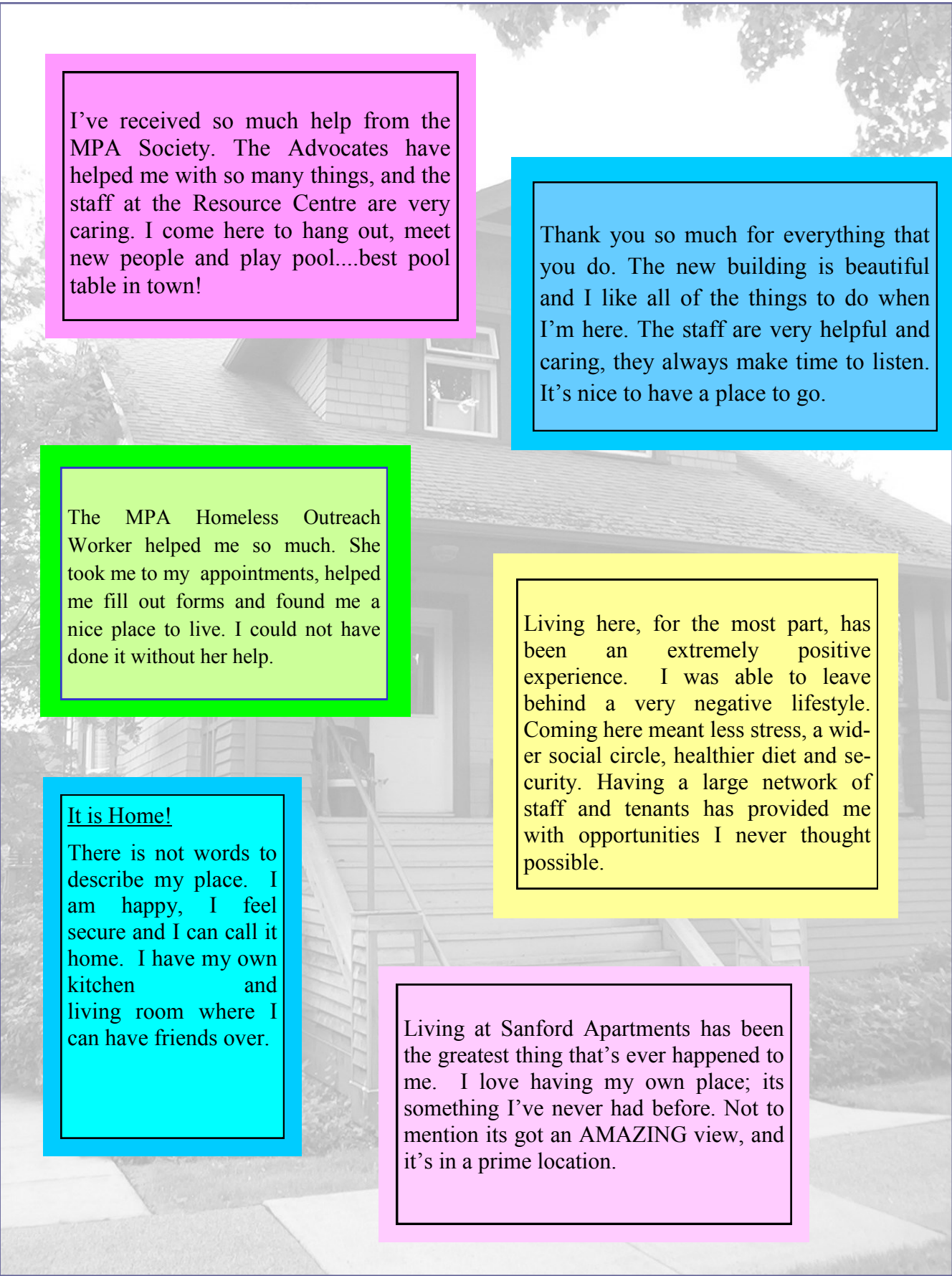
Thank you to the MPA! You listened to me and helped me help myself!

I love Kitsilano. I have always lived here in Kitsilano. When this project was proposed I wanted to be part of it. I know the neighborhood and all the special places around it. I just go for a walk and everything I need is around me. Easy access to all the things I need.

Now that I have lived at Sanford Apartments since 2012, I have become very comfortable here - putting up shelves, photos and other touches to make it my own. At first I must admit I was bothered by my own voice (and others) bouncing off the walls, ceiling and floor, but I love Sanford nonetheless. Now, with my personal touches, I love this place! I can see the city at work and play, and at night I can see the ships waiting to dock. At daytime, on sunny days, I can see clear to the mountains and it makes me feel better, too!

The Resource Centre is the only place I go. The staff here are so nice. They always ask me if I want to do things like go swimming or play a game of cards. It's nice to be asked.

The MPA Society Resource Centre changed my life. When I first came here, I was homeless and didn't have anything. They helped me find a place to live and got me on my income assistance. I still keep coming here, even though everything is better in my life. I like the people and I like to volunteer and help whenever I can.



I've received so much help from the MPA Society. The Advocates have helped me with so many things, and the staff at the Resource Centre are very caring. I come here to hang out, meet new people and play pool....best pool table in town!

Thank you so much for everything that you do. The new building is beautiful and I like all of the things to do when I'm here. The staff are very helpful and caring, they always make time to listen. It's nice to have a place to go.

The MPA Homeless Outreach Worker helped me so much. She took me to my appointments, helped me fill out forms and found me a nice place to live. I could not have done it without her help.

Living here, for the most part, has been an extremely positive experience. I was able to leave behind a very negative lifestyle. Coming here meant less stress, a wider social circle, healthier diet and security. Having a large network of staff and tenants has provided me with opportunities I never thought possible.

#### It is Home!

There is not words to describe my place. I am happy, I feel secure and I can call it home. I have my own kitchen and living room where I can have friends over.

Living at Sanford Apartments has been the greatest thing that's ever happened to me. I love having my own place; its something I've never had before. Not to mention its got an AMAZING view, and it's in a prime location.





**MPA Society  
Administrative Offices  
122 Powell Street  
Vancouver, BC V6A 1G1**

**Tel: 604.482.3700 Fax: 604.738.4132**

**[www.mpa-society.org](http://www.mpa-society.org)**

