

Annual Report

2022-2023



MENTAL
ILLNESS
Wellness

Our Vision

Our community Clubhouse is a vibrant, innovative, and collaborative space dedicated to creating opportunity and purpose for those with mental health challenges. The Clubhouse is dedicated to nurturing respect, equality, and dignity for all.

Our Mission

To provide people whose lives have been disrupted by mental illness the opportunity to recover meaningful and productive lives through reintegration within the workplace and the community.



"A place for people with mental health challenges to gain confidence, respect, hope, and opportunity. We offer unique programming focused on wellness, employment, and education."

The Clubhouse Guarantee

- ◇ A place to come
- ◇ A right to meaningful work
- ◇ A right to meaningful relationships
- ◇ A right to a place to return

Executive Report

Connections Place Clubhouse celebrates diversity and empowerment of those living with mental illness to pursue their goals in a safe, supported way. Goals around employment, social connectedness, and overall wellness are pursued through relationships rooted in respect, compassion, and accountability. We revel in our successes this past year, both individually and collectively, which inspires us to continue our work.

Through the generosity of the Ministry of Mental Health and Addictions, we were set up well to develop and grow our existing programs this year. Namely, our employment programs, social programs, and general day-to-day operations. Building relationships takes time, and through the foundation of connectedness we model every day at Connections Place, we plan to continue building relationships with stakeholders in the broader community.

This past year, we've completed our Accreditation with Clubhouse International as laid out by the Standards for Clubhouse Programs. This process involved the entire Clubhouse, and we are proud to say that the quality of service we provide gained us a 3-year conditional Accreditation. Transitional Employment development continues as a daily part of our work. This is a fully supported program that helps members to re-enter the workforce with the Clubhouse alongside them. This past year we worked with Vanillablossom Flavors -- the success of the partnership lead to one of our members gaining independent employment with the business.

The next year looks incredibly promising for our Clubhouse. Sincerest thanks to all those who've supported us this year, so that we can continue to support our current members, and build our reach to those seeking community.

Thank you to our Clubhouse members, staff, board of directors and society members for their unwavering commitment and care to providing quality service. We are incredibly optimistic about increased awareness and provision of mental health support here in Victoria.



Neelam Pahal
Acting-Executive Director



Jackie Powell
Board Chair

Our Team



Staff

- ◇ Mike Tibbles, Executive Director
- ◇ Neelam Pahal, Program Manager
- ◇ Leah Ralph, Program Staff
- ◇ Gavin Reid, Program Staff
- ◇ Ivy Gifford, Program Staff
- ◇ Jocelyn Plunkett, Program Staff
- ◇ Scarlett Crombie, Program Staff
- ◇ Tia Campbell, Program Staff

Board of Directors

- ◇ Jackie Powell, Chair
- ◇ Darcy Eggleston, Vice Chair
- ◇ May Han, Treasurer
- ◇ Alex Ashby, Secretary
- ◇ Cherry-Lynn Brown
- ◇ Sandy McManus
- ◇ Adrian MacLaren

Members

With more than 297 members, the Connections Place Clubhouse has become the vibrant, innovative, and collaborative space that we hoped it would be. Nothing happens at the clubhouse without the input, contribution, and hard work of our members. It is the energy, spirit, and passion of our membership that give life to Connections Place and make this all possible. Thank you all!

2022-2023

By the Numbers

5,063

Member Visits

297

Members

118

Tours

4,279

Meals Served

\$576,878

Funds Raised

This year we collaborated with:

- ◊ Ministry of Mental Health and Addictions
- ◊ Victoria Foundation
- ◊ United Way
- ◊ WorkBC

Program Development

Work-Ordered Day

After sending one of our staff and one member to Alliance House, the Clubhouse in Salt Lake City, Utah, an action plan was implemented at Connections Place. This action plan included an enhanced structure and organization to our Work-Ordered Day.

We separated our Clubhouse into two units, Business and Career, and Kitchen and Maintenance. Work in the Business Unit includes checking and answering emails, developing the monthly calendar, working on the monthly newsletter, and managing donor relations. The Kitchen Unit takes care of the daily meal, operating the canteen, grocery shopping, baking, and much more!

What's important is that the work we do is *meaningful* to members.

Employment Program

Our Clubhouse offers employment support on three levels: Independently, Supported, and Transitional. Independent support looks like practicing interview skills, helping with resumes and cover letters, and job searching. Supported employment is collaborative, with the member communicating support needs that can be more involved. Liaising with the employer, assisting with training, and navigating work schedules are some examples.

Transitional Employment is the gem of the Clubhouse. The Clubhouse builds a contract with a local business for a position that is part-time, minimum wage, entry level, and is scheduled during day time hours. Our staff, or a willing member, would learn the job in advance, and then train the member selected to work the position for a period of 6-9 months. Big thanks to Vanillablossom Flavors for working with us as our first T.E. placement!

Evening/Weekend/STAT Socials

An integral part of our programming is providing opportunity for members to connect outside of our Work-Ordered Day. This is important in our efforts to reduce social isolation, and also to create space for members who are working during the day to stay connected with the Clubhouse community and maintain relationships.

We hope to double our social programs to two evenings, two weekends, and every STAT holiday next year. So far, our socials have been a great success. Board games night, movie night, and music night have been absolute hits. More member-led socials are on the horizon!



Connections Clubhouse was a life saver for me. I just moved from Vancouver and didn't know anyone or where to go to meet people. I heard of Clubhouses so I reached out to CC and it made a difference to my whole well-being. I can be alone and paint or colour or I can say hello and socialize with members and staff. And I love the evening socials. There is so much to participate in. I'm so glad I reached out to them when I did. Now I don't feel alone anymore.



Karen

Being a professional, I have got through my life filling the void with education and career goals. I joined Connections Place in August 2022 and it has been life-altering for 2 reasons:

- a) The staff who make it their priority to lend an empathetic ear on my low days;
 - b) The Clubhouse to be a safe place to share my daily struggles and eat a satisfying meal
- My life has definitely been on the incline due to this Connections Place. I truly appreciate the time and support of the people involved.

Connections Place is a life. Without it I would not know what I would have done. The staff and members are really nice, welcoming, and don't judge you! It's a safe place for us dealing with mental health illness.



Shauna

Member Testimonials

Connections Place has always been a place to meet, have a nice lunch and recover from my mental health condition. I'm currently trying to go back to work and Connections Place is helping me on that journey.

Peter



Connections Place has allowed me to have a safe place to go and feel like I'm a part of a community. I've recommended my friends and am making new ones.

Kiera



Connections Place has been a significant support for me. The community provides excellent engagement opportunities and reduces isolation.



Mo

Andrew



Having the opportunity to get out the house and see people, regardless of how well I'm feeling, has had a huge impact on my wellbeing. Being able to support other members and take a leadership role in a community of peers has given me the confidence I needed to pursue training and return to work.



SKG

Clubhouse International Accreditation

Members and staff of the entire Clubhouse work together to prepare for the Accreditation visit, evaluating the Clubhouse performance in relationship to the Standards. Each area of the Clubhouse is reviewed and discussed at community meetings, unit meetings, and other special forums convened to prepare for Accreditation. The result of this 'self-study' process is a written report from our Clubhouse to Clubhouse International and the consulting team, describing the Clubhouse and its areas of strength and relative weakness, as seen by our members and staff.

The Accreditation visits are made by members of Clubhouse International's Faculty for Clubhouse Development. The Faculty consultants are members and staff from strong Clubhouses around the world. Each Accreditation visit is made by a team of one staff and one member from the Faculty for Clubhouse Development.

After receiving and reviewing the self-study and other relevant materials submitted by the Clubhouse, the Clubhouse International Faculty team will visit the Clubhouse for 3-4 days. While on site, the Faculty team confirms the information

presented in the self-study, and meets with members, staff, board members and other stakeholders of the Clubhouse. The Faculty team participates in Clubhouse meetings, the workday, and other Clubhouse activities. The team visits residential, employment, and education sites where the Clubhouse is working with members. The Faculty team evaluates how well the Clubhouse has implemented the International Standards for Clubhouse Programs and provides ongoing consultation to the Clubhouse while on site.

After completing the visit to the Clubhouse, the Faculty team prepares a written report of its findings and submits it to Clubhouse International. The report includes a detailed description of the Clubhouse, a review of the areas in which the Clubhouse is strong, and a set of specific recommendations about how our Clubhouse can improve and come more fully into compliance with the Standards.

Clubhouse International Accreditation is awarded for either one or three years. This determination is made based on the extent to which the Clubhouse is complying with the Standards.

We're very excited to announce we've achieved Three-Year Accreditation with Clubhouse International!



Thank You to Our Donors!

Every donation makes a difference in building a community of recovery and wellness.

Major Funders



Featured Donors



Isaiah 16
Foundation

Michelle Cupit

Monthly & One-Time Donors


It is with the support of our 16 monthly donors and many more one-time donors that Connections Place is able to continue to provide meaningful programs and services to our community.



Let's Stay Connected


To learn more about Connections Place, we encourage you to book a Discovery Tour with us!

Contact us at (250) 483-3748 or info@connectionsplace.org

 connectionsplace.org

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#103-1803 Douglas Street
Victoria, BC V8T 5C3
(250) 483-3748

