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# PROGRESSIVE HOUSING SOCIETY

### **Mission Statement**

To empower individuals to be engaged with the community and achieve personal independence by providing access to resources and life skills.



# Annual General Meeting **AGENDA**

Sept 17, 2014

Lunch
Member Registration
Welcome
Call to Order
Approval of Agenda
Approval of 2013 AGM
Minutes – June 26, 2013
Executive Reports:
President
Auditor
Nominations Report
Election of Board members
Approval of Reports

Special Performance

Program Updates:

Mental Health Supported

Housing
Mental Health:
CLS/ Transitional/ Shared
Housing
Community Partnership
Committee
Homeless Outreach

Adj ourn

# NOMINATING COMMITTEE REPORT

2014-2015 Board of Directors

I would like to thank my fellow committee members, Ken, and Maria for their commitment and contribution on the

The following officers and directors-atlarge are in the middle of their term and therefore do not need to be re-elected:

Irfan Ali President
Alice Sundberg Vice President
Ken Bergen Treasurer
Garth Evans Director
Maria Asuncion PPAC Rep

The following directors will not be able to continue to serve as members of the board

Alicia Chung Co-Secretary
Bobby Colburn Director
John Morton PPAC Rep

The Nominating Committee wishes to put forward the following slate of candidates:

Carrie McLaren Co-Secretary, 3rd

2-year term

Kelly Meimena Director, 1st

2- year term

Racquel Nelson Director, 1st

2-year term

The Committee recommends acceptance and confirmation of this slate of board members.

Respectfully submitted.

Chair, Nominating

# Progressive Housing Society



Progressive Housing Society provides support and housing services to clients with severe and persistent mental illness and individuals who are homeless or face homelessness. All of our programs are designed to support clients according to their individual needs and preferences. Our Homeless Outreach and Mental Health programs assist clients in developing and maintaining skills to live independently in the community.

# Supported Independent Living Program (SIL)

The SL program is funded by the Fraser Health Authority and provides support and rent subsidies. SL's goal is to help individuals with a severe and persistent mental illness develop the skills necessary to successfully maintain an independent lifestyle. To receive subsidization, clients must actively participate in the program.

### Shared Housing Program

PHS has two shared houses in Burnaby where five clients have chosen to live in a communal setting. Participants are provided with a rental subsidy through B.C. Housing to ensure that the accommodation is affordable. Support staff visit the houses on a regular basis to help clients learn or relearn basic life skills essential to living independently.

### Community Living Program (CLS)

CLS provides support to between 22 and 25 participants depending on support worker availability. CLS participants do not receive financial assistance, but support staff do meet with them on a regular basis to assist them in developing their skills and in accessing community resources.

# Transitional Housing Program (Georgia)

Georgia House is a transition home that offers communal housing and a higher level of support services to 5 people at a time. The Georgia program is time limited and is often a starting point for many of our clients.

### Homeless Outreach Program (HOP)

HOP provides direct, on-site support to those in need. On a weekly basis, our Mobile Outreach van makes four stops throughout Burnaby, enabling Outreach Workers to interact with over 200 individuals who are homeless, at risk of becoming homeless, or living in extreme poverty. We supply these individuals with basic necessities such as food, clothing, and hygiene items to improve their quality of life. In addition, we help them access community resources and government support programs to secure housing, a sense of stability, and future wellness. HOP also manages 40 rental subsidies funded through BC Housing.

In the last year, we provided
6114 meals & snacks to over
1200 vulnerable Burnaby citizens

We provided 6862

Basic Need & Care Kits

Provided primary medical care to almost 500 individuals with complex, serious medical conditions

We assisted 263 people to move from no income to social assistance

Assisted 200 individuals to move into a detox or treatment center

We found housing for 65 chronically homeless individuals

# Progressive Housing Society A Year in Review

# Community Partnership Committee

A group of participants from the Mental Health Supported Housing Programs work all year to raise funds to subsidize social events for participants in the programs. We held hot dog sales and bottle drives and hosted a Bowling Party as well as the annual Christmas Party and BBQ. Members also provided manpower to help organize the Walk for Mental Health and the Volunteer Appreciation Breakfast.

### Mental Health Christmas Party

The Burnaby Rowing Club on the shores of Burnaby lake was the venue for the Mental Health Supported Housing Program Christmas Party. Despite the seasonal appearance of a bit of snow, and the logistics of ferrying people from the closest bus stop, the party was very well-attended. The Burnaby Rotary Club have been on-going supporters of this event and provided funding for everyone to get a small gift. Members of the club attended and assisted in serving up a lovely turkey dinner. Santa made his usual appearance and distributed gifts with many HO HO HO's.



### Walk for Mental Health

In collaboration with ECHO clubhouse and staff from Burnaby Mental Health Services, Progressive Housing Society hosted the second annual Walk for Mental Health at Deer Lake Park. This well-attended event, held during Mental health week, was a celebration of mental wellness and promoted community awareness.

### Summer BBQ

An old-fashioned summer picnic was the theme of this year's BBQ for the Mental Health Program participants. Lots of games, watermelon and fifties music. Everyone enjoyed the hamburgers, hot dogs, salads and ice-cream floats. Games were played and friends reconnected. The rain held off until the last table was packed away. A perfect day.

### Fit Club

10-15 of our PHS clients join in the fit club which is every Wednesday during the spring, fall and winter season at Confederation Park and during the summer at Central Park.



### Burger/Beer Fundraiser

This summer the co-op student and the CLS team organized a burger & beer fundraiser at Wings to raise money for our proposed outreach and mental health resource clinic. The event was a huge success; the restaurant was packed full and every seat was taken. Everyone there had an enjoyable night.

### Staff Appreciation Fun Day

This summer we organized a team-building event for a chance for staff to get together and have a good time. Because it was raining, the event was held at Lucky Lanes Bowling and staff brought their family and friends and had a great time.

# Volunteer Appreciation Brunch

This year we had PHS second Volunteer Appreciation Brunch. The staff set up at Southside Community Church and made a delicious pancake breakfast for all of our tireless volunteers that support PHS throughout the year. This event was well received by all volunteers and has become an annual event at PHS.

# Painting and Gardening at the houses

This year CLS staff did a lot of work with each of the houses (Holly, Rumble, and Georgia) including painting indoors, landscaping, gardening, and planting flowers to make the houses look homier. Most of the clients were involved with painting and gardening at the houses, which was an enjoyable and interactive activity for both clients and staff.

# A Year in Review



## Supported Independent Living Program (SIL) Annual Report 2013-2014

Linda Kingston

"Alone we can do so little; together we can do so much."

- Helen Keller

You have brains in your head
You have feet in your shoes
You can steer yourself any direction you choose
You're on your own
And you know what you know
And you are the one
Who'll decide where to go
- Dr Seuss



Personal choice is the basis for the Supported Independent Living Program - choice in a place to live, choice in everyday activities and choice in the direction of their future.

This fiscal year the SIL Program provided subsidies to 110 individuals. We welcomed 19 new people into the program and saw 15 people leave. Several people moved on to other subsidized housing programs and a couple of people returned to the workforce and earned enough money to pay the rent themselves.

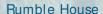
As part of the program standards introduced by Fraser Health we conducted a survey of program participants. Of the 51 surveys returned 50 were satisfied with the quality of the program. Even more importantly 50 respondents reported 48 people felt supported by the staff to strive towards and accomplish their goals. Thanks go to Sandra Warren, Greg Bourgeois, Richard Rigby, Luba Andrews, Freddy Benmergui, Gloria Rogers, Andi Hale, Jesse Donaldson and Kayla Clack for their continued

dedication to the principles of Psychosocial Rehabilitation. We continue to encourage people to move towards greater independence and autonomy in their own lives. We are pleased to see more of our participants take on an increasingly active role in their community through leisure and social programs, volunteer placement or 7 employment opportunities.



## CLS/Transitional/ Supported Housing Annual Report 2013-2014

Irene Reddy



Rumble house has gone through some changes this year; we had the whole house painted, and the clients were also involved with the landscaping of the yard to make it look homier.



The guys at Holly house were great involving themselves with the yard work, as well as doing some painting to freshen up the house with a new modern look.

**Holly House** 

### **Georgia Transition Home**

Renovations were done in the basement suite, with completely new flooring as well as a paint job. Clients also help with the landscaping, gardening, planting vegetables and harvesting what was planted.

### Irman Townhouses

PHS manages six 3-bedroom townhouses with assistance from the BC Housing Maintenance Department. We house eligible families and individuals from our programs, and provide minimal support to the tenants.

Keeping up all the houses and working regularly with our clients would not be possible without the hardworking staff of the CLS team. Heartfelt thanks goes to the CLS staff for their hard work and dedication over the past year, and for always going above and beyond for PHS: Leanna Chatwin, Marilyn Salling, & Syed Mumtaz.

"It is literally true that you can succeed best and quickest by helping others to succeed."

Napoleon Hill

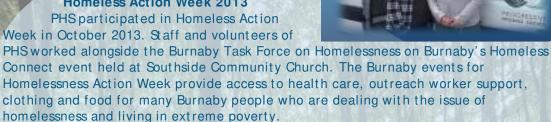




### **HOP Annual Report** 2013-2014

### **Homeless Action Week 2013**

Week in October 2013. Staff and volunteers of



### **Outreach Christmas 2013**

This special event hosted by PHS was held at West Burnaby United Church on Dec 5<sup>th</sup>. Outreach Christmas provided a fun-filled and festive celebration for many people who deal with homelessness and extreme poverty and may not normally celebrate the holiday season. Approximately 318 people were in attendance at the Christmas party. Outreach hosted a pancake breakfast with coffee & pastries, a hockey tournament, scrapbooking & clothing tables, nurses & nurse practitioners, a guessing game, photo opportunities & entertainment, a turkey lunch, bingo and assorted festive games in the afternoon. Santa also arrived with Christmas presents for all!

### **Twice Feels Nice**

PHS participated in the Twice Feels Nice effort with the Burnaby Task Force on Homelessness on Sunday May 4<sup>th</sup> along with other businesses to successfully collect and sort over 100 boxes of clothing, bedding and non-perishable food for vulnerable Burnaby citizens living in extreme poverty. Twice Feels Nice has demonstrated the outpouring of community support for Burnaby's vulnerable citizens in a very practical way and is a successful and important annual event.

### 2014 Homeless Count

Many PHS staff participated in the Homeless Count this year along with the Burnaby Task Force On Homelessness. The PHS HOP team assists between 30-40 new clients each month, some of whom are absolutely homeless and others who are precariously housed. Outreach workers allocate considerable time mediating with landlords and renters to support current rental arrangements to prevent absolute homelessness. HOP houses people in permanent housing utilizing established landlord contacts, Craigslist and other resources available to any potential renter. The competition for available housing is 9 high and the vacancies are very limited.

# Executive Report 2013-2014

For over 30 years, Progressive Housing has experienced the twists and turns of what being a nonprofit involves. We have learned that challenging times requires leadership, vision, flexibility and creativity and these are most certainly all attributes which Progressive Housing demonstrates on a daily basis, fluid in our programs and services delivered to the community and clients.

Teamwork, partnerships and collaboration are also essential pieces that maintain the quality of service delivered by Progressive Housing Society. When we experience challenges in our operations, management and staff across the organization step up and step in wherever they are needed. When our capacity seems so stretched that we fear we cannot support one more service, our dedicated volunteers fill the gaps and stretch their hands to help. When economic times and limited financial resources threaten the core of the work we do, compassionate citizens, businesses and community and agency partners open their hearts and provide the needed cushion for us to carry on.

We have consolidated as an organization and as a community to continue to meet the needs of the most vulnerable citizens in Burnaby —those who have no home or who are at risk of homelessness, and to advocate and support individuals suffering with a Mental Illness. This past year has been a particularly challenging one for our Homeless Outreach Program, full of uncertainty and change. As well, we have experienced heartache after losing a record number of participants with 9 individuals passing away. However, we will not give up and we will keep pushing for more housing options and continued funding of our program.

While Mental Health Awareness is gaining momentum, Progressive Housing strives to break down the barriers that still surround mental Illness and remove the stigma that continues to plague those living with a Mental Health problem. We offer the tools to keep communication open and our staff ensures that open and comfortable conversations can happen. We know how difficult it is to ask for help when you are unwell and we advocate for our clients if asking becomes too difficult. The staff is committed to the recovery journey for all of our participants and supporting them in a continuum of skill development, knowledge and integration. We will continue to grow, and strengthen and build our services and advocate for our people who need us.

I do not think that the economic climate is going to change anytime soon, and it is up to our leaders, our BOD and our committed management and staff to challenge the politicians, funding partners and the community, and to be flexible and creative so that we can continue to improve the lives of every member, every individual in this community. We have some unique challenges in Burnaby but we have a lot of support and a lot of experience that will allow Progressive Housing to continue to be a champion in this community.

Jaye Treit Irfan Alí

**Executive Director** 

President



Volunteer Recognition

"Coming together is a beginning; keeping together is progress; working together is **success**."

- Henry Ford

A big thank you to all our hardworking volunteers for all your help and support!



Office Herb

Community Partnership Committee
Larry R., Larry S., Rod, Patrick, John, Paz, and Vojin

### **Homeless Outreach Program Volunteers**

Wanda, Grant, Paul B., Kat, Shane, Kelly, Paul S., Razan, Brian, Parviz, Linda C., Dorothy, Linda T., Rahel, Fido, Barb, Kelly, M.J., Gabriella, Arlene, Darlene, Marion, Jim, Paolo, Eva, Merrill, Barry, Colin, Colleen, Don, Donald, Elaine, Emily, Lindsay, Lynn, Marilyn, Mary, Murray, Navneet, Pancha, Patricia, Shaka, Stacey, Stephen, Tina, Ulfet, and Joe

In Loving Memory...

Brent Tatum John Nixon Murray Betts Ed Mahar Kevin DeLaurier Nelson Steven Wayne Gladue Deni Chu

Natalie Patricia-Anne Inzunza

# Thank you to our community partners & sponsors!



**BC** Housing























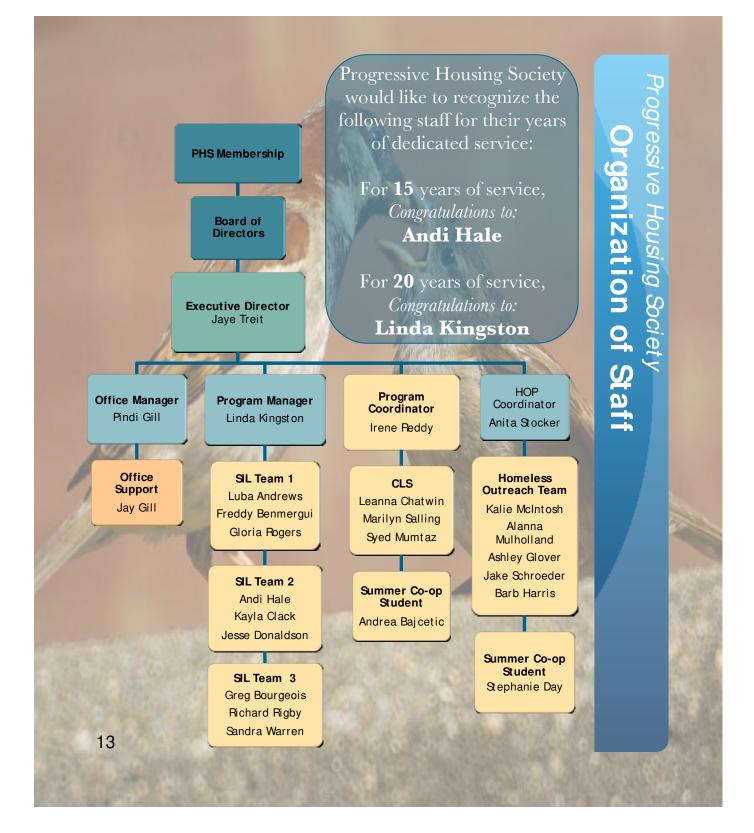


### Thank you as well to our other community partners:

Save-on Foods at Highgate Burnaby Community Connections New Life Community Church St. Francis Del Sales Burnaby Mosque Deer Lake United Church Burnaby Mental Health & Addictions' Primary Care Clinic West Burnaby United Church SPARC BC Deer Lake School Purpose Society Onni Group Helping Families in Need Salvation Army STMC

Burnaby Public Library Edmonds Lions HAVE Catering Company Canadian Western Bank EA Sports CUPE Local 379 City Core Catering Tim Hortons Burnaby Optimist Club Ray and Roxy Abernathy St. Timothy's Anglican Church 3 Ways to Home Burnaby Board of Trade Lookout Solutions to Homelessness Our Lady of Mercy Tzu Chi

Vancouver Foundation Greater Vancouver Food Bank Burnaby RCMP BC SPCA I Care Optimist International Our Community Bikes Young Medicine Mart Mary Kay Family Eyecare Centre Dr. Stuart Katz Queen Bee TQ Construction Spa Utopia Legal Services Society St. Albans Creekside Mom's Group Willingdon Church



# Annual General Meeting 2013 Minutes June 26, 2013 Southside Community Church - 7134 Walker Street, Burnaby BC

Registra	tion and lunch began at 11:30am	Motion to approve: Jenny
4		Seconded: Kevin Johnston
1.0	Welcome and Introductions	Carried: Yes
2.0	Call to order and establish Quorum: 12:15pm	7.0 Resolutions
3.0	Review of Agenda	7.1 Constitution:
	Seconded: John Johnston	Amendments to the
_	Motion to adopt minutes: Carrie McLaren	Constitution: Amendment to
_	Carried: Yes	item 3a) Amendment to
4.0	Adoption of the 2012 AGM Minutes	item 3d) and 3e)
	Motion to adopt minutes: Carrie McLaren	7.2 By-Laws: Amendments to the
	Seconded: Connie Doucette	By-Laws: Amendment to
	Carried: Yes	A <mark>rticle II: ADD A</mark> RTICLE III –
5.0	Executive Reports	VOTING - Proxy voting is not
	5.1 Executive Director/ President's Report	all <mark>owed. Each m</mark> ember in good
	Motion to adopt report: Carrie	sta <mark>nding would</mark> have one vote.
	Seconded: Ken Bergen	**Note to membership: Article
	Carried: Yes	III becomes Article IV
	5.2 Auditor/ Treasurer's Report	ARTICLE IV – BOARD OF
	Motion to adopt report: Rick Benoit	DIRECTORS; Amendment to
	Seconded: Alice Sundberg	Article IV Section 4,
	Carried: Yes	Amendment to Article IV
6.0	Nominations Report	Section 6, Amendment to
	6.1 The following officer and director-at-	Article IV Section 10:
	large are in the middle of their term	Amendment to Article IV
1/	and therefore do not need to be re-	Section 11:
//	Carrie McLaren Alicia Chung	**Note to membership: ARTICLE IV becomes ARTICLE
/	6.2 The Nominating Committee is pleased to	V. and so forth.
	put forward the following slate of	Amendment to Article V
	candidates:	Section 2 #3:
	Irfan Ali - President, 2nd 2-year term	7.3 Motion to approve amendments
	Alice Sundberg - VP, 1st 2-year term	to the Constitution:Ken Bergen
	Ken Bergen-Treasurer, 1st 2-year term	Seconded: Connie Doucette
	Pamela McHugh - 2nd 2-year term	Carried: Yes
	Garth Evans - 1 <sup>st</sup> 2-year term	7.4 Motion to approve amendments
	Bobby Colburn - 1 <sup>st</sup> 2-year term	to the By-Laws: Rose Bergen
-	John Morton PPAC Rep, 3rd 2-yr term	Seconded: John Morton
M	Maria Asuncion PPAC Rep 2nd 2yr term	Carried: Yes
8	6.3 Motion to approve the slate of	8.0 Meeting Adjourned
1	candidates: Don Rock	Business part of the meeting
	Seconded: John Morton	adjourned: 1:05pm
	Carried: Yes	Move adjournment: Rose Bergen
	6.4 Nominate STS Partners LLP auditors for	

the next fiscal year 2013-2014

# Interview with Steve Somner

Steve has been part of Progressive Housing Society for over 20 years. He is a compassionate person and quite a character. Steve is always willing to help out with a sarcastic comment and a well-placed joke. He is well known and loved by all. Steve is self-proclaimed as PHS' gossip columnist with a coffee in one hand and the phone in the other making his daily rounds. Although he may be a complicated man as he is a walking contradiction, he is always a joy to work with.



### Q: Tell me a bit about yourself and your history with mental illness.

A: Well I was first diagnosed at 17 with bipolar and manic depression, and then schizophrenia. I had lots of hospitalizations and was on lots of different meds. I guess I didn't accept it at first, plus I was involved in drugs and alcohol then and wasn't always taking my meds. I remember a canoe trip when I was 15 where I started decompensating and hallucinating and becoming delusional. I guess that was the start of my mental illness. It destroyed my ability to work. I had plans to go work at a mill with my dad in Campbell River after high school but then that couldn't happen. Some people thought that mental illness was a crutch or excuse for not wanting to work, but they don't get it. You go through a denial process when you're diagnosed because it's a hard thing to accept. You just have to realize that it's not the end.

### Q: How did you become a part of Progressive Housing Society?

A: I was in a boarding home in North Burnaby in my late 20s. I had heard of Progressive Housing and in 1987, I was asked by my case manager if I wanted to move into one of the PHS houses. I wanted more independence than the boarding home so I had an interview and met some of the residents in the house. I spent a couple years in Rumble House before I ended up back in the hospital for a bit.

After that I moved back with my mom and tried going back to work. When PHS had expanded, I was asked if I wanted to get my own place as part of the SIL program.

I spent 9 years in the SIL program until 2001, when I was back in the hospital. I ended up moving back to Rumble house for 7 years as part of the CLS program.

# Interview with Steve Somner

My health wasn't so great so PHS helped me with housing options to get more help. After moving back home with my mom for a bit, my case manager told me that I should move into the PHS transition home, Gilmore, so I tried that out for a while before moving into the SIL program again and getting my own place. I had some problems living on my own, so the PHS staff offered I move into Rumble house again. I know they can be tough on me sometimes, but they keep giving me more chances to get my act together. If PHS didn't take me back, I don't know where I would be. I'd probably be homeless and doing drugs or in jail.

### Q: What is the hardest challenge you have had to face so far?

**A:** Staying away from drugs and staying away from the wrong people has been the hardest thing. Sometimes it's hard to keep busy and stay away from negative influences.

### Q: What is your favourite memory so far on your journey?

A: I remember my dad saying to me once that I come from a long line of fighters and survivors. The only way to move on is to keep fighting and never give up, and looking back on my life, I like to think that I'm living up to that.

# Q: What would you say to other people who have struggled through the same situation as you?

**A:** Don't give up. Ask for help when you need it. Everything has a price, every choice you make comes with a price. The only way you learn about yourself and your limits is through your own experiences. And take your medication!

# Q: Considering this is not the first time you have been involved in the programs at PHS, what motivated you to make changes in your life this time around?

A: I'm tired of getting into trouble and letting bad things influence me. I'm 52 years old and can't keep making bad decisions over and over again. It's like banging your head against the wall and thinking you're not going to get a headache. The CLS staff and the people I'm living with make me feel welcome. I knew most of them from before, and I have good relationships with the people in the house. Living on my own caused me to be lonelier and look for relationships with the wrong kinds of people. Being back with PHS makes me feel healthier and gives me the support I need.

### **Board of Directors**



Irfan Ali - President

Irfan is passionate about housing and firmly believes in giving back to the community. Ultimately, Irfan hopes to help increase the accessibility of safe and affordable homes for all persons struggling with homelessness and mental illness in Burnaby.



### Carrie McLaren - Secretary

Carrie enjoys working with people to find solutions to problems, knowing that there is no "right" answer. She joined the Board to help move forward the issues of homelessness in this city and promote PHS, its mandate, and its services in the community.



### Alice Sundberg - Vice-President

Alice is a housing and community development consultant based in Vancouver. Alice has been involved in social housing advocacy, education and development since 1991. She hopes to help the PHS board with governance issues and developing more affordable housing for low income folks in Burnaby.



### Garth Evans - Director at Large

Garth practices law with the Vancouver law firm Barbeau, Evans & Goldstein. He acts for a number of non-profit housing societies and has experience respecting legal matters involving non-profit housing and homelessness issues. He was formerly a Burnaby City Councillor.



### Ken Bergen - Treasurer

Ken has worked in the public sector for over 25 years as a front line manager providing service to the public. As a long time resident of New West he has seen firsthand the need for housing supports for the vulnerable citizens in the community.



### Bobby Colburn – Director at Large

Bobby came to realize that most homeless people are there because of circumstance and not by choice. He believes that with the right help and guidance, people can find their way and regain pride and dignity in having their home and place of employment.



### Alicia Chung - Secretary

With a passion for helping those with a mental illness and the homeless, Alicia was drawn to PHS and the values it promotes in the community. She hopes to merge her experience in real estate development with social welfare to improve the lives of others in our communities.



### Jaye Treit - Executive Director

Hired in April of 2007, Jaye comes to PHS with over 17 years of experience in the Health, Education and Social Service Sectors. Jaye has worked in a variety of non-profit and government agencies and has had significant experience in community-based programming and the implementation of service delivery.



### John Morton – PPAC Rep

John is one of the co-chairs of the Program Participant Advisory Committee. He has been a PHS client for over 10 years and joined the PPAC because he enjoys the responsibility and being involved in the community. John has built strong relationships and stays busy volunteering in Burnaby.



### Maria Asuncion - PPAC Rep

Maria has lived in Burnaby for over 20 years and brings over a decade of experience in the software industry. PHS has been a blessing to her, and she enjoys volunteering as well as establishing new relationships within the community.



