



connections place  
VICTORIA BC

## **Moms Like Us has Exciting News! Announcing Connections Place Society**

Moms Like Us has transitioned into Connections Place Society. We will have a new website up and running soon. In the meantime we want you to know that we are officially a society. Our partner remains the Saanich Legacy Foundation [www.saanichlegacy.ca](http://www.saanichlegacy.ca) who will continue to handle much needed donations to assist us with our community work to bring attention to the great need for this valuable community program – any amount is appreciated – just click on the website!

### **Introducing our Board Members:**

**Alex Ashby:** Alexandra Ashby was diagnosed at a young age with anxiety and depression disorder so she knows firsthand what it is like growing up in Victoria with mental health issues. She hopes to help Connections Place with her experience and education from the University of Victoria where she received a bachelors in anthropology. She currently works as an artist while studying to assist people as a weight-management counsellor.

**Cherry Lynn Brown:** (Co-founder of Moms Like Us): Cherry Lynn's background is in social work and operating small businesses. She is a member of the Unitarian-Universalist community her entire life. Cherry Lynn embraces Buddhist philosophy, the guidance of reason and the results of science, and believes firmly in the inherent worth and dignity of all persons and social justice for everyone. She served 4.5 years on the Victoria Mental Health and Substance Advisory Committee and the BCSS Victoria Board of Directors. She looks forward to the day when the community at large opens their hearts with compassion and understanding, and then supports the need for this program to nurture people who are suffering from mental health problems of all types. Cherry Lynn looks after her 25 year old son who lives with her.

**Sergeant Trevor Dyck** (District of Saanich Police Department): Trevor Dyck has been a police officer with the Saanich Police Department for 19 years. During that time, Trevor has had extensive dealings with adults and youths suffering from mental health disorders. In 2015, Trevor received the Valorous Service Medal from the Lieutenant Governor for successfully deescalating a situation involving a suicidal male armed with a loaded shotgun.

**Fred Haynes**, Ph.D. (Vice Chair of Connections Place and Saanich Councillor): Fred understands the direct link between mental health issues, homelessness, and the costs for emergency and protective services. In addressing issues brings a rich experience that includes the academic training of a Ph.D. in biomedical sciences, the practical communication approaches of a high school teacher, 14 year history of successful work with the local communities in Saanich and a 20+ years experience of operating a successful business. Having visited the Richmond Clubhouse, Fred has seen first hand the community benefits available through the Clubhouse International Programs. With the experience of having lived and worked in Tokyo, the UK (London, Manchester, Sutton) and several cities in Canada (Halifax, Toronto, Guelph, Georgetown), Fred brings a broad national and international perspective in looking at these regional issues of addressing mental health at the community level.

**Paul McKivett:** Paul has served his community in a number of volunteer and elected roles. A few examples are a member of the Saanich Police Board for six years, Vice President of the BC Association of Police Boards for 4 years and a two year term as Chair of the Greater Victoria United Way Campaign. Paul has received a number of awards during his career including (1) The 1990 Mae Brown Award for Community Involvement (2) The 1997 United Way Star Performer Award (3) The 1999 Victoria Citizen of the Year (bronze category) (4) The 2002 Saanich Employee Volunteer Award. In September 2013, Paul was presented with the "Key to the Municipality of Saanich" by Saanich Council in recognition of his contributions to the municipality. Paul is currently a Public Member of the College of Denturists of B.C. Paul is the Vice-Chair of the College and is Chair of the Inquiry Committee, the body that investigates complaints regarding denturists in B.C.

**Sandy McManus:** Through my long time career as a Realtor, I have the good fortune to meet and work with people from all walks of life. As a compassionate community minded individual I've encountered many families struggling with mental illness. As I get to know these families I've been astounded to learn how difficult a task it is to try to find ways to help their loved ones who are suffering and who's futures seem so bleak. My family and I have our own personal experience spanning over many years with a beloved sister who suffers relentless pain since being injured in a car accident and the multitude of complex issues that have developed since. For that reason I know first hand how daunting this task is. I hope I can be of great service to "Connections Place" to bring about brighter and healthier futures for many people and their families.

**Jill Moores:** Jill has lived in Victoria since 1983. She has spent the last 30 years working in the financial services industry. After experiencing close family members struggle with the service gaps in our Mental Health system, she became involved with the advocacy group, Mom's Like Us, in 2015 and subsequently became a Director and Board Member of Connections Place Society.

**Andrea Paquett:** AKA Bipolar Babe, created the Bipolar Babe Project ([www.bipolarbabes.com](http://www.bipolarbabes.com)) in 2009. She is now the Executive Director of the *Stigma-Free Society*, formerly the Bipolar Disorder Society of British Columbia, which she founded in 2010 in collaboration with seven dedicated Board of Directors. She is an award winning mental health activist, educator, facilitator, published author and speaker. Andrea is the 2015 Courage To Come Back Award Recipient in the category of Mental Health given by Coast Mental Health, the 2013 Mel Cooper Citizen of the Year in Victoria, BC, and she is also the Winner of the 2013 Award for Mentorship from the National Council for Behavioral Health, Washington, D.C. Andrea is recognized as the winner for Vancouver Island's Business and Community Award - 2015 Top 20 Under 40 Award. Lastly, she is the named official spokesperson for the 2016 Faces of Mental Illness Campaign for the *Canadian Alliance on Mental Illness and Mental Health* (CAMIMH) sponsored by Bell Let's Talk. Andrea has attended New Clubhouse Development Training in Fort Wayne Indiana.

**Jackie Powell:** (Chair and Founder of Moms Like Us): Jackie has attended New Clubhouse Development Training in Fort Wayne, Indiana and has also visited Fountain House in New York City (the original Clubhouse established in 1948). Her background includes property management and administrative skills - BC Transit, Camosun College and BC Ministry of Agriculture. Jackie volunteered at Victoria Women's Transition House until her son's illness required her time.

**Sergeant Paul Reshaur:**

Sergeant Paul Reshaur has been a police officer in the RCMP for the past 20 years, with the majority of his service in the Metro Vancouver area. Paul has worked a variety of duties starting off with several years of General Duty patrol work in Richmond, then moving on to plainclothes investigations in the Serious Crime Unit where he worked on a number of homicides, kidnappings, and other serious crimes. After some seven years in Richmond, Sgt. Reshaur moved into leadership roles at North Vancouver and Burnaby Detachments in both uniformed and

plainclothes capacities before heading over to Afghanistan for a nine month stint training Afghan police, prosecutors and judges in a variety of criminal justice topics.

Upon his return to Canada, the newly-married Mountie headed up North where he was the Non-Commissioned Officer in Charge of the Rural Prince Rupert Unit, working primarily with remote First Nations communities dotted along the West Coast of British Columbia. He then returned to Canada's largest RCMP detachment - Surrey, where he continued his leadership development in Operational and Community Policing roles. For the past year, Sgt. Reshaur has been happily posted to the West Shore Detachment where he is a Watch Commander, responsible for a patrol team that polices five diverse communities in western Greater Victoria.

Paul has been deeply affected by close friends and family living with mental health challenges and is thrilled at the opportunity to contribute to an innovative approach to these issues in the community in which he works and lives.

We are committed to ensuring everyone in our community has access to the tools to help them thrive and succeed in life. Independent studies have found that, compared with people living with mental illness in other programs, clubhouse members are more likely to report being in recovery, work longer and earn more; show significant improvement in their symptoms, self-esteem and quality of life after attending a clubhouse for six months; along with decreased use of psychiatric inpatient care and other social and health services.

Our goal is to establish an accredited Clubhouse so we can achieve the same amazing results as our mentor Clubhouse – Pathways in Richmond, BC [www.pathwaysclubhouse.com](http://www.pathwaysclubhouse.com) Imagine saving \$14. in societal costs for every \$1. invested in the Clubhouse – this is what Pathways does!

We recognize it is important to have a place where you are needed and wanted every day. Our member's talents and abilities will be recognized and encouraged. Our clubhouse will provide an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.

Connections Place will develop partnerships with local businesses – creating transitional employment opportunities for our members. Envision - a blank resume becomes a resume filled with employment experience plus self esteem and confidence is built in the process.

Clubhouse International offers communities a scientifically validated, widely successful approach to recovery from mental illness; a best practice quality assurance system; and a global advocacy network, with a strong tradition of successful partnerships.

### **The Clubhouse Guarantee:**

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

WELL  
MENTAL ~~ILL~~NESS<sup>TM</sup>