

The idea of creating a residential therapeutic community began with Alison Nixon, whose teenaged son developed schizophrenia. She noticed a positive change in her son, during their 10-day stay at an ashram, where he was embraced as a contributing member of the community.

In searching for ways to help her son, Alison contacted several successful therapeutic communities in North America. The information obtained has helped shape the concept of Cottage Farm. Links to these communities can be found on our web site.

A review of the medical literature supports the benefit of this approach to care.

The Cottage Farm concept is based on the belief that people with mental disorders – like those with any other chronic illness – will recover. While recovery is not the same as a cure, with appropriate and timely treatment and support, most will go on to lead meaningful and productive lives.

The outcomes and operation of Cottage Farm will be evaluated and this information will be shared with others interested in creating similar communities.

How You Can Help Cottage Farm

Cottage Farm will be financed through a combination of public and private funding and fund raising activities.

Your financial donation will help us move a step closer to making Cottage Farm a reality. Cheques should be made payable to *Cottage Farm Centre for Mental Health Recovery Society* and mailed to the address below. A tax receipt will be issued for donations of \$20 or more.

Let us keep you informed of our progress. Please provide your contact information (name, address, phone number and e-mail address) and we will add you to our Friends of Cottage Farm mailing list. We do not share this information with any other organization.

Special Thanks

We wish to acknowledge and thank the North Shore Unitarian Church for their on-going assistance and support.

Photos courtesy of Lisbeth Riis Cooper, Cooper-Riis – A Healing Farm Community

Cottage Farm Centre
FOR MENTAL HEALTH RECOVERY SOCIETY

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Cottage Farm Centre
FOR MENTAL HEALTH RECOVERY SOCIETY

*A Caring Community Where People
With Mental Illness
Can Experience Healing,
Purpose & Wholeness*

The Cottage Farm Concept

- ◆ a non-profit residential farm community for people with mental illness
- ◆ a therapeutic environment where the benefits of clinical treatment are enhanced by living and working side-by-side with staff and volunteers
- ◆ a peaceful, spiritually-grounded environment, in a natural setting, where a person can move towards wellness and re-integration into mainstream society

We invite you to join with us in making this vision a reality.

For more information, visit us on-line at www.cottagefarm.ca



Why Is Cottage Farm Needed?

Psychosis is ranked as the third most disabling condition in the world.

3% of Canadians will develop a psychosis.

27% of Vancouver's homeless have a mental disorder and are unable to cope with the poverty of living on disability benefits.

Everyone needs to feel included and to be treated with respect, not subjected to discrimination.

Everyone needs an environment safe from violence and exploitation. Stressful environments make relapse more likely.

The suffering from mental illness can become unbearable and accounts for a suicide rate 25 times greater than that of the general population.

The current mental health care system is unable to provide the continuum of care needed for optimal recovery. This was the conclusion of a landmark national report by former senator Michael Kirby entitled, *Out of the Shadows at Last*. The Kirby Report recommends a large increase in government funding to create a more comprehensive and seamless system of community-based services that are recovery-focused and patient-centered.

Cottage Farm, endorsed by Michael Kirby, represents an approach to care that complements existing services and seeks to enhance the local community.

The Continuum Of Care

Cottage Farm will be a one-stop-shop, offering a comprehensive range of evidence-based clinical services and supports, tailored to each resident's level of recovery.

The therapeutic benefit of clinical services will be enhanced by the opportunity to:

- ◆ live and work in a natural setting
- ◆ care for animals and the land
- ◆ find purpose and satisfaction in work
- ◆ contribute to the community
- ◆ participate in creative and social activities.

Residents will be encouraged to participate in developing their own individual recovery plans, empowering them to gradually assume responsibility for their own recovery.

Staff and trained volunteers will support residents in achieving their goals and monitoring their progress.

Family input and involvement will be welcomed. Education and professional support will be provided.

Living and working together with staff and trained volunteers will foster the development of genuine relationships, based on respect, trust and affection. These meaningful relationships, in turn, will help residents develop positive self-esteem and a sense of security and belonging.

Best clinical practices in treatment provided within a warm and work-oriented environment will help minimize symptoms, develop competence, and facilitate sense of purpose.

Nutritious meals, regular physical activities and training in life skills and stress management will contribute to the development of a healthy lifestyle.

Cottage Farm will offer education, job training, volunteer and job opportunities to facilitate a successful transition to independent living. Residents who are graduating will be supported to return to their home communities through links to housing, mental health, employment and other social supports.

Both resident and family peer support groups will be developed.

In time, Cottage Farm will work to offer many of its services and supports to non-residents who require them.

Social and economic ties to the local community will be established that will benefit both.

Cottage Farm will follow the model of successful therapeutic communities such as Cooper Riis.



The Cottage Farm Board

Cottage Farm Centre for Mental Health Recovery Society is a registered non-profit organization. The Board of Directors is made up of the following dedicated volunteers:

Dr. Tom Ehmann is a clinical psychologist, a researcher, and a developer of policy and programs for treating psychoses.

Barrie Forbes is a businessman and the Board Chair.

Michelle Isaac is a lawyer whose practice includes legal issues concerning mental capacity.

Alison Nixon is a professional musician and a mental health advocate instrumental in promoting the concept of Cottage Farm as an innovative option for recovery. Alison is the Board Vice-Chair.

Linda Pratt is a bookkeeper and a secretary with fund-raising experience. Linda is the Board Secretary.

Ian Ross is Executive Director (ED) of the Crisis Intervention and Suicide Prevention Centre of BC. Ian is also former ED of the Alzheimer's Society of BC, where he played an instrumental role in the creation of the Czorny Alzheimer's Centre, a 36-bed residence. Ian is the Board Treasurer.

Associate Members

Dr. Victoria Smye is a UBC Nursing educator, a researcher studying the inequities in access to mental health and addiction services and Board member of the Canadian Mental Health Association, BC Division.

Dr. Lois Yelland is a retired public health physician who was involved in the planning and delivery of some of the mental health services for Vancouver children and youth.

Dyanne Zitko is a graphic designer who combines her creative talents with mental health advocacy.

