

Community Report 2018

Making Connections

When you first meet Caitlin, you are struck by her pleasant smile and backpack filled with books. A university psychology student, she looks the picture of health. But this poised student we see today was not always here.

Ten years ago, Caitlin was an inpatient at a mental health facility. Struggling with multiple mental health diagnoses, she was disconnected from people and feeling very alone. She felt that her life was in chaos. But this changed after coming to Laing House.

"I had a deep desire for human connection when I walked through the doors of Laing House," says Caitlin. "I found the traditional health care system wasn't good at helping me to get back to living. Other than Laing House there is no place that can help a person with mental illness have a fully integrated life."

Youth Speak is what really helped Caitlin. The program allowed her to share her struggles with other people, increase awareness of mental illness and, most importantly, give back. Talking with students and sharing how they could get help stays with Caitlin. "These were some of the most meaningful moments on my road to recovery."

Human connection is a constant theme when talking with Caitlin. "Connections with other people are an important part of recovery. It is just as important as therapy or medication. Perhaps even more important," says Caitlin. "I want people to know we are all the same. It doesn't matter if you have mental illness or not. We all have a desire for social connection."

This is what Laing House does—connect youth so they find support from others with lived experience. It works. Just look at the smile on Caitlin's face.



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*"The sign says **Come as You Are** and that's the first thing I saw when I came here and it was so welcoming." – MEMBER*



"It's important to recognize the people don't have to be perfect all the time. Last week, I wasn't feeling very good but I came here because it felt safe to be here in the state I was in." – MEMBER



Here, there and growing

Sackville

Open to youth in Sackville, Bedford and Fall River who live with mental health challenges, The Den offers a positive and non-judgemental space to come together close to home, and get support.

Yarmouth

Almost 200 youth were consulted to better understand what community-based mental health services they needed. One result— 21 fun, safe, social opportunities through art/music therapy.

Halifax

This year, 77 education and employment programs were offered and 37 more healthy living programs were offered to youth to help them on their road to recovery.

Together, we are changing minds



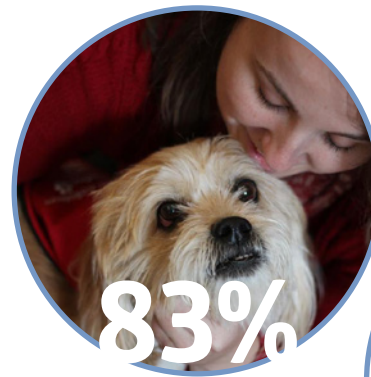
76%

Members who say Laing House helped them feel more positive about their recovery

Members who learned some ways to better manage their illness



65%



83%

Members who feel welcome at Laing House

"Any time I have ever needed anything I know I can go to Laing."

– MEMBER

2018 Financials

For audited financial statements, please go to www.lainghouse.org



50% Laing House Foundation

- 41% Events
- 31% Major Gifts
- 18% Grants
- 9% Individual Giving
- 1% Other

REVENUE

- 50% Laing House Foundation
- 30% N.S. Dept. of Health & Wellness (Operating Funding)
- 15% N.S. Dept. of Health & Wellness (Community Development)
- 5% Grants and Other



EXPENSES

- 49% Programming
- 23% Community Development
- 19% Administration & Communications
- 10% Occupancy



Healthy minds need support. Be a monthly donor!

It's a convenient way for you to help more youth *all year long*. Simply go to www.lainghouse.org, click Donate, and choose the 'Recurring Gift' option.

Laing House