Laing House 2022 Annual Report



We empower youth aged 16-29 iviing with mental illness through innovative youth engagement and peer support.

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Laing House 2022: A Year in Review

A Year in Review: 2022 was an exciting year for Laing House. We transformed pandemic challenges into new opportunities. We enhanced our member support model by welcoming self referrals, implementing a SMS-text support option, and adding more foodbased programming. We created new youth leadership positions and additional Empowerment Fund streams to help members achieve their goals. We re-launched our satellite location in Yarmouth, initiated new community partnerships, and developed stronger connections with referring clinicians and agencies.





74 active members (December 31)



111 members visited in-person



666 in-person member meetings



1031 Laing Online member meetings



565 group programs offered



Academic Placements

2 Dalhousie Students

7 NSCC Students



Katimavik Partnership

2 Volunteers

2 Community Partnership Sessions



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NSCAD Partnership

In October we initiated a six-month partnership with MITACS and the NSCAD Art Factory. Our members enjoyed onsite art programming at Laing House including: sewing, beading, and ceramics. We will also be visiting the NSCAD campus studios for immersive metal works and pottery workshops.









New Approaches to Member Support: We expanded our member support strategy to include emergency preparedness, sleep hygiene, and holiday closure support.

10 emergency preparedness kits 10 pillows 10 kitchen prep kits 10 holiday preparedness kits 25 holiday stockings



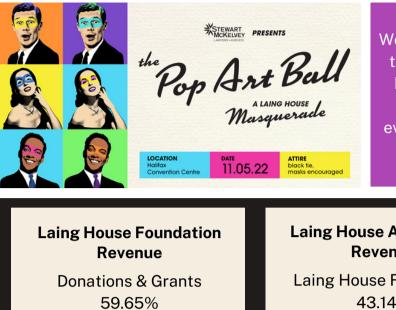
Building Community Leaders:

To provide members with valuable work experience during the pandemic, we created new leadership roles so members could continue to build their resumes during our lockdown phase. The outcomes have been positive and we plan to continue designing new roles as part of our regular programming.

As one of our first member leaders, Skylar prepared lunch and fresh-baked treats in our kitchen over the summer.

"I know my confidence is better when the staff ask me to bake. When I doubt myself and feel that I've messed up, they encourage me to continue to try and figure it out on my own until I get it right. It feels good to get complimented on my baking!" -Skylar, Laing House Member, Chef and Baker

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Laing House Masquerade

We were excited to return to in-person celebrations this year and our Laing House Masquerade was a huge success with our Pop Art Ball raising over \$240,000 for Laing House! It was a wonderful evening and we extend our sincerest thanks to our guests, donors, sponsors and volunteers for making it all possible!

Fundraising Events 42.76

Interest Income 1.7%

Investment Income -4.11%

Laing House Association Revenue

Laing House Foundation 43.14%

Nova Scotia Department Health & Wellness 51.91%

> Grants & Other 4.95%

Laing House Association **Expenses**

> **Core Programming** 44.97%

Yarmouth Programming 11.31%

> General & Admin 29.9%

Occupancy 13.82%

Our Audited Financial Statements are online: https://www.lainghouse.org/newsroom/audited-financial-statements.html



Happy Laing-a-versary to Jan Davison!

In June we had the opportunity to celebrate our good friend and longtime colleague Jan Davison on her **10th work Anniversary** at Laing House. As one of our Community Support Workers, Jan offers our members community navigation expertise, peer support, and recovery guidance. We are also extremely fortunate to have Jan's expertise when hosting our very popular Drop-In Art sessions and Walk Group. Jan is a terrific teammate, a consistent champion of Laing House and powerful advocate for youth mental health. Thanks for everything you do, Jan!



NOW ACCEPTING NEW MEMBER APPLICATIONS FOR HALIFAX AND YARMOUTH

We welcome referrals from clinicians and partners and we also accept self-referrals from youth. For more details, please email Hayley Wagner (she/they), our Membership Coordinator, at membership@lainghouse.org

