

Laing House

2022 Annual Report



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

1225 Barrington St. Halifax, B3J 1Y2
15 Hawthorn St. Yarmouth, B5A 1M5
(902) 425-9018 or info@lainghouse.org

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 food-based 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



Laing House 2022: A Year in Review

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

Laing House 2022: A Year in Review



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!

Laing House Foundation Revenue

Donations & Grants	59.65%
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 long-time 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

