



# CONNECTIONS

LOFT Community Services Newsletter | Volume 23 | June 2007 | [www.loftcs.org](http://www.loftcs.org)

## *Focus on Recovery*



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# LOFT

(Leap of Faith - Together)

promotes independence and recovery for people with mental health and addiction challenges, the homeless, those with physical illnesses or disabilities, the abused and the abandoned.

We Provide housing and support services to enable each individual to become an independent and fulfilled member of their community.

## A Message from Our CEO

"Recovery" is a concept that is much discussed in our field, especially in relation to those with mental health and addiction challenges. Patricia Deegan, a service user who has written extensively about Recovery, describes a process of "becoming the unique awesome never to repeated human being we were called to be."

LOFT's work revolves around helping people recover their strength and independence, so we have decided to make Recovery the focus of this issue of Connections. We hope you find it interesting.



Our past year's fund raising campaign raised just over \$950,000 - one of our best years ever!! This outstanding result included a very generous and very exciting gift from a private individual to support Street Outreach Services. You may recall that SOS was featured in the March 2007 Connections, and there is more on this extraordinary gift in this issue.

One of the sure signs of summer at LOFT, our Annual General Meeting will take place Tuesday, June 26th at 7:00 p.m. at St. Lawrence Hall. This year the program will include a presentation about - and by - clients of our Senior's Services. We hope you will be able to join us.

Finally, to you our donors I extend heartfelt thanks on behalf of everyone here at LOFT: the staff who work so hard, the Board who provide wise governance, and most of all our clients; they are our heroes and the reason we are all here.

We all hope you have a wonderful summer!

Terry McCullum, CEO

## At The Coffee Shop

LOFT CEO Terry McCullum's office often resembles Grand Central Station with people coming and going and the phone constantly ringing. So when he needs some concentrated time to write one of the many reports needed by funders, he often repairs to a coffee shop for some peace and quiet.

To his surprise, a coffee server recently called him by name saying, "I used to live in one of your houses." The server had been with

Beverly Lodge Youth Program for a couple of years, and then in a LOFT co-op house.

Terry remembered a nervous and reticent youth with many challenges. He was delighted to see before him a confident, cordial young man who had just finished third year university. "It was great that he spoke, and really nice to see one of our 'kids' doing so well" said Terry.

## Anna's Story

The streetcar doors opened letting a few people on and off, the doors closed again and we waited for the next one. Anna would say, "We'll get on this one." Sometimes we did, sometimes we waited a little longer.

When we got on the streetcar, Anna would sit down immediately and open the window. I would sit next to her and remind her to breathe deeply and slowly. We'd ride a few stops. When we got off, we would find somewhere to sit down right away. Anna would sip her water, close her eyes and sigh.

Anna has Obsessive Compulsive Disorder and panic attacks and lives with Generalized Anxiety Disorder. At one time in her life, Anna could not leave the house alone. The TTC was a challenge she wanted to face.

We took these TTC trips together for a few months. Then we changed our approach. Anna would get on the streetcar by herself and I would get on the one right behind. She would exit at a predetermined stop, sit and wait for me, sipping her water and breathing deeply. Eventually Anna would get on the streetcar without me there and I would meet her when she got off.

After one full year of practice, she was able to take the streetcar across town and back by herself. Now, only two short years from when we started, Anna takes the streetcar on a regular basis to her volunteer job.

Often Recovery is marked by a series of apparently small achievements, but that does not mean that the struggle or the victory was insignificant.



## Recovery: A Process

Recovery is a concept that originated in the 1980's among people who were survivors of mental illness and consumers of mental health services and who had, themselves, recovered to the extent that they were able to write about their experiences.

The Recovery Model has become a central concept in work relating to mental illness and addiction. LOFT was an early adopter and has incorporated it into all our programs. Outside the field of social work, however, the term "recovery" can seem confusing.

It is generally understood that there is no "cure" for these illnesses. That being the case, it begs the question, what exactly is being recovered? In order to understand that, we need to understand what has been lost - in the case of LOFT clients, often a lot has been lost.

Many of our clients have experienced tremendous challenges in their lives, huge obstacles, pain, rejection, isolation. Some once had what would be called "normal" lives that were lost because of their illness. Some

have never had a normal life. What they all have in common is loss of control. They have been marginalized by their illness, circumstances and experiences. They have had to rely on "the system", and they have lost control of their own lives. They have come to feel helpless and worthless.

Staff describe themselves as not carrying or leading their clients, but walking beside them and offering the support and tools clients need to take control of their own lives. Although our staff work with some 1,600 clients on a regular basis, this is not a process that can be undertaken in any sort of wholesale way.

Each person is recognized as unique and each will have a unique path of Recovery. For some, the changes in their lives are dramatic: they will get a job, reunite with family, become independent.

For most, however, the journey involves many small steps but, to paraphrase, each small step is a giant leap toward Recovery. When someone who has been in care most of their life takes

responsibility for making their bed each morning, that is a step toward Recovery. When someone who has not left their room for years joins the group



for afternoon coffee, that too is recovery, even if they only stay for ten minutes.

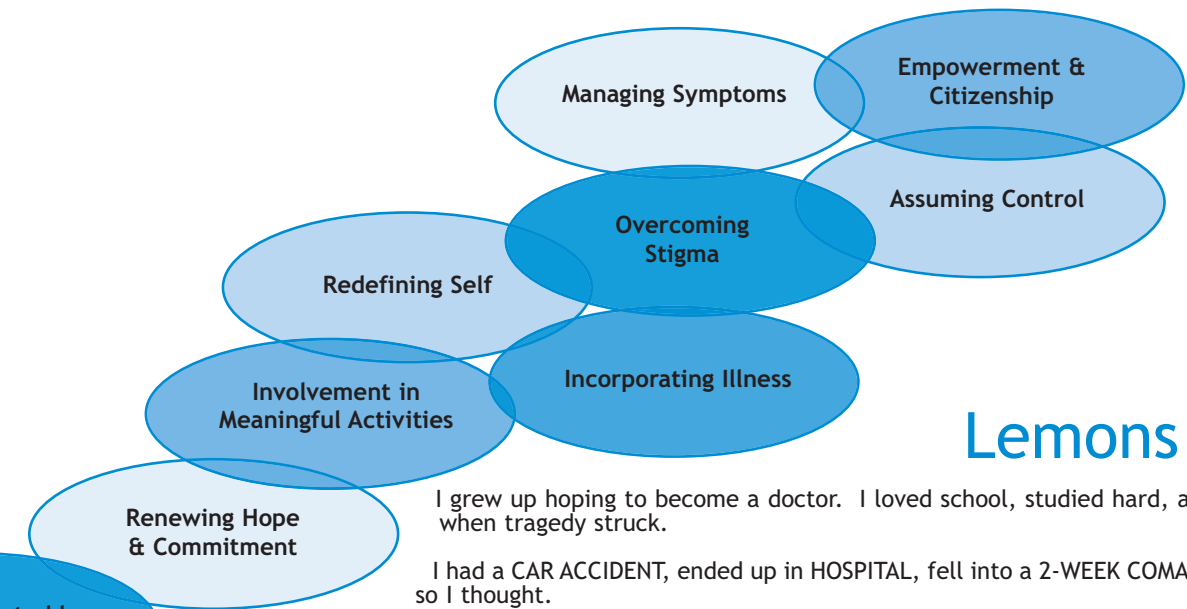
The Recovery Model takes a holistic view, working toward the restoration, or recovery, of self-esteem and identity, and attaining a meaningful role in society. None of this implies a "cure". Recovery is a process or a journey. It accepts that people still have mental health and addiction challenges but in spite of this, they have recovered control and independence.

The message of the Recovery Model is that hope and the restoration of a meaningful life are possible, despite a serious mental illness or addiction.

occasional setbacks and learning from experience.

**5. Holistic** - recovery embraces all aspects of life, encompassing mind, body, spirit and community.

**6. Strengths-Based** - recovery focuses on valuing and building on the many capacities, talents, abilities, resiliencies and inherent worth of each individual.



I grew up hoping to become a doctor. I loved school, studied hard, and had just finished 1st year in pre-med when tragedy struck.

I had a CAR ACCIDENT, ended up in HOSPITAL, fell into a 2-WEEK COMA and that was the END OF MY DREAMS...or so I thought.

I suffered massive trauma, was in and out of hospitals and found myself in the mental health system. But with the help of many people, I was able to start to work towards my recovery. This was a process that spanned several years and, as I am learning, is an on-going endeavour.

I got connected with [LOFT] Wilkinson Program about 15 years ago and eventually got my own apartment. That's when everything changed.

Now that I was in a quiet, stable, supportive environment I felt I could pursue studies in a medical field once more. That's when a career as a Pharmacy Technician started to appeal to me. I was able to graduate Summa Cum Laude and worked as a trainee for a couple of weeks where I learned the job skills I need to attain a permanent position.

While I continue my job search, I play on a baseball team, teach French classes and play drums in a band. I have a long-term girlfriend who supports me with her love. We do sports, take short vacations, cook gourmet meals for each other and look to the future.

I thought I would spend my entire life in the hospital but with all the amazing supports I have received in my life I have been able to turn lemons into lemonade.

For anyone reading this story, never gift up hope, for you too can achieve your goals.

Anonymous

## Living at St. Anne's

*Living at St. Anne's Place, having support within the building, an excellent worker, all contribute in being healthy, especially mentally, leaving my past where it belongs - IN THE PAST and being free to move on with my life.*

*I have many, many things to be thankful for and living here is one of them.*

Henry Roth

## Recovery in Aurora

Crosslinks Housing and Support Services is the voice of LOFT in York Region. As part of Crosslinks' commitment to those we serve, they are offering a Wellness Recovery Educational Program to their clients in Aurora. We believe that recovery is the ultimate goal. Recovery is a personal journey towards hope, rebuilding and redefining our lives as one grows beyond the catastrophic effects of mental illness. We are committed to walk alongside people, supporting them, teaching and guiding them, as they move forward with hope in creating meaningful lives and new dreams. We look forward to beginning our journey together!

## Ten Fundamental Components of Recovery

The Recovery Model is less a set of hard and fast rules and more a philosophy for the development and delivery of programs and services, based on the following ten concepts.

**1. Self Direction** - the individual leads, controls, exercises choice over and determines their own path of recovery

**2. Empowerment** - the individual has the authority to make

choices that will affect their lives, and are educated and supported in doing so.

**3. Individualized and Person-Centred** - a person's pathway to recovery is based on their own needs, preferences, experiences, strengths and resiliencies.

**4. Non-Linear** - recovery is not a step-by-step process but one based on continual growth,

occasional setbacks and learning from experience.

**5. Holistic** - recovery embraces all aspects of life, encompassing mind, body, spirit and community.

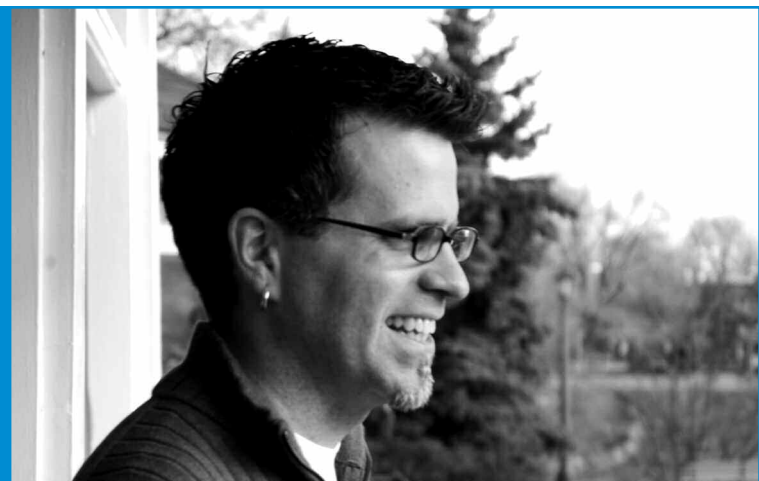
**6. Strengths-Based** - recovery focuses on valuing and building on the many capacities, talents, abilities, resiliencies and inherent worth of each individual.

**7. Peer Support** - mutual support of those with similar experiences provides a sense of belonging, supportive relationships, valued roles, and community.

**8. Respect** - acceptance and appreciation of the individual are crucial to recovery, and self-acceptance and regaining belief in one's self are particularly vital.

**9. Responsibility** - individuals have personal responsibility for their own care and their own journey toward recovery.

**10. Hope** - hope is the catalyst of the recovery process; initially it may be fostered by others, but it must be internalized by the individual. Recovery provides the message that people can and do overcome the barriers and obstacles that confront them.



## How I Turned Lemons Into Lemonade

## An Incredible Gift

LOFT recently received a commitment of \$300,000, its largest ever gift from a living donor. It will be added to LOFT's investment fund, and the interest income each year will support Street Outreach Services. In recognition of the gift, LOFT will rename it's SOS co-op house in honour of the donor's parents.

The donor, who wishes to remain anonymous, has been a long-term supporter of LOFT and has been especially deeply moved by the plight of young people who become ensnared in prostitution.

**"I am pleased to be able to do it and delighted that, through the work of SOS, my gift will have a direct impact on so many"**

The donor cites two major life influences leading to this gift: the philanthropic practices of the donor's parents and the social ministry supported by The Church of the Redeemer where the donor is a member.

In making this gift, the donor has taken advantage of recent changes to Canadian tax law, eliminating capital gains tax on publicly listed securities donat-

ed to a registered charity. The donor was able to pay half the commitment immediately, by donating shares and mutual funds, and will complete the donation over the next few years.

Street Outreach Services, featured in the previous issue of Connections (Vol. 22, March 2007) operates Toronto's only street outreach program for young people involved in prostitution. SOS struggles from year to year without benefit of core government funding for most of its operation.

About the gift the donor says "I am pleased to be able to do it and delighted that, through the work of SOS, my gift will have a direct impact on so many vulnerable young men and women who, I hope, will see it as my vote of confidence in their futures."

## SOS Donations

Street Outreach Services also receives support of \$5,000 or more from:

St. Andrew's United Church  
CHUM Charitable Foundation  
TD Securities

Proceeds from the estate of the late  
Bishop Kenneth Maguire  
as well as smaller gifts from a number of churches, business  
and individuals.

LOFT must raise approximately \$100,000 each year, over and above these gifts, in order to continue the work of SOS.

## Tax Advantages for Donors

In the 2006 Federal Budget it was announced that donations of publicly listed securities made after May 1, 2006 to a registered charity (other than a private foundation) will be exempt from capital gains tax.

It is important to note that the donation of securities must be made directly to the charity. If the securities are first sold and the cash is subsequently donated, then the preferential treatment is not available.

*The table below shows the savings that can be realized when an individual donates shares to a charity directly versus selling the shares first, and then donating the proceeds.*

|  | Sell Shares - Donate Gross Proceeds | Donation of Shares |
|--|-------------------------------------|--------------------|
| Value of shares                                | \$150,000                           | \$150,000          |
| Cost basis of shares                           | \$50,000                            | \$50,000           |
| Realized gain on disposition of shares         | \$100,000                           | \$100,000          |
| Value of donation to the charity               | \$150,000                           | \$150,000          |
| Taxes payable on the realized capital gain (1) | \$23,000                            | Nil                |
| Tax credit for the donation (1),(2)            | \$(69,000)                          | \$(69,000)         |
| Net after-tax cost of making the donation      | \$104,000                           | \$81,000           |

(1) Based on the top marginal tax rate of 46%.

(2) Assumes the individual donor is able to benefit from the full tax credit available on the donated shares.

Example provided courtesy of Grant Thornton LLP.

**Grant Thornton** 

**Please note** that tax planning around charitable gifting can be complex. You should always obtain professional advice through consultation with your tax advisor.

For more information on making donations of publicly listed securities to LOFT, please call:

Jane Corbett at 416-979-1994 ext. 227

or email: [jcorbett@loftcs.org](mailto:jcorbett@loftcs.org)

## Rock-A-Round The Clock

It may have been a cold, blustery, snowy day outside on March 1st... but inside at LOFT's St. Anne's Place over eighty seniors, staff, volunteers and supporters danced up their own storm. The second annual "Rock-Around-the-Clock" fund raiser raised nearly \$10,000 for our seniors' programs. The event was truly a blast!

Our very sincere thanks to everyone who donated prizes, sponsored the dance-a-thon, and those who made pledges, our judges, and the host of volunteers. Special thanks to Tony Ruprecht MPP, Eric Martin from the City of Toronto and Glen Dudman from the Ministry of Health for braving the weather to join us.

Again our heartfelt thanks to all!

We acknowledge the generosity of the following Corporate Sponsors:

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Vina Ida Pharmacy



Tony Ruprecht MPP



Eric Martin & Glen Dudman



## LOFT Needs Your Help

Our Spring 2007 appeal went out in the mail last month, we'd like to thank all the donors who have already sent in their donation. Contributions to the Spring Appeal support the general operation of LOFT, or can be directed to the benefit of a specific program.

LOFT depends on donor support; without you our work would not be possible. Please consider making a donation in order to help those most in need.

Gifts are acknowledged with a charitable receipt for tax purposes.

Give on-line at [www.loftcs.org](http://www.loftcs.org) or by mail to:

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### CONNECTIONS NEWSLETTER

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## Bringing Hope & Recovery Home

The Board of Directors of

### LOFT Community Services

cordially invite you and a guest to the

### 2007 Annual General Meeting

Tuesday, June 26, 2007  
at 7:00pm

St. Lawrence Town Hall  
157 King Street East  
3rd Floor

Special presentation:

### Memoirs of the Forgotten: Chronicling the Lives of Older Adult Survivors of Mental Illness

RSVP to Joy Prasad at  
416-979-1994 ext. 221  
or by email to  
[jprasad@loftcs.org](mailto:jprasad@loftcs.org)