



# Community Report

# Regeneration Community Services

We provide housing and support services to people recovering from mental health issues and addictions.

“It would be hard to overestimate the importance of adequate housing for people living with mental illness and addictions, in particular those whose illnesses are serious.

Housing is protection from illness. Housing is protection from the vagaries of mental illness, from the voices, from the fears.”\*

Quality housing with good support is a crucial aspect of the recovery process. Regen provides case management services which include practical, psychological and social support for all our members.



Evelyn House,  
Regeneration's first home  
for residents drawn by  
Julio Estany, Regeneration  
member of 31 years.

This Community Report was  
designed by Evi K. Hui

\* *Out of the Shadows* - The Kirby Report  
on Mental Health, 2006

# We Value and Believe In:

- The fundamental rights and dignity of the individual.
- Creating, respecting and promoting an environment that reflects the diversity of the broader community.
- Promoting member self-reliance and self-determination.
- Fostering a supportive community environment through continuity in housing and support services in partnership with members.
- Member empowerment and involvement in the development and operation of programs at all levels of Regen.
- Advocating the removal of individual and systemic barriers that impede successful and satisfactory community living for our members.



# Where We Started - Evelyn House

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The house pictured on the cover of this Community Report is in Toronto's west end and was the very first Regen residential facility. It was one of only a small number of transitional residences in Toronto at the time, in 1977. Most recovering psychiatric patients lived in poorly kept boarding houses, or on the street, and relapses and re-admission to hospital was very common.

Understanding the need for better quality, supportive housing for these recovering patients, the original owner of Evelyn House offered to rent out the apartments in the house to them. Regeneration Community Services was formed to generate funding support to help subsidize these new residents. Regen eventually took over ownership of Evelyn House.

**Regen now has 185 members living in 11 buildings and supports another 140 members in the community.**





Hugh Williamson



Julio Estany



Robin Jones

**Since 1977** Regeneration Community Services has been firmly committed to providing safe, clean, affordable, supportive housing to people with mental health and addiction issues in Toronto.

Our Programs are based on Recovery Philosophy. We support our members in achieving their goals, meeting their needs and helping them engage in the community.

At Regen we encourage and promote the arts. Many of our members have artistic abilities which they use to aid them in their recovery. As such, Regen funds an art program. The three pictures shown above are examples of the powerful works our members do.

# Road to Recovery

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Donations to our Employment Program, Bursary Fund and Rainy Day Fund offer much needed support and hope to our members.

Through recovery, our members gain valuable skills which enable them to contribute to the larger community.

*"Without Regen, its Bursary and Rainy Day funds, without the people and programs of this wonderful organization, the world would be much blacker. Without our generous and caring donors, Regen would be much colder. I thank every single donor and concertgoer for allowing Regen to help so very much. Regen has given me my self-respect back." - Harry, Regeneration member of 13 years*

# Peer Support & Bursary Fund

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Sandra came to Regen in 1997 and, through the Work Program, was able to work as one of our receptionists. In 2008 she developed an interest in becoming a peer support worker. She researched and found training opportunities and, with support from the Bursary Fund, completed the courses. Sandra has since implemented a very successful Peer Support program here at Regen whereby members learn to support each other in their recovery journey. This program encourages and supports peer relationships amongst our members by providing opportunities for them to interact and develop relationships.



Sandra, Regeneration member of 14 years

*"I'm very grateful for the support I've received from the Bursary Fund. It made it possible for me to participate in two training workshops on Peer Support. Otherwise, the cost of the workshops would have prevented me from attending. This training has prepared me for the position I now hold as Peer Support Worker with Regeneration House!"*

*"The best part of the job is the Regen members. I've learned so much from you and you never cease to inspire me as I see you pursue your own recovery journeys." - Sandra*

# 'The Cellist'

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Lia was a talented, aspiring cellist at the Royal Conservatory of Music in the 1970s when she became sick and required hospitalization. She remained in hospitals for many years before coming to Regen in 2003. She has little family support.



Lia, Regeneration member of 8 years

Staff became aware of her musical background and encouraged her to take up her music again. At first she was not interested and remained withdrawn, but Pearl, her Case Worker, and then Howard, her Peer Support Worker, continued to talk about music. Finally she started talking about it herself.

Howard took her to several music stores to look at cellos and, after trying many out, she found one that she loved. Money was arranged to purchase the cello and, for the past four years now, Lia has again been playing her music. Music is the doorway that has re-opened Lia's world. The look in her eyes when she has been playing is once again happy and bright and she is more openly engaging with her fellow Regen members and staff.



# Rainy Day Fund

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Our Rainy Day Fund has helped many members who have found themselves short of money to obtain the necessities of life. One such example is M.M.'s story.

*"My story goes back to the fact that I have an injury on my left ankle that requires me to wear proper footwear. There was a time when I didn't have the proper footwear. My worker, Patricia, introduced me to Foster's Shoes and my whole world turned around. We went there and tried on a pair of beautiful orthopedic shoes, and then we bought them. Now I will have these shoes for myself, thanks to Regeneration Rainy Day Fund." -M.M. Regeneration member of 12 years*

# Social Enterprise

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Social Enterprises primarily serve social or environmental objectives ahead of profit motivation. While they intend to generate revenue in the market economy by providing goods or services to sustain themselves, their objectives are rooted in providing individuals or communities with opportunities for employment, personal growth, development and engagement around socially responsible issues.

Started three years ago to eliminate bed bugs in Regen houses using steam cleaning equipment, the Steam Team is a Social Enterprise Initiative providing employment to Regen members. The Team has also done intensive cleaning for other customers in dealing with this widespread and aggravating issue.

The Steam Team provides an opportunity for members to build confidence through working together with other members and through helping other people improve the quality of their lives.



*"In the years that I have been doing pest control, I have never seen a site so well prepared and cleaned. The Regen Steam Team does excellent work!"*  
-Mike, Focus Pest Control

# Our Volunteers & Staff

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Regen promotes self-determination and enhanced quality of life for our residents and members.

Our volunteers and staff are trained, experienced and, above all, supportive and empathetic to their needs.



Ruth LeDrew

*"There is a member who lived at Evelyn House 20 years ago. He learned the skills there to move into his own apartment. He lived independently for many years with weekly support before moving back into a shared living situation at Regen. At this stage in his life he enjoys the company of other members and he has a bit more support from staff now that he is getting older. Regen strives to provide the flexible supports for members to be able to live their best life. He phones me at the office and tells me that Regen is the only place that has ever felt like home and that Regen is his family."*

*-Ruth LeDrew, Residential Program Manager*



Mike Lippa

*"When I go home at night, I feel good about what I do, helping people." -Mike Lippa, Anderson House Program Manager*



Everton Black

*"Regen has given me the opportunity to make a direct impact on the community. I have gained beneficial experience working with a team of professionals which has increased my knowledge and awareness of challenges faced by adults living with mental health and addictions issues." - Everton Black, Volunteer*

# Our Local Neighbours

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Integration with our local communities is a fundamental part of the Road to Recovery for our members.

*"Our section of Eglinton is mostly convenience stores, hairdressers, nail places and little restaurants and there are two high schools right nearby. It is a close community and we are trying hard to attract more business to make the neighbourhood economy stronger and more vibrant. We did not know anything about Regen and were concerned about what kind of people we would be living next to.*

*But Mike Lipka, the Regen Program Manager in charge of the new facility, and his staff went out of their way to meet with me and other neighbours. We met the tenants and not only are they great neighbours, but they are also good customers to the local businesses."*

*Steve Tasses - Local business owner and Eglinton Hill BIA President*

# Thank You to Our Donors

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Although our members receive financial support through the Ministry of Health and Long-Term Care, their finances are limited.

The support of individual donors gives us the resources to pay for social activities, training, meaningful employment and for the unforeseen expenditures that occur in all our lives.

*"I had an opportunity to discover that I had an artistic ability and I influenced others around me to get involved in art as well. I am also very thankful for the opportunities I have received to go on outings organized and led by the Regen staff. Some of the events I have enjoyed are berry picking, going to baseball games and going to live theatre productions. Over the years I've learned to take things one day at a time, to take things in stride and to keep my chin up."  
– Daniel, Regeneration member of 4 years*



# A Word From Regen's Executive Director

As you have read, Regen had very humble beginnings. It was based in providing help for people who were on their road to recovery and in recognizing that the most important step on that road is safe, clean, affordable housing. Without that, none of the achievements of our members would be possible.

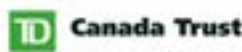
*'Stand By Me'* is a famous song but it is also a simple request from our members. Some of our clients need supportive housing, others need a tireless advocate to help them with their challenges and others need to know we are there for them when they need us. Just like you and me, they all need support in difficult times. We at Regeneration Community Services encourage our members to rebuild their lives by standing by them in their journey to recovery to help them realize a fulfilling and meaningful life as defined by them.

It is said that our members need three things: a home, a friend and a job. Our board, staff, volunteers and members are committed to achieving these three simple things and we thank you for your generous support that helps us do that.

Noel Simpson, Executive Director

# Thank You To Our Corporate and Government Supporters

We gratefully acknowledge the financial support of our Corporate sponsors who support our concerts and other activities that enable our members to participate more fully in their local communities.



We also gratefully acknowledge the financial support of the Government of Ontario which provides the basic funding that allows us to help over 325 individuals through shelter and mental health and addiction support services. This number is growing every year.

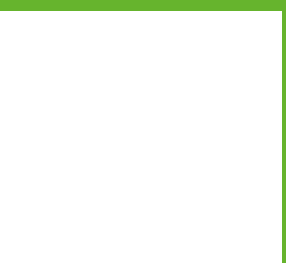


MINISTRY OF HEALTH AND LONG-TERM CARE



Local Health Integration  
Network

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