



mon  
**SHACK**  
mes choix, **mon avenir!**  
my choices, my future!

Construction project plan for 2017  
College street - Lennoxville district

Phone number : 819 821-0515

Bulletin n° 1

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## HISTORIQUE

The Shack started in the mind of a young woman affected by mental illness in her family. Indeed, when a relative suffers, we try to do everything in our power to alleviate the suffering. It is not always as easy as it sounds. This woman is me.

Years have passed and we had to admit that, despite the efforts of many professionals (Physicians, psychologists, rehabilitation centre, etc.), we were confronted to a lack of resources adapted to the needs of a person that wishes to be autonomous.

By discussing with Dr. Mario Soulard the idea started to grow. He informed me that many people were confronted with the same situation and that no one is satisfying this need. He proposed to start a resources for people with special needs in mental health.

In realizing the urgency of this situation and the multiple needs of supervised residences in mental health, I have decided to create the Shack. All this is possible with the support of the Board of Directors of an exceptional quality and the excellent mentoring of Mrs. Louise Lévesque, General Director of "JEVI Centre de prévention du suicide - Estrie ».

Josée Parent, Founder and President

### Board of directors

A project like this can't be done by a single person. This is why, together, we can go further!

The Shack is supported by a strong board of directors:

Mrs Josée Parent  
Intervener  
President and founder

Dr Mario Soulard  
Doctor  
Vice-Président

Mrs Ginette Mantha  
General director of Préma-Québec  
Secretary and treasurer

Mrs Marie-Josée Dufour  
Lawyer  
Administrator

***THE SHACK - A ROOF FOR EACH!***

# What is the Shack ?

This resource will be **the first in Estrie** to offer  **bilingual services**  in the supervised housing sector, along with a  **mental health-focused living environment** . The target clientele is young adults aged 18 to 35 who have a mental health condition.

The MSSS, according to the Act respecting health services and social services, notes the importance of adapting care to an individual's linguistic reality, particularly for those who are English-speaking. It is important to note that while Estrie includes a large Anglophone population, none of its mental health housing resources offer bilingual services.

The target clientele is young adults aged 18 to 35 who have a mental health condition.

Piat et al. (2008) underscore the importance of having access to housing in order to promote rehabilitation, integration and social participation for individuals living with a mental health condition. It is a key factor for an individual seeking to take back control over his life.

## This project will also be implemented to:

- Meet mental health needs in Estrie.
- Meet the needs of the English-speaking community.

## Number of housing units

Construction of 18 one-bedroom units; the building will be situated in wooded surroundings near the downtown area of the borough of Lennoxville (City of Sherbrooke).

- To have access to quality housing at modest prices.
- To encourage residents' independence.
- To provide a safe environment that encourages rehabilitation.

- To have access to public transportation and external resources.

## Activities at the Shack :

- Collective kitchen.
- Budget management and income tax workshops.
- Community garden,
- Art therapy workshops.
- Fitness workshops.
- Volunteer or work in the community.
- Activities of daily living and home living activities.
- Group activities.
- Involvement in the living environment.

## Why these activities?

Ultimately, through these activities and while ensuring the primacy of the individual is respected throughout, we aim to nurture the development and maintenance of the following characteristics for The Shack's clientele:

- Independence and empowerment (taking back control over one's life).
- Social skills.
- Personal skills.
- Healthy lifestyle habits (e.g., diet, stress management, physical activity).
- Healthy self-esteem.
- Active civic participation.
- Personal and professional skills that will allow the individual to integrate or reintegrate into the workforce or to take on a volunteer role.

**In fact, according to data published by the Estrie Department of Public Health (2015), 14% of its adult clientele aged 18-64 suffer from a mental health problem.**

# What is mental illness?

Definition from the World Health Organization (WHO)

Mental health is an essential component of overall health, and is defined as follows by the WHO: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” This definition makes the important distinction that mental health is more than simply living without mental problems or mental handicaps.

Mental health is a state of well-being in which an individual can feel accomplished, can cope with normal life stresses, can work productively and can contribute to the vitality of his community. Seen in this positive light, mental health is the very foundation of an individual’s well-being and of a functioning community.

**The reality in the Estrie region confirms there are mental health needs.**

The Estrie region is particularly affected by mental health problems, with a higher prevalence than in other regions of Quebec.

## TRUE OR FALSE...

1. Mental illness is untreatable.

**FALSE**

Mental illness can be treated. Treatments for mental illness are highly effective. Advances in medication and psychotherapy produce very good results, especially when those therapies are combined.

2. People with mental illnesses are violent and unpredictable.

**FALSE**

People living with mental illness are no more dangerous than people who do not experience mental illness. In fact, people living with mental illness are much more likely to harm themselves or to be the victims of violence than any other group in our society.

3. People with a mental illness lack intelligence and are poor.

**FALSE**

Mental illnesses impact 1 in 5 Canadians, each year, from all walks of life, men and women, of all ages and in all parts of Canada. Mental illness, like physical illness, can affect anyone regardless of intelligence, social class or income level.

4. I am not a mental health expert so I can't help someone with a mental illness.

**FALSE**

Each of us can support someone facing challenges with their mental health - from being open in talking about mental health, to being a good listener, to being more aware of the potential signs and symptoms of mental illness, to encouraging one to seek help.

Reference : [http://www.who.int/features/factfiles/mental\\_health/fr/](http://www.who.int/features/factfiles/mental_health/fr/)

<http://sante.gouv.qc.ca/en/problemes-de-sante/sante-mentale/>

<http://www.cmha.ca/fr/sante-mentale/brochures-de-sante-mentale/>

<http://2016.notmyselftoday.ca/employees/bust-the-myths/>



IT IS  
OKAY TO  
NOT BE  
OKAY



If you have a relative in need of affordable housing that offers mental health services, contact us to subscribe to our waiting list.

Should you have questions, comments or suggestions, please contact us. It will be a pleasure to hear from you.

**You dream of changing the world?  
We can make your dream come true!**

Changing the world starts within the community. By contributing to develop and maintain the Shack, your dream is coming alive!

Your contribution will enable to change the lives of many young adults between the ages of 18 to 35 with mental health problem.

You will contribute to offer a roof, professional services and rehabilitation of these young adults. In return, they will be able to give back to the community.

**From dream to action, a roof for each: The SHACK!  
Call: 819 821-0515**

We can issue income tax receipt  
NEQ : 1168855352  
ARC : 85007832RR0001

***THE SHACK-A ROOF FOR EACH***