

courage
TO COME BACK AWARDS

2016

admire nominate celebrate!

The British Columbia

COURAGE TO COME BACK AWARDS

Do you know an amazing person who deserves recognition?

We all know them, the everyday heroes who have overcome illness or adversity and quietly go about making the world a better place for all of us. The Courage To Come Back Awards are your chance to celebrate them. All residents of British Columbia is eligible for nomination.

The Courage To Come Back Awards recognize British Columbians who have overcome adversity or illness and have gone on to help others.

it's easy

Complete this form or submit your **Courage To Come Back Award** nomination online at couragetocomeback.ca

Nominations are free, so nominate as many people as you like!

NOMINATION
DEADLINE
FEB 12, 2016

Proudly presented by:



COAST
MENTAL HEALTH

Submit nominations online

couragetocomeback.ca

It's easy to nominate someone who inspires you

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Nomination Guide

1. Tell the nominee's story of a courageous comeback **accurately and in detail** (see Nomination Criteria).
2. Please submit only **one nomination form** per nominee.
3. You must attach a **minimum of three (3)** letters of support/testimonials.

Nomination Categories

MENTAL HEALTH: A person who has demonstrated inspirational achievements overcoming the challenges of living with a major mental illness, and who has given back to his or her community.

PHYSICAL REHABILITATION: A person who has demonstrated inspirational achievements following major trauma or injury which has required extensive physical rehabilitation (perhaps sustained in an auto accident, at work or during a recreational pursuit), and who has given back to his or her community.

MEDICAL: A person who has demonstrated inspirational achievements overcoming the challenges of serious medical conditions, and who has given back to his or her community.

ADDICTION: A person who has demonstrated inspirational achievements overcoming the challenges of addiction and has maintained recovery for at least the past five years, and who has given back to his or her community.

SOCIAL ADVERSITY: A person who has demonstrated inspirational achievements in the face of discrimination, abuse, poverty, or other significant adversity, and who has given back to his or her community. (In the case of new British Columbians, it may be the result of political upheaval or war experienced before settling here.)

YOUTH: A young person, under the age of 22 years as of December 31, 2015, who has demonstrated inspirational achievements overcoming illness, injury, addiction, or social adversity, and who has given back to his or her community.

Nomination Criteria

Please provide details of how the nominee satisfies each of the six criteria, with specific examples for each:

1. The full history and nature of the illness, injury, addiction or adversity. The impact on the nominee's life.
2. Type of obstacles encountered, degree of difficulty involved in overcoming them.
3. Treatments, rehabilitation, new skills or learning required to come back. Level of determination and perseverance shown.
4. The goals and achievements the nominee has reached in spite of setbacks, obstacles, adversity or illness.
5. Details of how the nominee has given back to the community (such as mentoring, volunteering, public speaking, fundraising, other good works). Please note that community can also refer to an online or virtual group.
6. Why and how is the nominee an inspiration or positive influence on you and others.

Nominations are due by February 12, 2016 at 5:00pm PST

It is not necessary to purchase tickets to nominate someone. Teams of volunteer health professionals and community leaders will select one recipient in each category to be honoured with A Courage To Come Back Award. If your nominee is unsuccessful, he or she can be nominated again next year. For ideas, check The Courage website at: couragetocomeback.ca for a look at past recipient stories.

Courage To Come Back Award Nomination Form

NOMINATION
DEADLINE
FEB 12, 2016

Submit your nomination online: couragetocomeback.ca or print, complete and submit this form. Completed nomination form, nominee's story (see nomination criteria) and testimonial letters of support must be received by February 12, 2016.

NOMINATOR FORM

Nominee Information

PLEASE PRINT ALL INFORMATION

I Nominate Mr. Mrs. Miss Ms. Dr.

NAME: _____

ADDRESS: _____

CITY: _____ PROV: _____ POSTAL CODE: _____

TELEPHONE (BUSINESS): _____

TELEPHONE (HOME): _____

CELLULAR: _____

EMAIL: _____

Award Category

PLEASE CHECK ONE OR MORE

- | | |
|--|---|
| <input type="radio"/> Addiction | <input type="radio"/> Medical |
| <input type="radio"/> Mental Health | <input type="radio"/> Physical Rehabilitation |
| <input type="radio"/> Social Adversity | <input type="radio"/> Youth |

Date of Birth _____

Necessary to process a Youth nomination.

Nominator Information

Mr. Mrs. Miss Ms. Dr.

NAME: _____

ADDRESS: _____

CITY: _____ PROV: _____ POSTAL CODE: _____

TELEPHONE (BUSINESS): _____

TELEPHONE (HOME): _____

CELLULAR: _____

EMAIL: _____

RELATIONSHIP TO NOMINEE: _____

Confirmation

- I confirm that the Nominee lives in the Province of British Columbia.
- I confirm that the Nominee has agreed to be nominated by me for a Courage To Come Back Award.
- I confirm that the statements made by me, the Nominator, regarding this Nominee are true and represent my honest opinions, beliefs and experiences.

Support Materials:

Any material submitted to Coast Mental Health will not be returned. Email can be sent as a text file, MS Word, or PDF attachment. We regret that we cannot accept video or CD nominations.

NOMINATOR STATEMENT: Why did you nominate this person for a Courage To Come Back Award?

NOMINEE'S STORY: Please provide details of how the nominee satisfies each of the six (6) criteria, with specific examples for each.

TESTIMONIALS: You must ensure that three (3) testimonial letters are submitted supporting the nomination. The nominator is not expected to write a testimonial letter.

Nomination Submission

Please note this form (signed by the nominee) must be received by email, fax or mail by Friday, February 12, 2016 to be valid.

Forward completed and signed form and support materials to:

EMAIL: courage@coastmentalhealth.com
(PDF attachment or in the body of an email)

FAX: 1-877-602-5255

MAIL: Courage To Come Back Awards
Coast Mental Health Foundation
293 East 11th Avenue
Vancouver, BC V5T 2C4

DELIVER: 293 East 11th Avenue, Vancouver
(during regular office hours)

NOMINEE CONSENT FORM

Approval and Consent

PLEASE PRINT ALL INFORMATION

I, _____
NOMINEE'S NAME
agree to be nominated by

NOMINATOR'S NAME
for The Courage To Come Back Award.

- I confirm that I have read this nomination form to ensure accuracy and give consent.
- I authorize and grant Coast Mental Health Foundation the right to share my story with its selection panel members and necessary staff.
- I agree that statements made herein about me are true and represent my honest experiences.

TODAY'S DATE _____

Signature of Nominee (or parent/guardian if a minor).
Must have signature to be valid*

Please print parent/guardian name, if applicable.

Additional Information

Please select ALL of the following that apply to you and provide a brief description:

- I am a paid public speaker.

- I receive funding to promote my story.
Funded by: _____
- I sell books, videos or other goods related to my story/mission.
Website: _____
- I have my own foundation.
Foundation name: _____
- My online presence includes:
Website: _____

- _____ Social Media Channels: _____

Checklist

The nomination package MUST include:

- Completed and signed two-part Nomination Form - **Nominator Form** and **Nominee Consent Form**.
- Nominator's statement** - why you nominated this person.
- Nominee's story** - how the nominee satisfies each of the six (6) criteria.
- Three (3) or more **testimonial letters of support**.

Questions?

If you have any questions about the nomination or selection process, please contact us:

PHONE: 604.675.2328

TOLL-FREE: 1.877.602.6278

EMAIL: courage@coastmentalhealth.com

OR VISIT THE WEBSITE: couragetocomeback.ca

2016 Partners

