

## FOR IMMEDIATE RELEASE

### 2017 Courage To Come Back Recipients Inspire A Record \$1.57 Million Donations

**Vancouver, BC (May 17, 2017)** – A record \$1.57 million was raised at the 19<sup>th</sup> Annual Courage To Come Back Awards on May 16 at the Vancouver Convention Centre with over 1,500 people gathered to celebrate the extraordinary stories of triumph over adversity of the six inspiring awards recipients.

Each year, Coast Mental Health organizes this coveted awards gala, an inspirational evening to recognize six truly remarkable British Columbians. Funds raised will go directly to Coast Mental Health to support those living with mental illness. The event was chaired by Lorne R. Segal, O.B.C., D.Litt. (Hon.), President of Kingswood Properties Ltd., and attended by many of British Columbia's most notable business leaders and philanthropists.



After sharing their stories of how they have 'come back to give back' in their communities, each of the six Courage To Come Back Award recipients received a stunning glass sculpture designed by renowned Musqueam artist Susan A. Point. This year's recipients are as follows:

- Deborah Carter - Vancouver, BC (Addiction);
- Esther Matsubuchi - North Vancouver, BC (Social Adversity);
- John Westhaver - Victoria, BC (Physical Rehabilitation);
- Stephen Scott - Vancouver, BC (Medical);
- Rachel Fehr - Surrey, BC (Mental Health); and
- Richard Quan - Vancouver, BC (Youth).

John Westhaver, the award recipient for Physical Rehabilitation, perfectly captured the essence of the evening: "Looking back at my life, one thing I got is that anything is possible. Often we give up on our dreams because something gets in our way or we lose sight of our dreams. I invite you to never give up on your dreams. Anything is possible. The stories you have heard tonight are living proof." For more inspirational stories of these six courageous individuals, visit <https://couragetocomeback.ca/2017-recipients/>.

*The Courage To Come Back Awards* ([www.couragetocomeback.ca](http://www.couragetocomeback.ca)) - Rising above adversity in life often means overcoming the challenge of maintaining mental health despite unfathomably difficult circumstances. Now in their 19<sup>th</sup> year, The Courage To Come Back Awards celebrate the lives of six remarkable individuals whose stories inspire acts of courage and compassion, and ensure that Coast Mental Health can continue to provide compassionate, meaningful support for anyone with the courage to come back.

*Coast Mental Health* - For 45 years, Coast Mental Health has helped provide housing, support services, and employment for people driven to recover from mental illness. Each innovative program and service places clients at the centre of their own recovery. Coast Mental Health believes that recovery from mental illness is possible, but only when communities come together to break the silence around it, provide support, and uplift the people it impacts. Coast Mental Health Foundation raises funds exclusively for Coast Mental Health. To find out more about the life-changing programs and services offered by Coast Mental Health, visit [coastmentalhealth.com](http://coastmentalhealth.com).

#### Media Contact

Isabela Zabava, Executive Director, Coast Mental Health Foundation  
[isabela.zabava@coastmentalhealth.com](mailto:isabela.zabava@coastmentalhealth.com) | (604) 349-2217