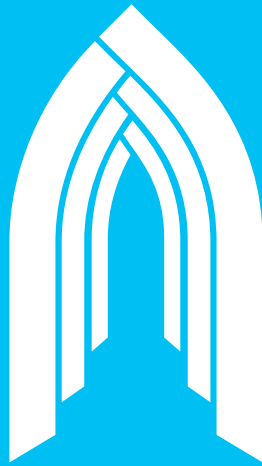


SANCTUARY MENTAL HEALTH MINISTRIES

ANNUAL REVIEW

2021



SANCTUARY MENTAL HEALTH MINISTRIES EQUIPS THE CHURCH TO SUPPORT MENTAL HEALTH AND WELLBEING

*We envision a future where the Church plays a vital
role in supporting mental health and wellbeing in
every community*

OUR PATRON



THE MOST REVD AND RT HON JUSTIN WELBY ARCHBISHOP OF CANTERBURY

"Sanctuary's resources are particularly needed as we recover from the impact of the pandemic. The experiences of people living with mental health challenges shape Sanctuary's work, and is underpinned by thorough research and theology. I am delighted to become a patron of this innovative organisation, and I would encourage Christians to seek out *The Sanctuary Course* and run it in their community."

OUR AMBASSADORS



HILLARY MCBRIDE, PHD

Registered Psychologist,
Author, Researcher, and
Speaker



REV. ISABELLE HAMLEY, PHD

Secretary for Theology and
Ecumenical Relations and
Theological Adviser to the
House of Bishops



REV. JOHN SWINTON, PHD

Chair in Divinity and
Religious Studies, University
of Aberdeen

SANCTUARY MENTAL HEALTH SOCIETY BOARD



GARRETT THIESSEN

Board Chair



CERI REES

Vice-Chair



ERIC ZHOU

Secretary



TOM OLIVER



BING HO



**ANNE-MARIE
ELLITHORPE, PHD**



JEAN-PAUL BERAN



PATTY NEILSON



**REV.
ISABELLE
HAMLEY,
PHD**

A PRAYER FOR CHALLENGING TIMES

Gracious and loving God, You have walked with your people through fire and water, you have held their hand and felt their pain in the face of trauma, and given hope even when there is no hope to be imagined.

We pray today for all those going through the valleys of life, those who feel that pain is breaking them apart and there is no tomorrow, those whose sadness covers everything, those experiencing mental health challenges. We pray for the hurt, the crying, the hopeless, that in the midst of their pain, you would be there, and your presence would be known. We pray together for your gentle presence, for the still small voice of your love to be heard within the sound of sheer silence. We pray that all who struggle on this day would hear the whisper of your love, saying, I am here. You are loved. You are not alone. And in the desert of pain, we pray that real hands, human hands, would give shape and substance to your love. We pray for people who can simply sit with those who grieve, weep with those who weep, hold the pain and the rage and the despair when it is too big for us to hold for ourselves.

May you, God of love and compassion, restore life where it was waning and hope where it is fading, as you brought life out of death in the resurrection of your Son, Jesus Christ, our saviour. Amen.

MAKING A GENUINE DIFFERENCE IN THOUSANDS OF LIVES

Well, what a year it has been! In 2020, we made *The Sanctuary Course* available for free and saw more participants than ever before. We've been delighted that in 2021 our resources are continuing to resonate with people around the world.

The Sanctuary Course for Catholics launched in January on the Catholic distribution platform FORMED, which is based in the United States, and later on our website. The course is also available on Parousia in Australia, and **in October 2021 we released *The Sanctuary Course para Católicos (Español)*.**

To date **over 160,000 people across the world have participated in *The Sanctuary Course* or *The Sanctuary Course for Catholics*** in either English or Spanish. By God's grace, we have grown very quickly and have become an internationally renowned charity that is making a real and genuine difference in the lives of hundreds of thousands of people the world over.

Another exciting project we released in 2021 was the ***Healing in Colour*** art exhibition—a collection of artwork from Black, Indigenous, and other artists of colour from around the world on the theme of race, faith, and mental health. The show was hosted at the Dal Schindell Gallery at Regent College in Vancouver, but you can still view the project as a digital magazine on our website.

We're thrilled that this year we've **partnered with Regent College** to help establish their Certificates in Mental Health and Christianity. This brand-new program is the first of its kind, and features course offerings taught by Sanctuary ambassadors and advisors.

Sanctuary UK celebrated its first year of operations this year. Our UK team is growing and has delivered open-access training events on wellbeing in our current ever-changing pandemic context. In recent months our UK Director, Corin Pilling, has been interviewed by numerous media outlets raising the profile of Sanctuary's work.

Perhaps the biggest announcement we've made in the last year is that **the Archbishop of Canterbury, Justin Welby—the leader of the Church of England—has become our first official patron.** Patronage means that Archbishop Justin officially endorses our work; his patronage opens many new and exciting doors for us as an organization.

Looking ahead, we are so excited to be **releasing the revised and updated version of *The Sanctuary Course* in 2022.** This version of the course will include the diverse voices of experts and people living with mental health challenges in an all-new series of films, as well as discussion guides to help facilitators navigate each session of the course. We are also developing a community development resource, modules on different mental illnesses, and two resources in partnership with the Association of Catholic Mental Health Ministers. One of these resources is based on the book *When a Loved One Dies by Suicide* and the other resource is designed to help Catholic parishes establish a mental health ministry.

If you would like to support Sanctuary's ongoing work to equip the Church to support mental health and wellbeing, please consider becoming a donor. You can find information on how to give at the end of this report. It is thanks to our many generous donors that we are able to do this important and vital work—*thank you*.

Best regards,



Daniel Whitehead
CEO

2021 OVERVIEW

JANUARY



LAUNCH OF THE SANCTUARY COURSE FOR CATHOLICS

First launched on FORMED, the Catholic version of the course was later added to Sanctuary's website and its reach continues to grow. The course features Catholics sharing stories of lived experiences with mental health challenges, along with the insights of archbishops, theologians, and mental health professionals.

FEBRUARY



YOUR NEIGHBOUR UK CAMPAIGN

Sanctuary UK partnered with Your Neighbour for their "Give Hope" campaign to raise awareness of church-led community responses to the pandemic. We were delighted to contribute to a themed week on the topic of mental wellbeing.

MARCH



PARTNERSHIP WITH PAROUSIA MEDIA

Sanctuary partnered with Parousia Media to expand the reach of *The Sanctuary Course for Catholics* to Australia.

APRIL



PARTNERSHIP WITH THE ASSOCIATION OF CATHOLIC MENTAL HEALTH MINISTERS

The growing popularity of *The Sanctuary Course for Catholics* led to a partnership with The Association of Catholic Mental Health Ministers (ACMHM).

2021 OVERVIEW

MAY



HEALING IN COLOUR ART EXHIBITION

Healing in Colour explored the intersection of race, faith, and mental health. Featuring Black, Indigenous, and other artists of colour from around the world, the show highlighted their experiences, wounds, and journeys of healing. The show premiered at the Dal Schindell Gallery at Regent College, and exists now on our website as a digital magazine. The project has been viewed more than 8,500 times.

JUNE



MOVE FOR MENTAL HEALTH FUNDRAISER

In our first peer-to-peer fundraising event, we encouraged people to Move for Mental Health. In total, 120 participants logged minutes of joyful movement throughout the week and because of generous donors like you, we raised a total of \$50,733.

JULY



LAUNCH OF THE SANCTUARY APP

The mental health conversation is big; the Sanctuary app lets you start small. The app features Together Again, a card game that encourages conversations about faith, mental health, and wellbeing. In six months, the app has been downloaded almost 900 times.



FORMATION OF OUR YOUTH ADVISORY COUNCIL

Our Youth Advisory Council met throughout the summer of 2021 to inform and conduct a survey about youth and mental health, in partnership with an experienced academic researcher.



REGENT COLLEGE PARTNERSHIP WITH CERTIFICATES IN CHRISTIANITY AND MENTAL HEALTH

Sanctuary's partnership with Regent College includes a new academic program for church leaders and laypeople to earn Certificates in Christianity and Mental Health. As part of the program, Sanctuary ambassadors and advisors will teach courses at Regent.

2021 OVERVIEW

AUGUST



SURVEY OF YOUTH AND YOUTH LEADERS

More than 200 participants from eight countries and twenty denominations participated in a survey which will inform our development of a new resource for youth about mental health and faith.

SEPTEMBER



ANNOUNCEMENT OF THE ARCHBISHOP OF CANTERBURY AS OUR PATRON

Sanctuary's first patron, Archbishop of Canterbury Justin Welby, lends his profile and support to Sanctuary as part of an ongoing relationship to raise awareness about our work, especially in the UK.



DEVELOPMENT OF NEW CATHOLIC RESOURCES IN PARTNERSHIP WITH ACMHM

In partnership with ACMHM, Sanctuary is co-producing new Catholic resources, specifically about suicide loss and how to develop mental health ministries in parishes. These resources will be released in 2022.

OCTOBER



MENTAL HEALTH AWARENESS MONTH CAMPAIGN

Throughout October, our social media campaign encouraged people to start conversations about mental health. On Instagram, we saw a 478% increase in followers compared to the previous four months.



LAUNCH OF THE SANCTUARY COURSE PARA CATÓLICOS (ESPAÑOL)

Our first translated resource released on FORMED, with future access on Sanctuary's website as well as other distribution partners in Europe in the works.

2021 OVERVIEW



LAUNCH OF ALONGSIDE

A new monthly donor club, Alongside, encourages ongoing giving from donors. This group receives a special e-newsletter each month with more details about Sanctuary's ongoing work.

NOVEMBER



DEVELOPMENT OF A YOUTH RESOURCE

After conducting research and understanding our findings, we've begun to outline and develop a new faith and mental health resource for youth.



FUNDING SECURED FOR A GERMAN TRANSLATION

Sanctuary has signed an agreement with a partner organization in Switzerland to fund a German translation of *The Sanctuary Course*.

DECEMBER



IN MY SHOES CHRISTMAS GALA

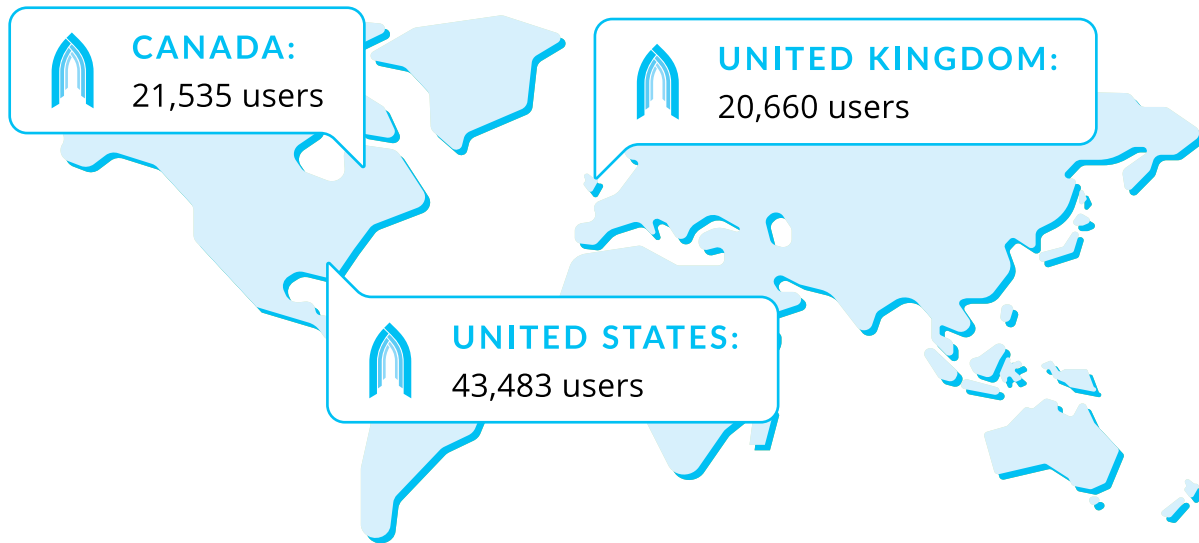
On December 2, we hosted our second annual virtual Christmas Gala, streamed live from Fluevog Shoes in Vancouver. At the gala, we celebrated the growth of Sanctuary in 2021, and because of generous donors like you, we raised \$275,349 during the December campaign.

SANCTUARY'S REACH

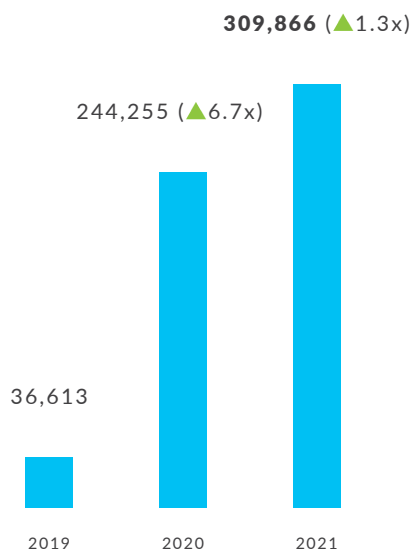
WEBSITE VIEWS FROM:

199

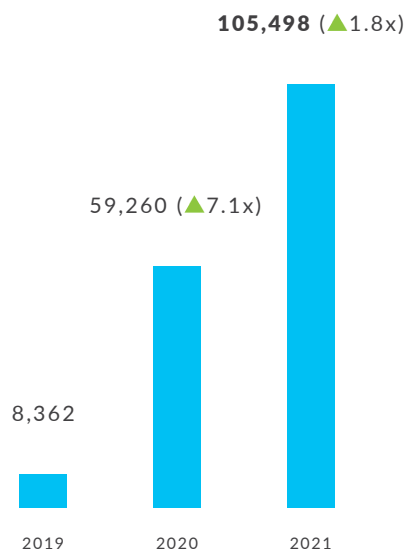
countries



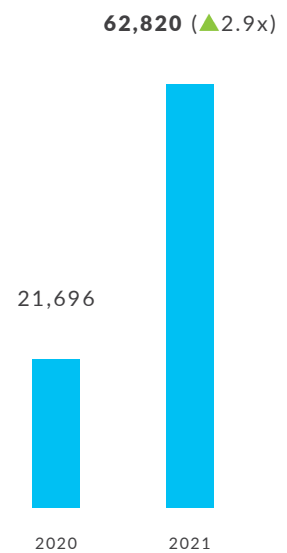
WEBSITE VIEWS (PAGEVIEWS)



WEBSITE USERS



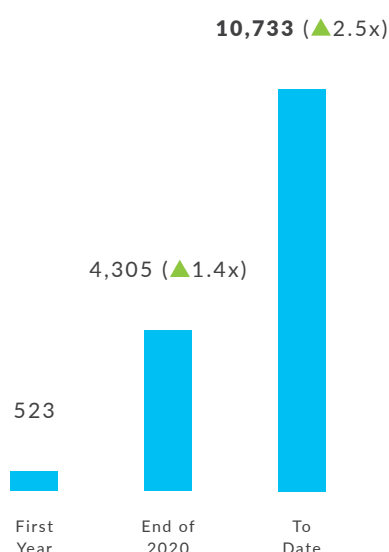
BLOG VIEWS



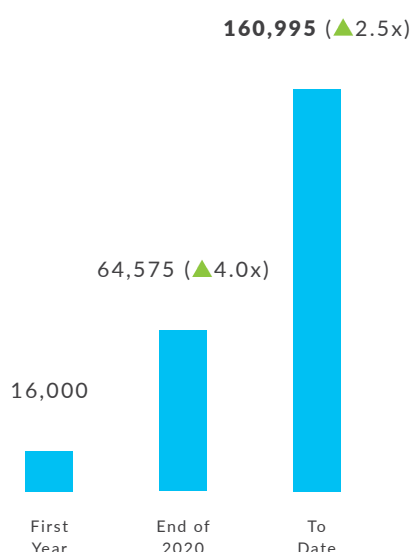
THE SANCTUARY COURSE

The Sanctuary Course and *The Sanctuary Course for Catholics* are free, eight-session study guides for small groups, designed to raise awareness and start conversations in local churches regarding mental health. Participants gather together, read through the content out loud or listen to it on audiobook, watch a film, and engage in conversation, reflection, and prayer. The topics are explored from a psychological, social, and theological perspective, and each session is accompanied by a compelling film featuring the story of an individual who has journeyed through mental health challenges as a person of faith.

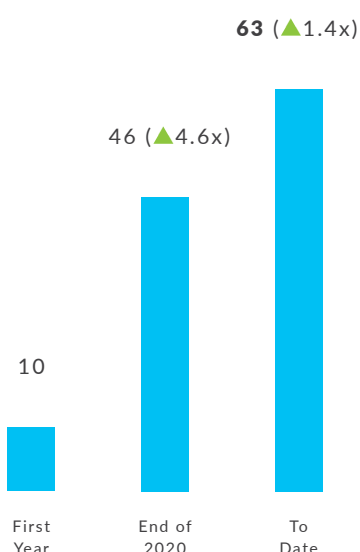
COURSE SUBSCRIPTIONS



ESTIMATED COURSE PARTICIPANTS



COUNTRIES USING THE COURSE



**BARBARA
ARENBURG**

A STORY FROM A SANCTUARY SUPPORTER

I am so grateful to Sanctuary for actively working to shed light on mental health challenges and how best to support people in the Church who live with mental health challenges and those who care for them. I was once someone who was very ignorant in understanding what it meant to experience a mental health crisis and was unknowingly judgmental—until it became our life, our journey.

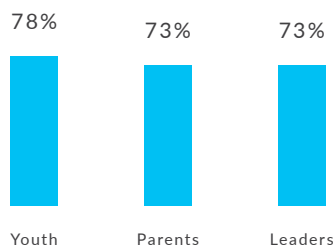
Here was a non-judgmental Christian community [...] saying, “we see you, we understand this, we’re respecting you and loving you in your experience of mental health challenges, and here’s what we believe is helpful from a bio/psycho/social/spiritual perspective.” It is my prayer that many leaders and churches will see the seriousness of the need to be more educated in how best to come alongside suffering families with the appropriate guidance and care. I take every opportunity to share with others how much Sanctuary has impacted me.

SANCTUARY'S YOUTH RESOURCE STUDY

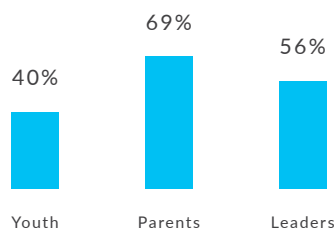
One of Sanctuary's most requested future resources, which is close to our hearts and mission, is a resource about mental health and faith for youth. Our resources begin with research, and this year we conducted a survey with over 200 participants that included youth, youth leaders, and parents from eight countries and twenty denominations. We developed the survey with an experienced academic researcher, and our inaugural Youth Advisory Council; it is important our future resource involves collaboration with young people throughout the entire development process. Below are some of the key findings of that study.

Compared to youth leaders and parents in the study, youth were more likely to have experienced a mental health challenge and less likely to have sought help for it:

EXPERIENCED A MENTAL HEALTH CHALLENGE



SOUGHT HELP FOR A MENTAL HEALTH CHALLENGE



This suggests youth are able to identify a mental health challenge within themselves, but aren't seeking help as much as they may need to, putting them at greater risk.

Respondents submitted questions for God and mental health professionals:

The number one word across every submitted question was **"HELP"**

Top questions from youth:

- "How do I help someone else with a mental health challenge?" (64% of youth want to know)
- "How do I care for my own mental health?" (46% of youth want to know)

Who youth are talking to about their own mental health:

A FRIEND (70%)

It seems youth are talking to each other about their mental health but need more information about how to help someone else or care for their own mental health.

PARENTS (52%) | YOUTH LEADERS (42%)

Parents and youth pastors or leaders are among the first people young people will go to. This means that we have a great opportunity to provide resources to assist them in their conversations with young people.

The results of this survey will inform the type of resource we create and its content; development of this resource is ongoing in 2022.

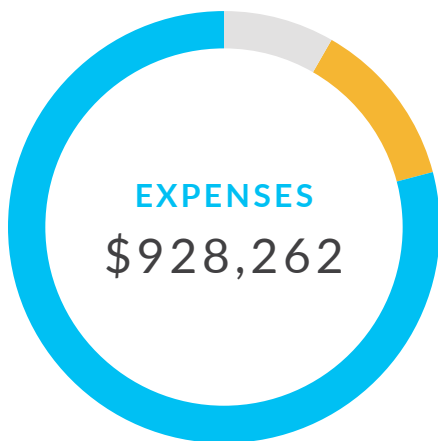
FINANCIAL SUMMARY

FISCAL YEAR SEPTEMBER 2020-AUGUST 2021



DONATIONS

● Individuals	\$631,085	68.0%
● Foundations & Government	\$263,504	28.3%
● Other	\$34,151	3.7%

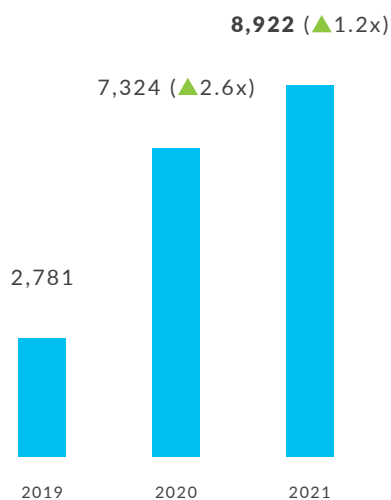


FUND STEWARDSHIP

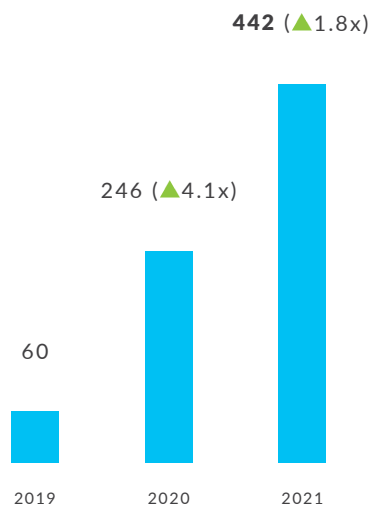
● Program Research, Development, and Implementation	\$734,255	79.1%
● Administration	\$116,961	12.6%
● Fundraising	\$77,046	8.3%

Audited financial statements are available upon request.

TOTAL CONTACTS



TOTAL DONORS



SPECIAL THANKS TO OUR SUPPORTERS

INCLUDING FOUNDATIONS AND ORGANIZATIONS:

David & Dorothy Lam Foundation

Archdiocese of Vancouver

The Charis Foundation

St. Mary's Health Foundation

Villa Capri

Tenth Church

F.K. Morrow Foundation

John Fluevog Boots & Shoes

Nickels Cabinets

Belcum Foundation

Peace Portal Alliance Church

Green Shield British Columbia

Szocs Foundation

OUR TEAM



**DANIEL
WHITEHEAD**
CEO



**MICHELLE
FURUMORI**
Director, Operations



**CORIN
PILLING**
National Director, UK



**MARKKU
KOSTAMO**
Director, Development



**KATE
DEWHURST**
Director, Programming



LESLIE ROBERTS
Director,
Communications



JINA LEE
Operations Manager



JANE BORN
Resource Development
Manager



BRYANA RUSSELL
Engagement Manager



LIZZY OJO MARTENS
Communications
Manager



CHARLES GIBSON
Communications
Manager, UK



NATHAN BENDER
Data Systems Manager



ISABEL ONG
Social Media and
Content Strategist



AMY DEUTSCHER
EA to CEO and
Operations Coordinator



**ADAM
MOUNTSTEVENS**
Graphic Designer



SEAN DYKINK
Film Producer



CHELSEA EVANS
Grant Writer, USA



SHAUNA KOSTAMO
Grant Writer, Canada

WAYS TO GIVE



ONLINE:

sanctuarymentalhealth.org/donate



CHEQUE MAILED TO:

Sanctuary Mental Health Ministries
PO Box 20147 Fairview
Vancouver, BC V5Z 0C1



GIFTS AND SECURITIES:

info@sanctuarymentalhealth.org



SANCTUARY
Mental Health Ministries

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