



# ANNUAL REVIEW

## FISCAL YEAR 2021-2022

## OUR MISSION

**Sanctuary Mental Health Ministries equips the Church to support mental health and wellbeing.**

We provide resources that meaningfully engage the topics of faith and mental health. Our content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. These resources prepare communities of faith around the world to raise awareness, reduce stigma, support mental health, and promote mental wellbeing.

## OUR VISION

**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 PATRON

"I am delighted that *The Sanctuary Course* is helping churches start conversations about and reduce the stigma attached to illness. We must all get better at talking about this... These free resources will help all of us—ordained or lay, whether we've been in the Church for five minutes or fifty years. I encourage you to talk, learn, pray, share, and care about this. Whatever your church and wherever you live, it matters."

## 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





## A SEASON OF STRETCHING TIMES AND COURAGEOUS GROWTH

*"I believe Sanctuary is in the midst of a key moment, maybe you could call it a Kairos moment! The events of the pandemic, and various advances in mental health awareness in the last five years, means that our work has truly never been more needed, or more sought after. That is why in this season we are seeking to be brave and push out the boundaries by taking on a big budget (investing in people and technology) to see if we can blaze a trail, and carve out a space for Sanctuary to truly be a global force for positive change for the Church."*

I sent these words to the Sanctuary team as part of a weekly update in early 2022. As I now reflect on the year that has passed, my conviction behind these words has only grown stronger. I have had the opportunity to travel and connect with folks particularly in Canada and the UK as well as speaking at numerous events both in-person and virtually. Over and over I received responses affirming the real need for resources delving into faith and mental health—responses that still blow me away.

I think about the chaplain in Scotland who is using our course with those imprisoned, the almost weekly emails he's sending to our UK Director about the impact it is having, and the hope that we are imbuing in some of the most forgotten people in our society. I also think about the group of friends in Toronto that put on a breakfast event (at their own expense) for me to speak with twenty influential Christian philanthropists, networkers, and influencers in the Toronto region when I visited in the fall—all because they believe in our work. This is good work. **This is Jesus' work and I'm so grateful to each of you for being on the journey with us.**

We have indeed invested in people and technology to better serve those using our resources. Most significantly, we launched a new online resource portal and revamped our website almost concurrently with launching a revised and improved version of *The Sanctuary Course* in 2022. We're continuing to develop new resources for Sanctuary's audience and in partnership with other organizations. This year, work continues on a youth resource as well as an *Introduction to Mental Health Ministry* (in partnership with the Association of Catholic Mental Health Ministers).

This past year also saw a significant step in our efforts to make our resources accessible to more people globally. Earlier in 2022 we launched our first translation on our website: *The Sanctuary Course para Católicos (Español)* with ongoing work on translations in three further languages and plans for more. Another way we will be working to equip the Church comes through an exciting opportunity within the arts. We are partnering with The Porter's Gate Worship Project to create an album that speaks to faith and mental health. Sanctuary Songs is projected to be released in 2023.

With so many incredible opportunities and growing needs, we also had our most stretching year financially. We are so grateful for incredibly generous donors who are supporting us but we need more help. It has been a great privilege for me to continue leading this organization through a time of courageous growth and **I once again humbly ask you to partner with us** by considering becoming a monthly partner. You can do so on our website's giving page. Together there is so much we can do and want to do.

Earlier this year, I had a conversation with an award-winning rapper who said: **"I hadn't heard of you until recently but this is the organization I have been praying for."** As I look forward to the new year, I find myself increasingly wondering how many other people are praying for our organization and don't yet know that we exist. Our work is not finished and we look forward to increasing our efforts in equipping church communities around the world to support mental health and wellbeing.

Blessings,



Daniel

Daniel Whitehead, CEO

Sanctuary Team Photo – July 2021







## THE SANCTUARY COURSE REVISED AND IMPROVED

In May 2022, Sanctuary launched a revised and improved version of *The Sanctuary Course*, with updates made based on feedback we received from group facilitators and from an impact study we conducted to assess the original version of the course.

Through surveys and interviews, we learned that while the original course was successful in reducing stigma and opening conversations about mental health in faith communities, not everyone saw their own realities reflected in it. The updated course is designed to be more accessible and inclusive, with new films featuring diverse lived experience stories and experts, representing a range of cultural, racial, and socio-economic demographics and experiences with mental illnesses. We also learned that course facilitators could use more support. In response, the new course includes an updated facilitation guide and new discussion guides to assist facilitators in working through the sessions. Our study results also showed that 82% of past course participants had supported a friend or family member through mental health challenges; we've added a caregiving session designed to speak to their experiences.

After the revised and improved version of the course was developed, it was thoroughly reviewed by mental health professionals, theologians, and people with lived experience of mental health challenges. Once their feedback was incorporated, the course was piloted with church small groups prior to its release.

What people have said:

"Every Saturday I looked forward to attending *The Sanctuary Course*. It was the perfect balance of listening, reading, and talking—and that can be rare for some courses. I appreciated the heartfelt testimonies as told through the films, and it became very clear that mental health challenges can impact people from all walks of life, including those in ministry work. I also really enjoyed getting to know those in our small group and sharing in their life experiences. That was priceless."

– Anonymous, Vancouver, BC, Canada

"*The Sanctuary Course* made me feel less ashamed of my own mental health challenges— especially as a practicing Christian and lay minister. My takeaway is: 'I am more than my diagnosis.'"

– Anonymous

# THE SANCTUARY COURSE REACH

*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 about mental health. Participants read through the coursebook content (or listen to it on audiobook) and gather to watch a film featuring a story of lived experience with mental health challenges and engage in conversation, reflection, and prayer.

Estimated Course  
Participants\*:

**220,000**

Countries Using  
the Course:

**75**

Registered  
Users:

**12,544**

## *The Sanctuary Course in Action*

"I am a Church of England priest working in the Episcopalian Church in Munich, Germany. I'm also an (early retired) psychiatrist and fellow of the Royal College of Psychiatrists, the UK professional body for doctors working in mental health. I chaired the RCPsych Spirituality and Psychiatry Special Interest Group until eighteen months ago. When I stepped down from this role, I felt I finally had the capacity to write a mental health and Christianity course. I considered what I thought would be needed for such a course and began to research what was available.

When I found *The Sanctuary Course*, I realised I didn't need to reinvent the wheel. The course dovetails with my approach to mental health and illness—developed over thirty years of working in the National Health Service in the UK and twelve years of working as an ordained priest—with the emphasis on narratives, lived experience, and all people being on a mental health continuum together.

I really appreciate the high production value and the quality of speakers in the films, and I appreciate the way people gradually realise that mental health isn't an 'us and them' situation, but affects all of us.

Following my teaching a couple of seminars recently I have eighteen people interested in starting *The Sanctuary Course* in the new year from all over Europe, and expect to gain a few more. I am looking forward to running the course again and would thoroughly recommend it to churches and small groups."



**Rev. Alison J. Gray, FRCPsych, Priest Associate, Church of the Ascension, Munich; RCPsych Spirituality and Psychiatry SIG executive member; Senior Lecturer, Institute of Clinical Sciences, Birmingham University**

\* These numbers represent cumulative data for *The Sanctuary Course* and *The Sanctuary Course for Catholics* (including the Spanish translation) collected from fiscal year 2018-2019 to 2021-22. To calculate resource participation, we use a multiplier of fifteen participants per account holder, based on unique email addresses. This multiplier is based on historical data indicating a reported average group size of fifteen participants.



## SANCTUARY'S NEW ONLINE RESOURCE PORTAL

### A BETTER USER EXPERIENCE ON OUR WEBSITES

In May 2022 we launched our new online resource portal. The portal was designed for a more intuitive user experience, helping introduce the various elements of our resources and how they work together as well as giving facilitators easy access to all the materials needed for their groups. The portal also encourages facilitators to register their group with Sanctuary, which provides more accurate data for measuring reach and impact. Additionally, our portal enables us to provide resources in other languages—such as *The Sanctuary Course para Católicos (Español)*—with the ability to create an account, read FAQs and facilitation tips, and more in Spanish. The new portal is designed to scale easily with more users and new resources.

We also launched a revamped version of our main website in May 2022, which includes geolocation, new designs, and improvements on our behind-the-scenes processes. The transition to the new version of our site went seamlessly and it supports our donation portal, The Sanctuary Blog, and other vital functions for our audience and operations. We're thrilled about all the opportunities that these website upgrades bring for better user experiences, scaling our impact, translating more resources, and measuring our reach.

Website  
Pageviews:

**297,444**

Website  
Users:

**116,372**

Blog  
Views:

**82,485**



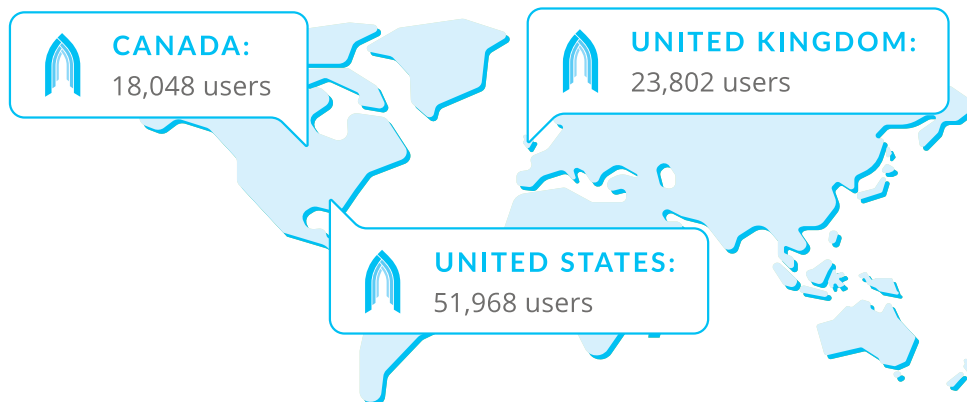
# SANCTUARY'S GLOBAL IMPACT

## A TALE OF RAPID EXPANSION

Sanctuary's reach and online footprint have been growing quickly. Our website has been visited by people in almost every country in the world, with most being from North America and the UK. More people are engaging with our website, blog, newsletter, and social media accounts than ever before. These numbers represent our reach in fiscal year 2021-2022, with the exception of the estimated number of resource participants and registered users.

Website  
Views From:

**196**  
countries



Newsletter  
Subscribers:

**10,295**

Estimated Resource  
Participants\*:

**227,370**

Total Registered  
Users\*:

**15,158**

Social Media Followers:



@sanctuarymentalhealth

**2,767**



Sanctuary Mental Health

**1,669**



@sanctuarymh

**778**

\* These numbers represent cumulative data collected for all of Sanctuary's major resources from fiscal year 2018-2019 to 2021-22. To calculate resource participation, we use a multiplier of fifteen participants per account holder, based on unique email addresses. This multiplier is based on historical data indicating a reported average group size of fifteen participants.



*Songwriting Retreat for Sanctuary Songs Album | Keats Island, BC | October 2022 | Photo Credit: Jeremy Stanley and Greg Gillespie*

*Pictured (from left to right), back row: Marika Siewert, Kate Bluett, John Swinton, Daniel Whitehead, Isaac Wardell, Nick Brewer, Emma Holland, Stuart Townend, Brian Doerksen, Orlando Palmer, Isaac (Guvna B) Borquaye, Matt Maher, Nick Chambers, Valerie Guerra, Jane Born, Kristin Maher, Jon Guerra. Front row: Jeremy Stanley, Leslie Roberts, Leslie Jordan, Niki Paige, Paul Zach, Lizzy Ojo Martens, Jina Lee, Hillary McBride, Paul Lee, Brian Eichelberger, Michelle Furumori*

## SANCTUARY'S ONGOING WORK

### CREATING RESOURCES FOR SPECIFIC NEEDS

The Sanctuary team is working on several new resources designed to address specific needs and questions within the Church. These resources are intended to take participants deeper in their understanding of mental health and faith.

**Modules:** Designed as a complement to *The Sanctuary Course*, modules will explore specific diagnoses, with general information on symptoms, development and course, and treatment. Accompanying films will feature multiple stories of lived experience, demonstrating the variety and complexity of each diagnosis and highlighting the intersection of lived experience and spirituality. Our first series of modules will include anxiety, bipolar disorder, and depression.

**Partnership: Introduction to Mental Health Ministry:** In partnership with the Association of Catholic Mental Health Ministers (CMHM), we are developing a new course which is intended to prepare parish-based teams to establish and develop mental health ministries in their context. Films will feature presented material, examples of mental health ministry throughout North America, lived experience stories drawn from *The Sanctuary Course for Catholics*, and supportive resources.

**Partnership: Sanctuary Songs Album:** Sanctuary and The Porter's Gate Worship Project are creating an album of songs about mental health and faith, inspired by the faith and experiences of people living with mental health challenges. These worship songs invite us all to connect with God and each other in our mental health journeys. We hope this collaboration will offer new ways of experiencing belonging in church communities around the world.

**Spiritual Trauma Podcast Series:** Our new podcast season is hosted by Hillary McBride and examines spiritual trauma using interviews, narrative, and didactic teaching. The series explores what spiritual trauma is, how it impacts us, and how we can recover. It is designed with care for an audience who has experienced spiritual trauma or who wants to understand and care well for a loved one with this kind of experience.

**Translations:** Since releasing *The Sanctuary Course* and *The Sanctuary Course for Catholics*, we've heard many requests for translating these resources into other languages. We are currently working with partner organizations to translate *The Sanctuary Course* into German and *The Sanctuary Course for Catholics* into Romanian and Russian, and we plan to continue adding translations in coming years.

**Youth Resource:** Our youth resource centres on the most pressing questions that young people are asking about faith and mental health. It is designed to facilitate important conversations about mental health in youth groups. Utilizing films, activities, and discussion prompts, the course will reduce stigma, increase empathy and awareness, teach spiritual practices of companionship, and promote the voices of young Christians with lived experience of mental health challenges. Like *The Sanctuary Course*, this eight-session resource features exercises, prayers, a facilitation guide, plus a bonus informational document to share with parents.



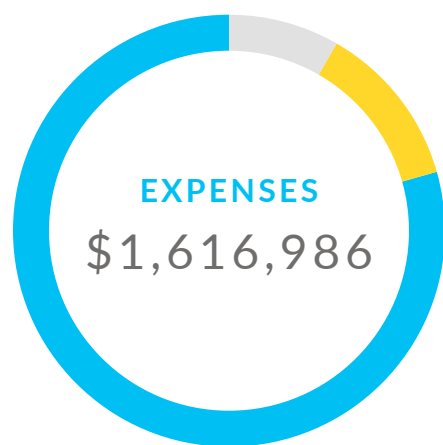
# FINANCIAL SUMMARY

FISCAL YEAR SEPTEMBER 2021-AUGUST 2022

TOTAL OPERATIONAL BUDGET FOR CANADA, US, AND UK



●	Individuals	\$998,252	<b>62.6%</b>
●	Foundations	\$446,648	<b>28.0%</b>
●	Earned Income	\$128,017	<b>8.0%</b>
●	Government	\$15,933	<b>1.0%</b>
●	Other	\$7,063	<b>0.4%</b>



●	Charitable	\$1,284,480	<b>79.4%</b>
●	Administration	\$198,144	<b>12.3%</b>
●	Fundraising	\$134,362	<b>8.3%</b>

*Note: These numbers have not been audited; audited financial statements are available upon request.*

# SANCTUARY MENTAL HEALTH SOCIETY BOARD AND TRUSTEES

## CANADA



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**CERI REES**

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**ERIC ZHOU**

Secretary



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**BING HO**



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The Ben Sawatzky  
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Neilson  
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Archdiocese  
of Vancouver  
  
Roman Catholic  
Archdiocese Of Vancouver



Strand Equity  
VII Ltd.



Villa  
Capri



Benefact  
Trust



## WAYS TO GIVE



### ONLINE

[sanctuarymentalhealth.org/donate](https://sanctuarymentalhealth.org/donate)



### MAILED CHEQUE

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



### GIFTS AND SECURITIES

[info@sanctuarymentalhealth.org](mailto:info@sanctuarymentalhealth.org)

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## SIGN UP FOR OUR NEWSLETTER

[bit.ly/sanctuary-newsletter](https://bit.ly/sanctuary-newsletter)

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[Sanctuary Mental Health](https://www.youtube.com/SanctuaryMentalHealth)



[Sanctuary Mental Health](https://www.linkedin.com/company/SanctuaryMentalHealth)



## VISIT OUR WEBSITE

[sanctuarymentalhealth.org](https://sanctuarymentalhealth.org)

Registered Charity: Canada #84176 9284 RR0001 | UK #1191490 | US #87-3735624

[info@sanctuarymentalhealth.org](mailto:info@sanctuarymentalhealth.org) | 778-836-HOPE (4673)



**Canadian Centre for  
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SANCTUARY

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