



SHIP SHARES

INSIDE

Message, CEO **p2**

New ACTT Office **p3**

Equity, Diversity, Inclusion at SHIP **p4**

New Housing Development **p5**

Experience with SHIP **p6**

Spring Cleaning **p8**

30th Anniversary **p9**

Advocacy Articles **p10**

Social Coffee Bean **p11**

Accreditation Canada **p12**




Spring
2023



SHIP

Services and Housing
In the Province



MESSAGE FROM THE CEO LESLEY NAGODA

As the cold winter months give way to the more pleasant weather of spring, it's a great time to reflect on the first few months of 2023. We've already seen a number of important developments that will surely continue towards a strong year for our organization and the wider community.

The housing crisis and historical underfunding of Mental Health and Addiction services continues to impact our community and our ability to respond to the needs of those within our community. We are hopeful with the recent announcement by the government of investments in both housing and mental health services that the province is aware of the sector's struggles and is willing to provide support. However, more action and funding is required to meet the growing affordable and supportive housing demand and is needed to strengthen mental health and addiction care across the province. SHIP continues to be part of system discussions to raise awareness and advocate for more funding.

This year marks **SHIP's 30th anniversary celebration**, and we're looking forward to bringing the SHIP community together this summer in celebrating this milestone. As you

read this, we invite you to take part in our celebration. You can find more about how you can get involved further in this newsletter (page 10).

Our 2022-2026 Strategic Plan is now in its second year of implementation, and we've already achieved many of the initiatives laid out in that plan. We have a number of committees that have formed and regularly meet to assist in meeting our goals, and we're looking forward to seeing this work guide us in our growth and development as an organization that can best represent our values and to strengthen our position to respond to our community's needs. You can find more information about our [**Strategic Plan on our website**](#).

We're happy to see what we've achieved already in these first few months of the year, and you'll see in the rest of this newsletter how we're set to accomplish more in the months to come.

On behalf of SHIP, I hope you are all able to safely enjoy the sunny weather and longer days of the season!

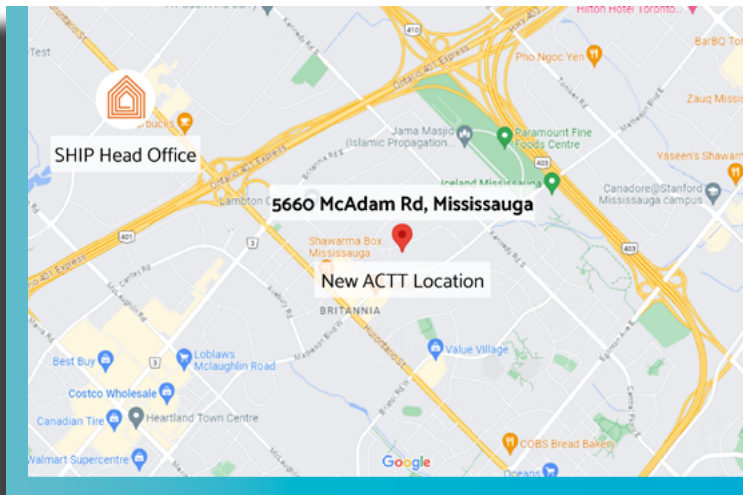


Lesley Nagoda
Chief Executive Officer

New ACTT Office

The SHIP Assertive Community Treatment Teams (ACTT) support individuals in the comfort of their own homes or a chosen place in the community, delivered by a group of multidisciplinary mental health practitioners who work as a team and provide the majority of the treatment, rehabilitation, and support services to achieve their goals directly in the client's environment of choice.

Serving communities in North Peel and North Mississauga, these multidisciplinary teams address ongoing complex needs with individuals who experience severe, persistent mental illness. We also assist individuals experiencing circumstances impacting their wellness such as homelessness, substance use issues, or involvement with the judicial system.



Starting in June, the ACT Team will be moving to a new location:

5660 McAdam Road, Mississauga, ON



The space is currently being renovated to allow for the ACT Team to continue to deliver quality services to their clients in a more accessible, modern, welcoming office setting.



ACTT clients will be provided with further information as we get closer to the move date. We look forward to the opening in the next edition of the quarterly newsletter.

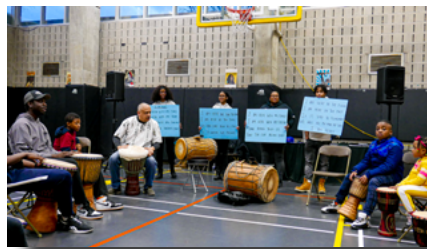
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EQUITY, DIVERSITY, AND INCLUSION AT SHIP

Black History Month Event

In February, SHIP commemorated Black History Month by hosting a Black History Month Celebration on February 28th at our Peel Youth Village location.



The event was made possible by the generous support of the [Blackstone Foundation Library](#), providing music, activities, dinner, and more.



We appreciate the support of all of our community partners, staff members, and community members who attended the event!



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NEW HOUSING DEVELOPMENT

As the Housing Crisis continues to make housing unaffordable in our communities, continued action to provide more housing to those who need it is more important than ever. SHIP is excited to announce that we were successful in acquiring an additional capital building through the Federal Reaching Home fund in collaboration with the Region of Peel.

This building is located in the Port Credit neighbourhood in Mississauga, and contains six 1-bedroom units. The property will be in partnership with Peel's coordinated access program and will be providing housing for individuals off the program's by-name list.



SHIP has completed some extensive renovations that include a new roof, windows, security systems and interior upgrades.

This project will provide affordable, permanent housing along with additional SHIP support services for individuals who are experiencing homelessness, mental illness, or other challenges.



Renovations are ongoing and will be completed by Late May 2023. More information will be provided in next quarter's SHIPshares issue!

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EXPERIENCE WITH SHIP

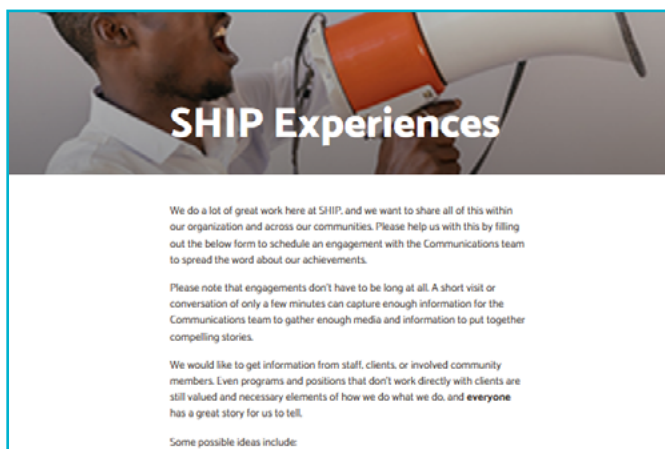
Tammy is a tenant with SHIP, and recently, she commented about her experience:

“I am so tremendously grateful to live in SHIP housing. I’m on ODSP, but they keep my rent low so that I can afford my own apartment even on a fixed income. Can you imagine being in the GTA and trying to find an apartment in my situation otherwise? Impossible! Thank you to everyone at SHIP for making all of the programs available that you offer, well done!”

Thank you, Tammy, for your kind words. Hearing from satisfied clients is greatly appreciated and highly welcome.

In that vein, we have launched a new platform to allow anyone in our communities the ability to connect with our Communications team to make it easier in getting these stories shared!

Simply go to shipshey.ca/experiences and fill out the form there to let the Communications team know about your suggestion. The Communications team will then connect with you to get the story told. It won’t take long, and you won’t have to do much -- just let us know when you think there could be a good story!



Click on the image to open up the form



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hello
Spring

Spring Cleaning

As winter months have ended and the warmer weather is now upon us, it's a great time to give your home a nice, fresh clean.

Start with the basics. Tidy up any clutter and get your space in order to make the cleanup process easier. Sweep and mop the floors, and if you have any carpets or rugs, giving them a run with a vacuum cleaner will get them free of any dirt hiding there. Carpets in particular can trap a lot of allergens that affect your air quality.

Surfaces can gather a lot of dust over even a short amount of time, especially in hard-to-reach corners. If you have any ceiling fans, you may be surprised at just how much dust can build up on the blades; you may need to wipe them down with a wet cloth.

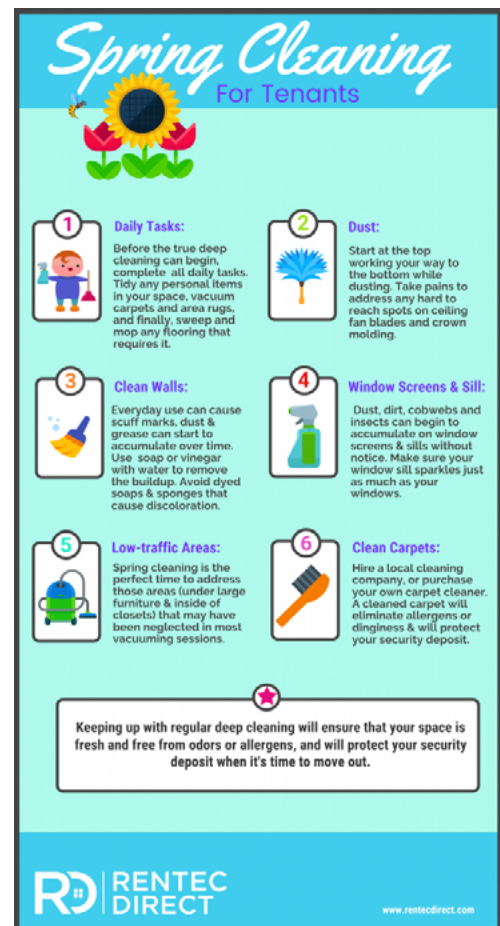
Giving the walls a good wipe-down is the next step to your deep cleaning process. Make sure you're using clear soaps, or even just vinegar with water, and natural sponges at this stage: you don't want to accidentally stain light-coloured walls with your cleaning supplies.

The next areas to turn your attention to are the windowsills and screens. A lot of grime can build up on the windowsills that can go unnoticed, and the screens themselves can end up catching small debris that ought to be cleared.

Low-traffic areas that are usually out-of-sight should get some attention next.

Move your furniture to make sure you're getting any dirt that might be hiding under there. Empty out your closets to sweep up the floors. Remove everything from the cabinets, clean the interiors, put back your items in a neat, organized way, and maybe you'll find you no longer need a lot of that clutter.

After all this, you'll not only have the peace of mind of a clean home, but you might also find yourself being able to breathe easier and other positive health effects. The old trope of Spring Cleaning isn't just for appearances. It's good for you, too!



<https://www.rentecdirect.com/blog/spring-cleaning-tips-infographic/>

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30th Anniversary

SHIP has been providing housing and services in the province of Ontario for over 30 years. From its roots as a group home program in Mississauga for a handful of clients in the 1980s, SHIP has since grown and flourished to become a leading housing and health services provider across the Region of Peel, West Toronto, Dufferin County, and the Region of Waterloo.

SHIP values the relationships developed with clients, staff, and community partners over the course of this journey. In fact, some of the staff members and clients who were part of SHIP's programming in those early days are still with us today, reflecting the long-term commitment we have toward serving our communities.

We cherish those longstanding relationships and are just as happy to welcome all our new staff, clients, and community partners joining us each year as we step up to meet new opportunities and challenges, together.



It's in that spirit that we celebrate the 30th anniversary of SHIP as an independent agency this year. Whether you're a new member of our shared community or you've been with us since the early days, we're inviting you to take part in celebrating all that we've achieved together -- and to join with us in meeting what's to come.

If you're interested in telling your story about what SHIP has meant to you, we want to hear it.

Go to shipshey.ca/30years or contact us directly at communications@shipshey.ca to help us tell our story and be a part of the next chapter!



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ADVOCACY ARTICLES

SHIP is one of the biggest housing and health services providers in our province. We've been walking the talk for a long time – more than 30 years, as we shared earlier in this newsletter! We have a lot of expertise and insight into the important issues surrounding our work, and now we're talking about some of these big topics in a series of articles.

In February, we began our series looking into some of the large issues around **Housing and Homelessness**:

- [Homelessness in Our Communities](#): What does homelessness look like in the areas where we operate? How have we measured this?
- [The Cost of Housing](#): A look at the staggeringly high cost of housing that has contributed to our current Housing Crisis and when did the trends start taking a turn for the worse.
- [The Wait to Get Help](#): Examining the options available for those seeking assistance with housing, and why those waitlists are so long.

In March, we continued our series of articles with a focus on **Mental Health**:

- [The Cost of Privatization](#): Ontario has seen discourse surrounding the introduction of private options into our healthcare system, and here we ask if that's the best option for ensuring access and quality of care.
- [The Barriers to Getting Help for Mental Health](#): How our healthcare system puts up significant barriers for many across the province to access mental healthcare services.
- [Mental Health and Homelessness](#): The connections between mental health and homelessness are complicated but there are solutions available.

We're continuing to explore topics relating to our work each month, so check our website and social media platforms for more updates as they come. We invite you to engage in the discussion!

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Social Coffee Bean

Attention all coffee lovers, the Social Coffee Bean has reopened!

We are a social purpose enterprise providing flexible, supportive employment for individuals experiencing significant barriers to employment. Every purchase directly supports our purpose.

We're back, ready to brew your favourite coffee, with beans freshly roasted on-site. Next time you're in the Port Credit area, come enjoy a fresh cup!

Location: 211A Lakeshore Road E, Mississauga
Hours of Operation: Tuesday - Saturday, 10:30am - 1:30pm

Follow us on our social media platforms for more updates. We're looking to expand our operating hours after this initial re-launch period, so stay tuned for more information!



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Accreditation Canada

Accreditation Canada delivers a wide range of high-impact assessment programs for health and social service organizations, customized to local needs. Accreditation Canada works with more than 900 expert peer surveyors with extensive health care and social services experience and trained in Accreditation Canada's customized, continuous assessment program.



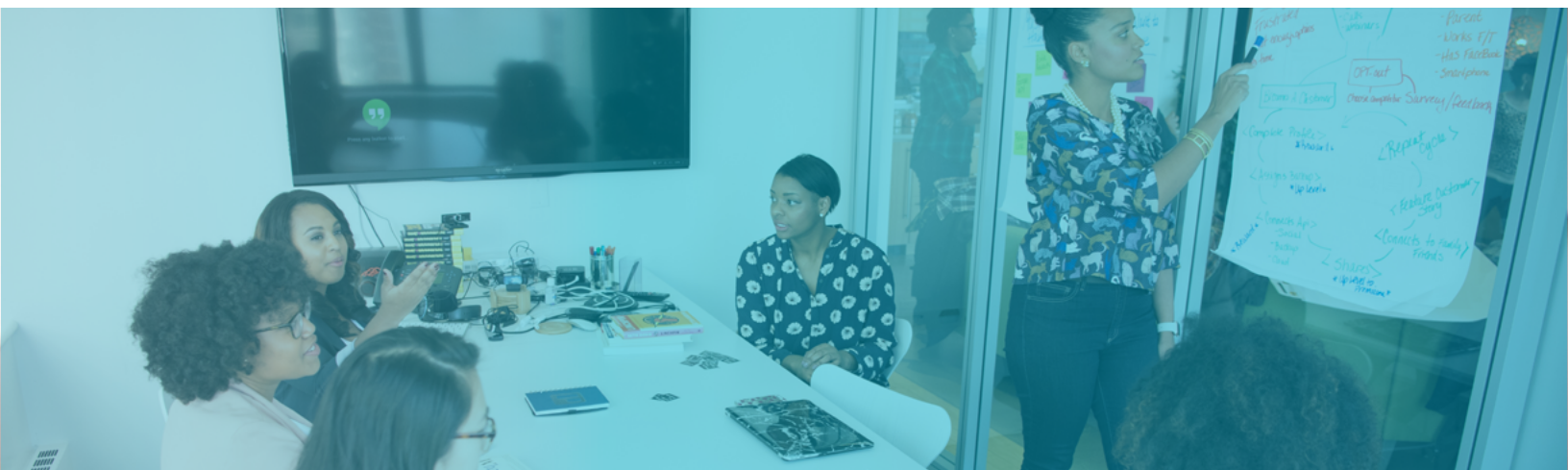
**ACCREDITATION
CANADA**

SHIP has been certified with Accreditation Canada since 2015, and we have been notified by Accreditation Canada of our on-site survey dates for our next certification cycle.

The Surveyors will begin their audits Monday, November 20 to Thursday, November 24.

As we enter into our recertification year, there are a few more things to do, including staff who directly interact and/or support clients (this may include office staff who interact with clients).

We'll have more information about our Accreditation certification in the months to come!



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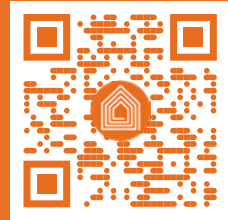
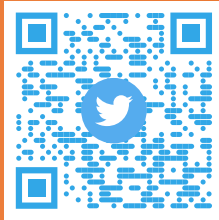
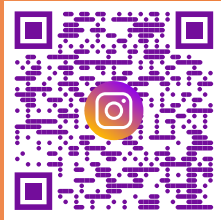


Follow us on social media!

Check SHIP out on social media – it's as simple as scanning or clicking on the QR codes below!

Accessing a QR Code

- Open your smartphone camera
- Position the camera over the QR code until you see the yellow box around the QR code
- You will then see the "Website or Code" appear at the top of the phone as a notification
- Tap the notification to open the site



Not signed up yet to receive our Newsletters?

If you're interested in receiving our future SHIPShares newsletters by email, visit the SHIP website at shipshey.ca/Newsletter where anyone can sign up to be added to the confidential email distribution list. Individuals on our distribution list will receive fast and accurate information in a more timely manner, and will help us limit our paper usage.

Note that you can request to stop receiving emails at any time.

Tell us how you like SHIPShares Spring Edition!

Send your feedback to communications@shipshey.ca.

We'll do our best to respond and share your feedback with others as appropriate.

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CLIENT DECLARATION OF VALUES

A statement of values created through community consultation.

INDEPENDENCE

As an individual, I value my ability to have choices, create decisions, take action and make contributions around my support.

FAMILY

I value support and care from my family, friends and community.

CALM & QUIETUDE

I value being in an environment that is respectful and tolerant of others.

HAPPINESS

I value my pursuit of happiness as long as it does not infringe upon other's happiness, peace and freedom.

FREEDOM

I value my rights as they pertain to the Canadian Charter of Rights and Freedoms and to ensure that my privacy and confidentiality are respected.

SEXUALITY & GENDER

I value the right to make choices around my gender, sexual orientation and gender identity.

FAITH

I value access and the ability to practice the religion of my choice.

OPENNESS

I value the ability to be open without the fear of persecution or consequences while being respectful of other's feelings.

HARMONY

I value harmony and balance in all aspects of my life.

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