



Winter 2010

Incorporated in 1991, with core funding by the Winnipeg Regional Health Authority (WHRA), **Self Starting Creative Opportunities for People in Employment** (SSCOPE) functions as a charitable non-profit organization whose mission is to empower clients of mental health services by providing gainful employment opportunities for both men and women with supports and training. “Real Work...Real Income...Supporting Mental Health” is our simple message and slogan about our purpose.

Our employee members are both men and women directly affected by mental illness or who make use of any mental health services to improve their lives and develop their working skills within the community. In doing so, our members provide service to home and business owners, non-profit agencies, community groups and associations.

SSCOPE offers attainable work experience at a flexible, choice-based level, meeting those needs within the spectrum not necessarily offered by other vocational programs. The program provides support, guidance and on the job training for participants and assists them in assessing and implementing their individual vocational goals.

Currently, SSCOPE is the only service in Winnipeg which seeks to meet the need for casual or permanent part-time work opportunities at labour market rates for consumers of mental health services.

SSCOPE provides services such as light hauling, furniture and other moving, lawn care, snow removal, building and general cleaning and other odd jobs to seniors, community centres, private businesses, government departments and other residents of Winnipeg.

SSCOPE staff secures work opportunities and matches the needs of each job with existing skills of participants. Support Worker/Team Leader staff accompany an individual to a job site to provide support, guidance, on-the-job training, transportation and customer relations while evaluating and assessing the needs of the participant. The program is flexible, allowing people to move in and out and take various work opportunities as they arise. Members themselves initiate the process of booking the work shifts they wish to have or ask to create permanent booked shifts for themselves.

All work crews work under the supervision of an employee team leader at all times.

Mission
SSCOPE functions as a non-profit organization whose mission is to empower consumers of mental health services in their rehabilitation by providing employment.

SSCOPE employees are currently paid \$9.50 per hour (with the wage rate increasing to \$9.75 per hour on January 1, 2011). All workers are classified as part-time employees with all appropriate Employment Insurance (EI) and Canada Pension Plan (CPP) deductions. Employees are covered by Worker’s Compensation.

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Vision Statement

SSCOPE intends to be a leader in the community and will achieve its mission through social enterprises and partnerships.

What we do

SSCOPE provides services such as light hauling, furniture and other moving, lawn care, snow removal, building and general cleaning and other odd jobs to seniors, community centres,

private businesses, government departments and other residents of Winnipeg.

Lawn and Yard Care (All Season)

- Cutting and trimming grass
- Tree and shrub trimming
- Gardening
- Raking leaves and fall clean-up
- Snow removal



Testimonials

“SSCOPE is a place that provides and facilitates an atmosphere of excellence, dignity, and belonging. SSCOPE is where we all contribute to the lives of each other, with work, compassion, and a place of gathering for all people. The goal and mission of SSCOPE is to provide meaningful casual part-time work for all Manitobans who desire a healthy apparatus to earn a living on their own time, and on their unique efforts, where there is a mental health, a mental illness distinction.” – Employee Member, Rob Stefanik

“Flexible hours”, “the work, the time, the pay, the supervision, the co-workers”, “a very positive environment”, “interpersonal co-worker relationship”, flexible booking of hours, “working outside”, “a place to work and show responsibility”, “physical work helpful for me” – Employee Member

“I found my way to SSCOPE three years ago... Things were not going very well at all... Working for SSCOPE really improved the quality of my life greatly... it has given me a sense of community... its demands work wise are reasonable, given my condition. It also supplements my income. I rarely deal with people outside the home... this give me a chance to keep and use my social and communication skills. SSCOPE has given me the opportunity to find meaningful and gainful employment that suites my life very well. The interaction with the Food Bank within our organization is also very satisfying and fruitful as an additional benefit to us.” – Employee Member

“Great job... Wish I had known about your great service before. No taxes... makes you even more affordable. Like the fact I am helping out a very worthwhile cause.... there was mental illness in my family before... wish there had been work for my family member then such as you are providing.” – Employee Member

“The fall clean up and leaves raking has been great. For me, I am very busy with internal audit work with the Province, MBA studies then Doctoral studies, volunteering for mental health advocacy, and relaxing with family. SSCOPE makes it possible for me to balance my life and to enable individuals with mental health issues to work. This then leads to social inclusion and economic identity. I used SSCOPE for lawn maintenance and cutting all summer and hope to continue SSCOPE services with winter snow clearing.”
– SSCOPE customer and proud sponsor, David Albert Newman, CGA

See also www.sscope.org/testimonials

Moving and Deliveries (3 ton truck)

- Delivering furniture and appliances
- Small to medium moving jobs
- Hauling unwanted items to the dump
- Special Christmas tree pick up and recycling yearly project

All work crews work under the supervision of an employee team leader at all times.

Toilet Recycling Program

SSCOPE is approved by the City of Winnipeg Waste and Water Department to recycle your toilet(s) so you can receive your City of Winnipeg credit for upgrading.

Currently, we only accept payment by credit card or cheque. The cost is \$15 donation for one toilet, \$30 donation for two toilets, and \$40 donation for three toilets. We then provide you with the official receipt you will need to claim your credit per toilet.

For more information or to sign up for the Toilet Recycling Program, please visit the SSCOPE web site at: www.sscope.ca/services/toilet-recycling-program or call 987-6300.

Christmas Tree Recycling Program

Disposal of your Christmas tree is quick and easy, just call the SSCOPE offices at 987-6300 or visit the web site at <http://sscope.ca/2010/04/book-a-xmas-tree-pickup/>

We accept payment by Cash or Cheque. The cost is a \$15 donation to our non-profit organization.

SSCOPE's New Snow Shoveling Service for Sick/Shut Ins Needs Benefactors

SSCOPE Inc., has a new Snow Shoveling service for the sick, shut ins, and seniors, focused on those of low income. In addition, SSCOPE is also widely offering its Shoveling service throughout Winnipeg to all Veterans and widows or widowers of Veterans who have Veterans Affairs benefits.



The new Snow Shoveling program will provide its services to those who apply with SSCOPE before December 15th and provide them with service at discount or at no cost.

To greatly expand this targeted public works program, we need generous benefactors immediately. The public,



businesses and governments are being asked to support this job creation program for SSCOPE and much needed snow clearing service for many in the community, by donating towards the monthly fees for each customer, which SSCOPE uses to pay wages and expenses.

Each snow shoveling team, as do all our work crews, work under the supervision of an employee team leader at all times.

SSCOPE's employee-members currently receive \$9.50 per hour, with the wage rate increasing to \$9.75 per hour on January 1.

For more information, call 987-6300.

Our Community Partners

In our enterprises we work with such groups and organizations as the City of Winnipeg Waste and Water Division, West End Biz, Coca Cola, Assiniboine Credit Union, LITE, Downtown Biz, Winnipeg Foundation, Thomas Sill Foundation, Manitoba Community Services Council.



Benefits to the Community

This program may reduce the overall cost of health care by providing non-medical rehabilitation while at the same time increasing the productive work force. The community as a whole has an opportunity to widen their horizons about the alternative services which are available through SSCOPE.

Benefits to Members

In a spirit of self-help and mutual support, SSCOPE assists our members in securing and maintaining paid casual employment in our community.

Gainful casual employment contributes significantly to our members mental health, sense of dignity and self-worth, as well as their social and economical needs.

Fast Facts: Mental Health/ Mental Illness

Who is affected?

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- 20% of Canadians will personally experience a mental illness in their lifetime.
- Mental illness affects people of all ages, educational and income levels, and cultures.
- Approximately 8% of adults will experience major depression at some time in their lives.

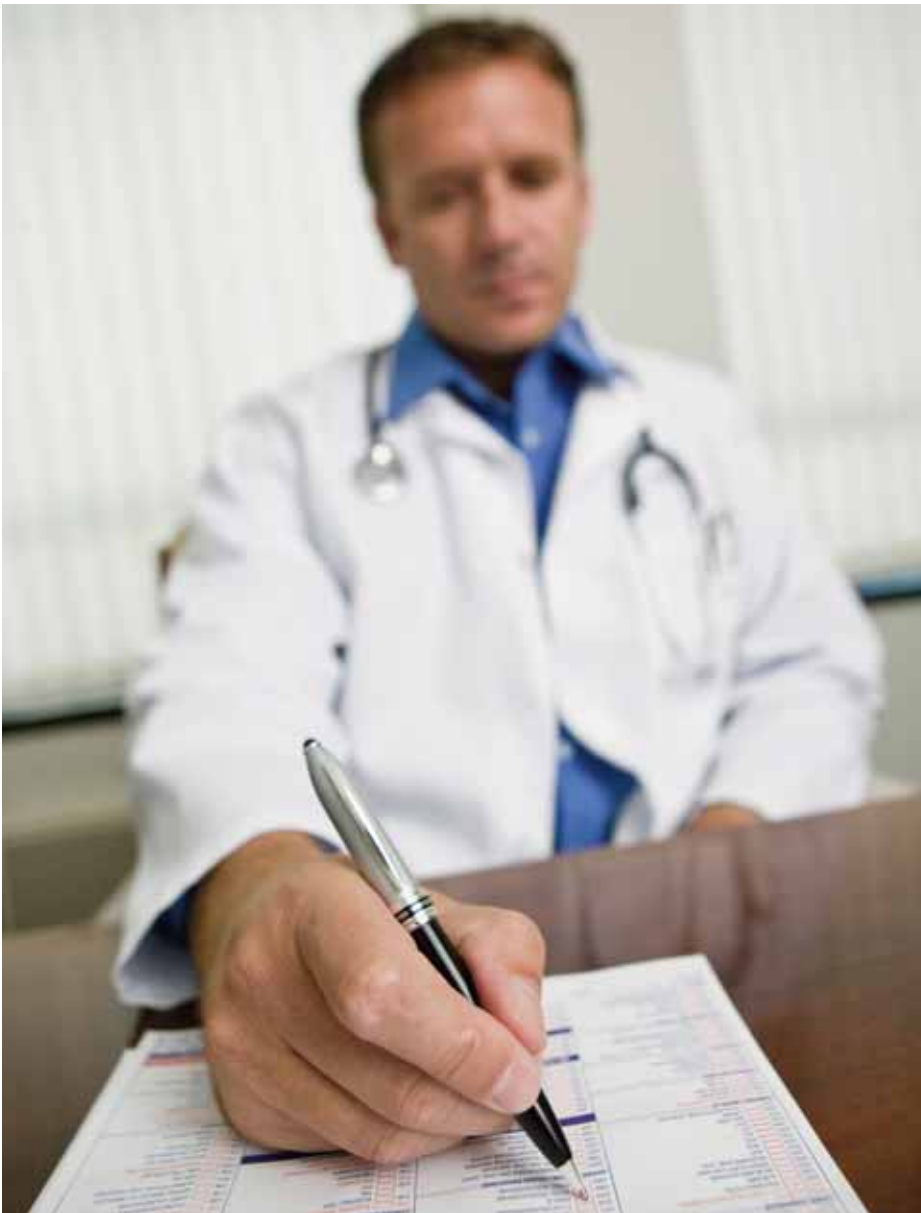
- About 1% of Canadians will experience bipolar disorder (or “manic depression”).

How common is it?

- Schizophrenia affects 1% of the Canadian population.
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment.
- Suicide accounts for 24% of all deaths among 15–24 year olds and 16% among 25–44 year olds.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.
- The mortality rate due to suicide among men is four times the rate among women.

What causes it?

- A complex interplay of genetic, biological, personality and environmental factors causes mental illnesses.
- Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.
- Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment, but also to acceptance in the community.
- Mental illnesses can be treated effectively.



What is the economic cost?

- The economic cost of mental illnesses in Canada for the health care system was estimated to be at least \$7.9 billion in 1998 – \$4.7 billion in care and \$3.2 billion in disability and early death.
- An additional \$6.3 billion was spent on uninsured mental health services and time off work for depression and distress that was not treated by the health care system.

- In 1999, 3.8% of all admissions in general hospitals (1.5 million hospital days) were due to anxiety disorders, bipolar disorders, schizophrenia, major depression, personality disorders, eating disorders and suicidal behavior.

Sources:
The Report on Mental Illness in Canada,
 October 2002.
EBIC 1998 (Health Canada 2002),
Stephens et al., 2001

Thank you to our Donors

A Special thank you...

SSCOPE would like to extend a special thank you to all the donors who have helped contribute to better life for those affected by mental illness. The following are those who have contributed at the \$750 or higher level for which we are especially grateful.

West End Biz



Established in 1991, the West End Business Improvement Zone (West End BIZ) is geographically the largest of the 15 Business zones in Winnipeg and proud sponsor of SSCOPE. Today there are 1,000+ businesses and 35,000 residents who are proud to call the West End home.

Assiniboine Credit Union



Assiniboine Credit Union (ACU) believes that strong and vibrant communities are good for people and good for business. As such, ACU is and continues to be another proud sponsor of SSCOPE by contributing to the community by putting back dollars back into the communities they (and SSCOPE) serve.

Donor Impact

Mental health affects one in five people (*The Report on Mental Illness in Canada*, October 2002). Here at SSCOPE, we have the honour of meeting individuals and corporations who want to support the work we do. Our donors know their gifts will make a direct impact in the people, families and community living with mental illness.

More and more of our supporters are finding the easiest way to make a gift is to become a monthly donor.

In 2009–2010, an average of 36 individuals were employed by SSCOPE each month, for a total of 4,172 hours of employment created over the full year. This was an increase of an average of seven persons employed per month from the previous year. In 2009–2010, five participants moved on to full-time or permanent part-time employment else where.

Your donation will improve the lives of the people served by SSCOPE and your community.

With your donation of \$25.00 you not only support mental health but provide approximately two hours of “Real Work...Real Income” for SSCOPE employee members. With your \$25.00 donation, you make a direct contribution to the lives of those who are affected by mental illness.

When you make your gift as a monthly donation, it is completely worry-free. An income tax receipt will be issued in February.

If you would like to sign up for SSCOPE’s monthly giving program, please visit our website at www.sscope.org or call our office at (204) 987-6300.



I would like to help contribute and change the lives of people with mental health issues.

Please sign me up today – the **Monthly Giving Program** is the easiest, most cost-effective way of giving to SSCOPE. I authorize SSCOPE Incorporated to receive the following monthly donation:

- \$20.00 (.66¢/day) \$25.00 (.83¢/day)
 \$50.00 (\$1.66/day) Other \$ _____

As a monthly donor, you may wish to cancel at any time – guaranteed. Donations are automatically processed at the end of the month. At the end of the year, we will send you an official income tax receipt for the full amount of your donation.

OR I am enclosing a Special Gift of:

- \$35 \$50 \$100 Other \$ _____
 I do not wish to be publicly recognized for my donation
 Please do not send me any further mail or contact me.

Our privacy policy can be found at www.sscope.org

SSCOPE Incorporated

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Charitable Registration Number: 13529811 RR001

Mr. Mrs. Ms. Mr. & Mrs. _____

 First Name(s)

 Last Name (s)

 Address

Make your cheques payable to SSCOPE Inc., donate on-line by visiting our website www.sscope.org, or

Visa Master Card

 Credit Card Number

 Signature expiry date

- Please do not list my name for recognition purposes (i.e. this is to be an anonymous donation)