

HUMAN-NATURE COUNSELLING SOCIETY

Programs and Impact

2022 Year in Review



Human-Nature
Counselling Society

Healing.Nature.Connection

A MESSAGE FROM OUR EXECUTIVE DIRECTOR - David Segal

As I pause and take a moment to reflect on 2022, I am filled with appreciation and gratitude for what has been accomplished, and most importantly the many life stories that have been impacted. When Human-Nature Counselling Society became a charity on **February 24th, 2022** it helped to push forward our mission to bring innovative, accessible nature-based mental health services to Southern Vancouver Island and the Sea to Sky Corridor. This has been a year of feeding our roots by building our capacity both internally and externally, so that we have the people and systems in place for the long term. We are so grateful to our clients for trusting us to be there by their side as they navigate mental health challenges, as well as our talented team, committed board, and generous donors for making our responsive and family-centered services possible. As we look at the horizon into 2023, our sails are full of wind and momentum. Priorities will include taking the time to reflect and map out our strategic plan, and further refine and clarify our core programs and internal systems. We also will be putting concerted effort into getting the word out about the incredible services we offer, and to continue to strengthen and diversify our web of relationships supporting our mission.

A close-up photograph of a tree trunk with a heart-shaped carving in the bark. The tree bark is rough and textured, and the heart is carved into a smooth, light-colored surface. The background is a blurred green forest.

Healing.Nature.Connection

Mission: Human-Nature Counselling Society (HNCS) enhances the mental health and well-being of children, youth and families, through the delivery of effective, innovative and low barrier mental health counselling services and programs, primarily through the lens of Nature-Based Therapy.



OUR VISION

That everyone in the HNCS service area who strive for mental health and wellness has access to counselling services and programs they can afford, and that foster their sense of belonging within family, community and the non-human natural world.



ORGANIZATIONAL VALUES

COMMUNITY

HEALTH

ACCESSIBILITY

NATURE

DIVERSITY & INCLUSION

DECOLONIZATION

DIGNITY

Respect and Gratitude for the non-human Natural world

Foster **Belonging** in Community and Nature

Focus on client's **Strengths** and **Innate Wholeness**

Family Systems approach to mental health care

Responsive to family and community needs

Experiential and embodied therapies

Nature as co-therapist

Philosophy of service delivery



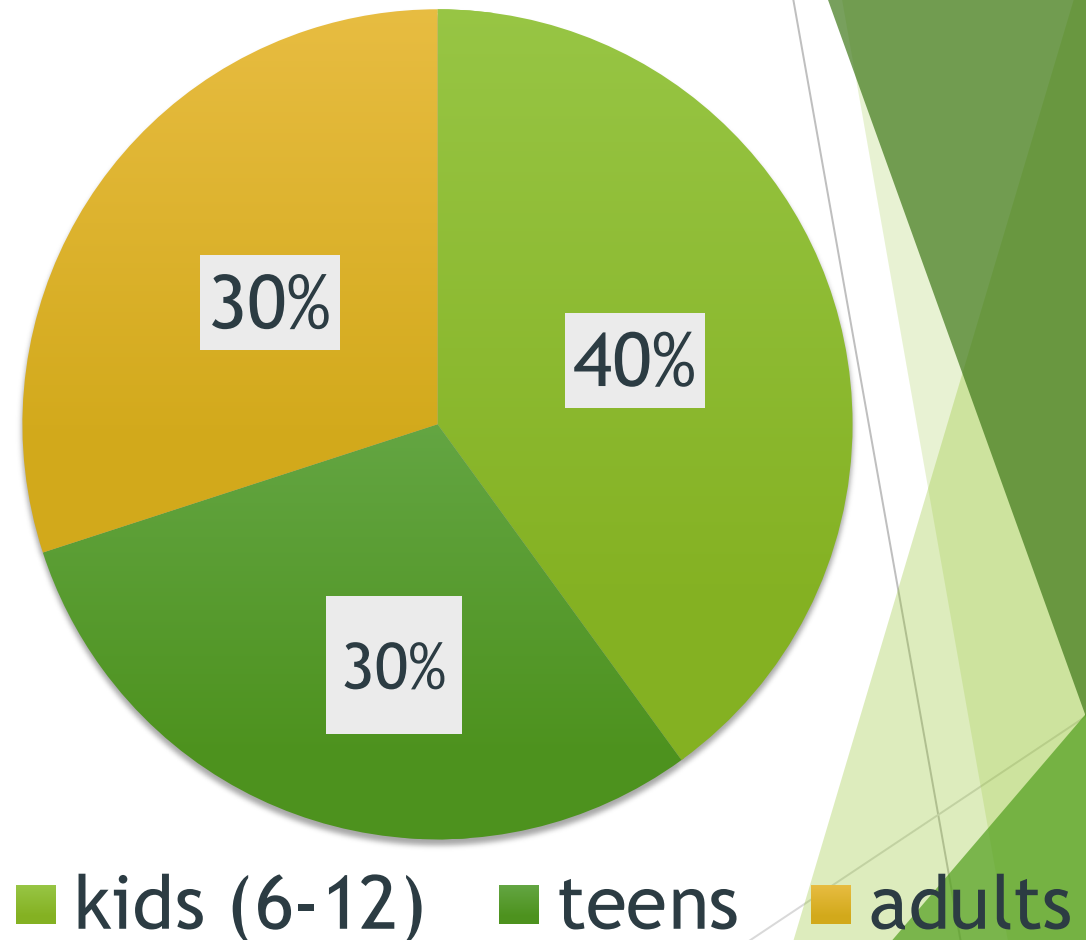
Who do we serve?

Top presenting concerns include:

- ▶ Anxiety
- ▶ Depression
- ▶ ADHD
- ▶ Emotion regulation
- ▶ Family separation/strain
- ▶ Trauma
- ▶ Grief and Loss

**** We aim to prioritize our services for BIPOC, LGBTQ2S+ and other equity deserving groups**

Client Ages



2022 - Services Delivered

600 +

Individuals &
families Served

1500 +

People Impacted

1-3 months
average
wait time

5,250

service hours
provided

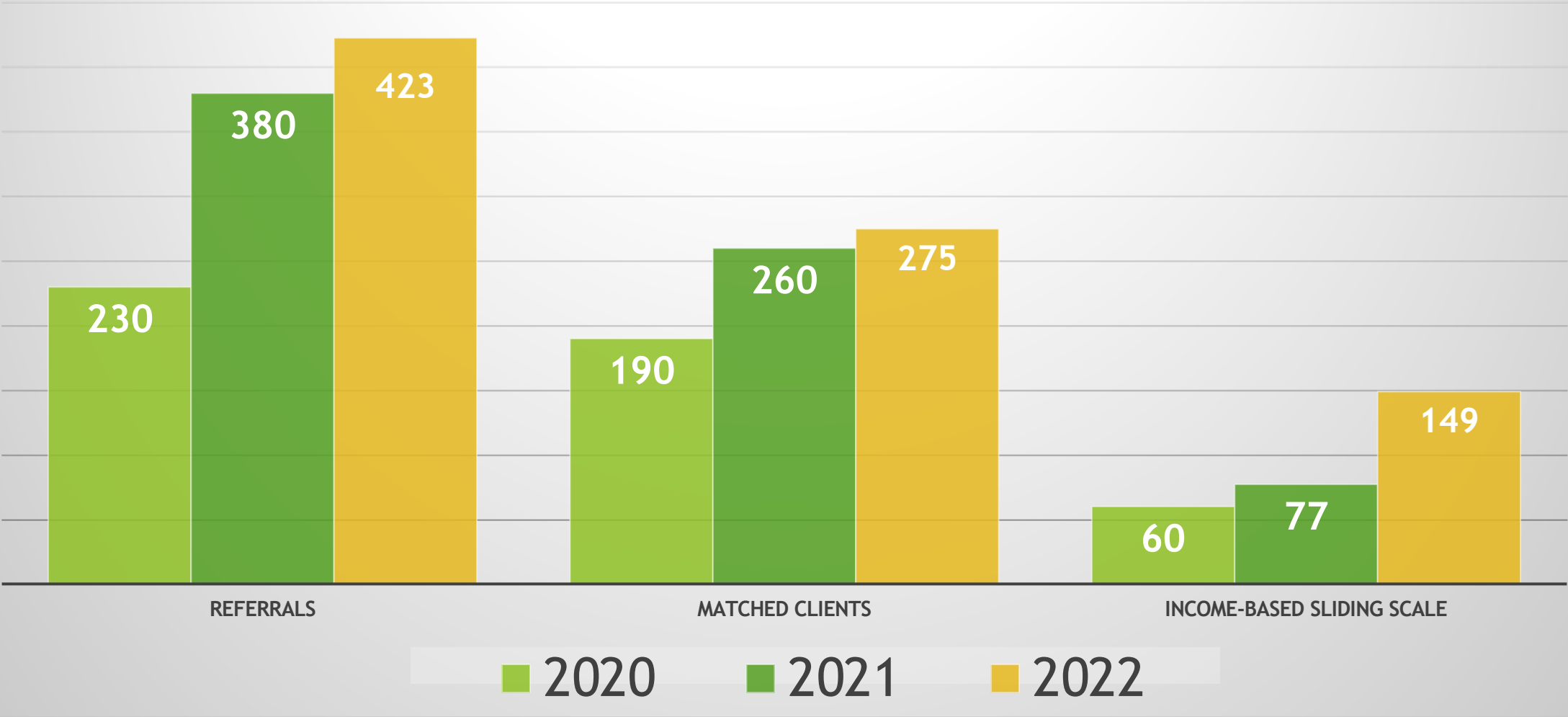
90%

return rate/
engagement

25

group programs

Growth in Demand for Services Over Time



Growing Our Team...



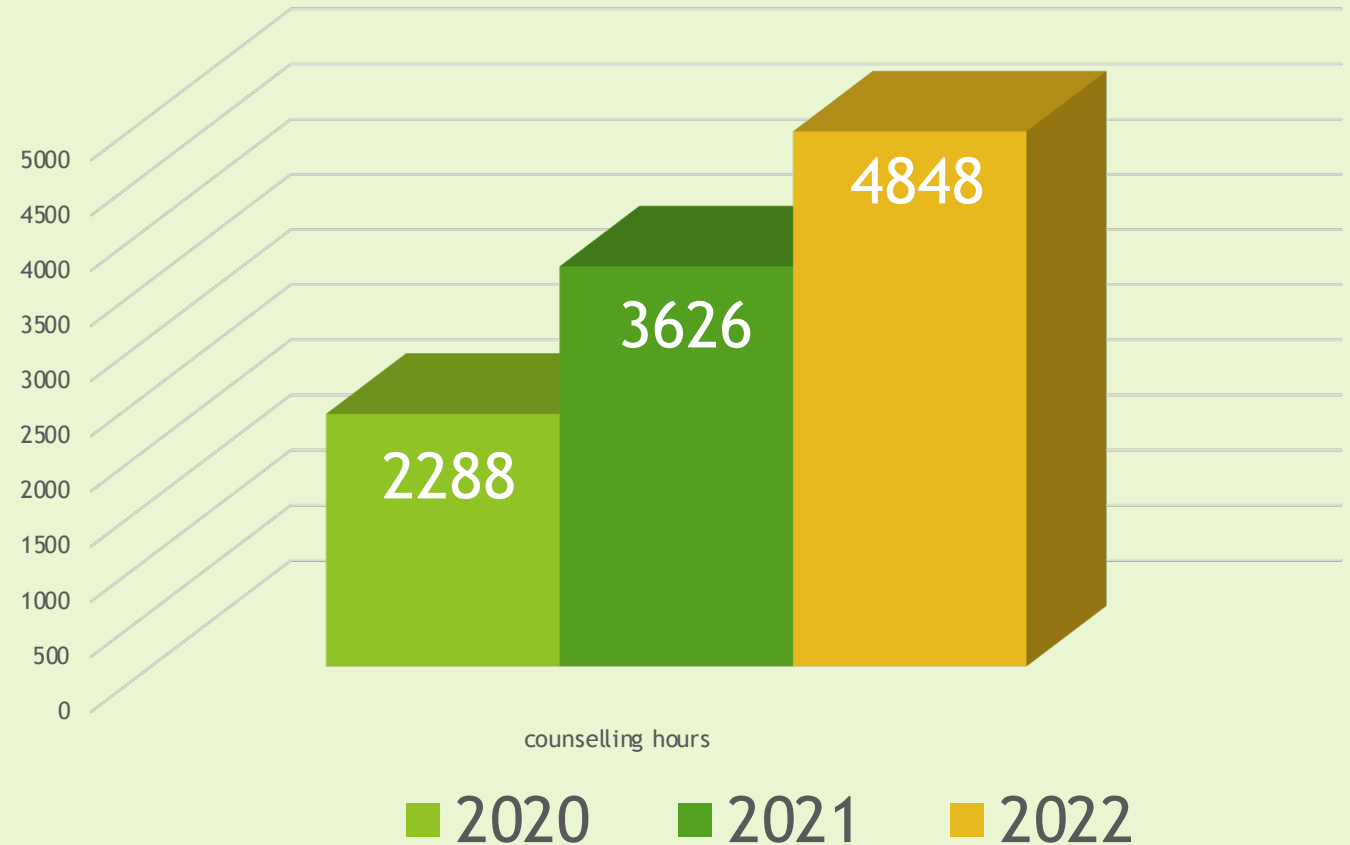
Employees hired in 2022

- Office Manager
- Programs Manager
- Intake Coordinator
- Operations Assistant
- 2 counsellors in Cowichan region
- 2 counsellors in Victoria



And Growing Our Impact...

Counselling hours provided





TESTIMONIALS FROM SLIDING SCALE CLIENTS

“Our family has really benefited from the support we received through Human Nature Counselling. We really appreciate the income based scale as we have been able to access way more support than we would have otherwise. We have benefitted from learning tools, having support to connect and heal as a family, feeling a sense of not being alone in facing our challenges, and going deeper into our individual stories to heal family patterns and find new ways to relate.”

- Parent, Feb 2023

Our accessible counselling program....

Ultimately ALL of our programs and services are subsidized to some degree

We provide sliding scale fees to anyone who needs them in 2 ways:

- ▶ Income-based sliding scale: \$25 - \$100/hr
- ▶ Practicum student services: \$30 - \$60/hr

❖ 45% of all counselling clients receive fee reductions

* Most who do pay a standard fee, have coverage through other payers: extended health benefits, Autism Funding, First Nations Health Authority, Jordan's Principle, MCFD, and Self-Design.





Group Therapy Programs

**25 Group
programs!**

**Ages
9-89!**

**206
participants
served**

**400
hrs service**



“My son absolutely loves his time with you all, and very much looks forward to coming to a place where he can just be himself with no judgement. I'm so grateful for this program and am thankful I'm able to give him this opportunity. A huge thank you to Andre's family as well for funding this program - What a blessing they have given.”

► Mom of 15 year old youth from Coyote Tracks program, 2022

Snapshot of HNCS group programming in 2022....

Family Roots

Solo parent families; 6 mths adventure: Power To Be

Guam Guam Specums

5 schools in SD61 & SD63; Indigenous Ed departments

New Roots

Youth experiencing anxiety; City of Victoria

Coyote tracks

Socio-emotional wellness, male-identifying; 9-12 & 12-15 yrs

Waves of Change

Women with anxiety, ages 20 +; Cowichan Valley

Lynx Trax

Wellness and self-esteem, female identifying, 12-15yrs

Inspired in Nature

Nature connection and art; older adults: City of Saanich

Training

Increasing the capacity for Nature-based Therapy across Canada

- ▶ 3 Nature-Based Therapy workshops in 2022
- ▶ 69 mental health professionals from across Canada, and internationally.
- ▶ Provided practicum placements and comprehensive counselling psychology training to 7 Masters students





**WITH IMMENSE
GRATITUDE to...**

- ▶ **our BOARD**
- ▶ **our MEMBERS**
- ▶ **our FUNDERS**
- ▶ **our PARTNERS**
- ▶ **and the ləkʷəŋən,
W̱SÁNEĆ, Cowichan,
and Squamish peoples
on whose unceded
traditional territories
we work, learn and
grow.**



Some of OUR AMAZING SUPPORTERS...

ANIÁN

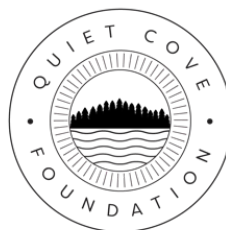
FERNWOOD

COFFEE COMPANY
VICTORIA, BC, CANADA

Cold Comfort
ICE CREAM

IslandSavings

A DIVISION OF FIRST WEST CREDIT UNION



Vancity

