

2022-2023

YEAR IN REVIEW



**THIRD
SPACE³
CHARITY**
Building Capacity. Supporting Community.

LEADERSHIP MESSAGE

Taking time to reflect on the year that was is always a rewarding, and useful, exercise. But when things are busy, it can be tempting to keep our heads down and get more stuff done, rather than stopping to celebrate the wins. That's why we wanted to take a moment here to do just that!

The 2022-2023 year was full of growth and positive change for Third Space Charity. We welcomed, and mentored, 16 master's level, practicum interns, our highest number ever, and offered them added-value, personal and professional development workshops on counselling modalities like art, play, and equine-assisted therapy, and topics like Indigenous cultural safety, gender and sexuality, and compassionate self-care.

In addition to supporting more trainees, this past year saw us provide more accessible, supportive care counselling to young adults in our community than ever before. More than 430 of them received 1,800+ counselling sessions; support many might not have been able to access if they had to pay a private counsellor. That's a 75% increase in clients served!

A couple of other firsts worth mentioning: In collaboration with Shaw Spotlight, we launched Mental Health Matters, a new TV show featuring local experts and service providers talking about mental health issues, programs and services.

As part of efforts to secure sustainable funding, we also launched a pay-what-you-can, fee for service model. The benefits of this new, social enterprise are twofold. Number one, having the chance to talk to clients about payment is an excellent learning opportunity for our trainees. It can be hard to talk about money and be true to one's value as a trained professional, so this lets them practice before they get out in the world as private clinicians. Number two, those who want, and have resources, to pay for counselling have the opportunity to support the charity financially while getting the mental health care they need. Those who can't afford, or don't want, to pay, are still able to access service free! We call it a win-win!

We're excited to see what's still to come for Third Space Charity. The need for our services is great, and we're committed to doing everything we can to meet it. We couldn't do it without the support of our volunteers, community partners, staff, and funders. On behalf of Third Space Charity, and those we serve, thank you!



Karen Mason
Executive director



Patrick Ng
Board President

MISSION

To provide accessible mental health services and supports.

VISION

A community in which mental wellness is prioritized, and quality mental health care services are available to everyone.

VALUES

The following values guide our decisions and actions:

- Professionalism and integrity
- Inclusivity and diversity
- Responsiveness and innovation
- Authenticity and compassion
- Connection and collaboration
- Growth and sustainability



KEY ACTIVITIES

TRAIN



We train the next generation of mental health care professionals through an intensive, clinically-supervised practicum internship program.

SUPPORT



We provide up to seven sessions of accessible, supportive care counselling to young adults between the ages of 18 and 29.

SHARE



We engage in public awareness and education activities around mental health and related issues in our community and beyond.

A THIRD SPACE FOR THE COMMUNITY

Coined by sociologist Ray Oldenburg, the term 'Third Space' refers to places where people spend time between home ('first') and work ('second'). Third Space Charity serves the community as a "third space" to connect and find supports for mental health and emotional wellness.



INTERNS SAY:

"I could not have dreamed of a better team to support me as I become a new counsellor. I loved the seminars, consultation events, everything!"

"I felt supported and appreciated. There was genuine interest that the learning experience was a positive one."

"Third Space Charity was the ideal practicum opportunity as it provided an immense amount of support."

"My practicum experience was a dream come true!"

INTERNSHIP PROGRAM

At Third Space Charity, we welcome new cohorts of interns three times a year, and love getting the chance to meet and get to know the new trainees at our program orientation sessions.



With learning sessions on everything from equine-assisted therapy and art therapy, to Indigenous cultural safety and compassionate self-care for frontline workers, our practicum internship program offers trainees loads of valuable opportunities to learn and grow, both professionally and personally.





TOP 10 CLIENT PRESENTING ISSUES



1. Anxiety
2. Low Mood or Depression
3. Self Esteem
4. Academic Stress
5. Emotional Regulation
6. Relationship Issues
7. Loneliness
8. Trauma
9. Identity Crisis
10. Financial Stress

"I always felt better walking away from my sessions." - Client

"Great program! It was so easy to get into without jumping through a bunch of hoops which is extremely helpful for people who find it difficult to get themselves motivated to go to counselling." - Client

"It felt very comfortable, and a safe space to share my thoughts and feelings." - Client

"I am really thankful for this program." - Client

2022-2023 HIGHLIGHTS



Co-sponsored by UBC Okanagan, Trust Your Gut explored the impacts of diet culture on physical and mental health. Guest speakers included registered dietician and certified intuitive eating counsellor Sandra Thies, therapist and certified intuitive eating counsellor Avril Paice, Sally Stewart, director of the Nutrition Education Centre and associate professor of teaching at UBC Okanagan, and Lauren Nutbrown, Master of Counselling Psychology student and Third Space Charity practicum intern at the time.



We partnered with Shaw Spotlight last year to launch Mental Health Matters, a TV show featuring interviews about mental health issues, programs and services in our community. There's a new episode every month, and it airs daily on Shaw at 5 pm.



One of our favourite events last year was "Rewriting the Rules: Exploring Ableism in Our Community. With support and sponsorship from UBC Okanagan's Canadian Centre for Inclusion and Citizenship, and B.C.'s Office of the Human Rights Commissioner, the event brought together lived experience experts and others for discussion around ableism and how each of us can address it.



SERVICE STATISTICS



16 master's
students
trained



433 clients
served



1,800+
counselling
sessions provided



\$270,000* value
to community

**Clinical counselling in British Columbia usually costs about \$150 an hour.*

OUR TEAM



**Karen
Mason**

Executive Director



**Megan
Woodruff**

Program Manager



**Ed
Weiss**

Senior Clinical Supervisor



**Sharlene
O'Reilly**

Clinical Supervisor



Barb Egan

Clinical Supervisor



**Chemen
Osberg**

Financial Manager

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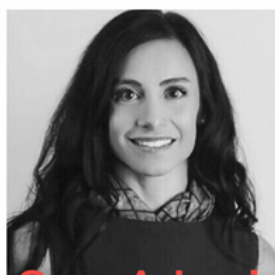
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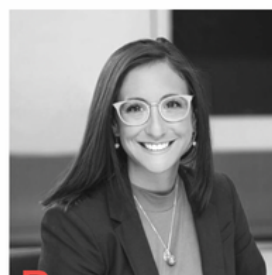
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VALUED SUPPORTERS

We are so grateful to our many donors and supporters in the community. Some of those who helped us out last year include:



Third Space Charity acknowledges the land we occupy is the unceded, traditional, and ancestral territory of the Syilx (Okanagan) peoples.

THIRD SPACE³ CHARITY



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www.thirdspacecanada.org



INCLUSIVE OF ALL.