

Dan’s Legacy Foundation

backgrounder & fact sheet 2024

**About Dan’s Legacy**

Dan’s Legacy is a non-profit organization that provides trauma-informed and culturally sensitive counselling and life-skills intervention programs to youth affected by mental health and addictions issues. The majority of our clients are youth in or aging-out of care who have significant barriers accessing Health Authority mental health programs or private counsellors. We go directly to the youth wherever they are, have aim to have a no-wait list and all our programs and services are free.

Our trauma-informed approach to counselling and life-skills programming is holistic, based on Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT) and Mindfulness. The majority of our youth clients are from foster care, and we know that without intervention, over half will end up in street entrenched addiction within 3 to 5 years. This marginalized group of young people is at the highest risk for homelessness, lifelong mental health issues, overdose and suicide.

**Key Statistics –**

Number of therapists 12

Number of therapy team managers/clinical supervisors 2

Number of social workers 2

Number of outreach workers 5

Number of youth clients in 20223 600

Client load per therapist 25

Average monthly sessions for counselling team 300

Approximate outreach hours per month 250

Average hospital on-call hours per month (currently) 25

Indigenous youth clients 45%

LGBTQ2S+ youth clients 30%

Number of client overdoses per month 15

Average fatalities per monthly overdoses 2

Number of client self-harm or psychosis situations per month requiring hospitalization 25

Number of youth & young mothers accessing food bank each week 150

Number of Food banks/soup kitchens we supply 11  
Number of students graduated since 2021 in job-skills training program 53

**History**

Dan’s Legacy was founded in memory of a young man who, after surviving sexual abuse as a teenager, self-medicated with hard drugs in an attempt to numb the psychological pain of the traumatic experience. He received help from substance abuse recovery programs on two occasions, but did not have access to essential one-to-one therapy. Tragically, Dan relapsed, overdosed and died. He was 19.

In 2007, the Foundation became a federally registered Canadian charity. For the first seven years it operated as a family foundation, raising funds to distribute to other non-profit organizations providing recovery and training programs for youth at risk. In January, 2014 the Foundation’s board decided to provide its own signature therapeutic programs under the operating name of **Dan’s Legacy,** and in September, 2017 the society rebranded itself as the Dan’s Legacy Foundation.



Dan

August 31, 1986 – August 27, 2006

**Executive Bios**

**Barbara Coates – Executive Director**

Ms. Coates brings a 38-year background in broadcasting and communications to her role, as well as marketing, public relations and fundraising for clients in the health, not-for-profit and government sectors. She is passionate about children and youth and mental health issues, and is a past Director with the Canadian Mental Health Association (Delta). Ms. Coates holds a Diploma in Broadcast Communications and a Certificate in Marketing Management/Public Relations (Distinction) from BCIT.

**Tom Littlewood – Program Director**

Mr. Littlewood graduated from Simon Fraser University with B.A. in Psychology in 1985. Over the next six years he completed his Masters in Psychology as well as two years of specialized counselling programs in various universities in Canada and the USA. He developed one of the first diversion programs for at-risk youth while working as a police counsellor, and established the original Affinity Card campaign as the founding Executive Director for the Selkirk College Foundation. Mr. Littlewood also founded and served as the Executive Director for the Sanctuary Foundation which for fifteen years provided work and life skills programs, counselling and first jobs for thousands of youth at risk in the Lower Mainland.

**Lee Crawford – Manager, Marketing & Communications (acting)**

Lee Crawford is a marketing and communications professional with a background in digital animation and teaching. Lee specializes in crafting compelling stories that captivate audiences and drive engagement. With experience in the non-profit sector, Lee leverages his skills and experience to support causes close to his heart.

***We respectfully and gratefully acknowledge that our work takes place on the***

***unceded and traditional territory of the Coast Salish peoples.***

ABOUT OUR HISTORY

## Contact us

Dan’s Legacy Foundation

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