



Empowering people  
Launching ideas

# MEASURING SOCIAL INCLUSION\*

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## WHAT IS SOCIAL INCLUSION?

Social inclusion means that individuals are able to participate in their communities under conditions which enhance their well-being and individual potential. Social inclusion is a two-way street, where communities embrace acceptance and inclusion of different social groups, and individuals cultivate their own connections to community.<sup>1</sup> Those who experience mental health problems often find themselves at-risk for social exclusion.<sup>2</sup>

Rise serves entrepreneurs who have experienced mental health and addiction challenges and have an interest in pursuing self-employment. As a result of their work with us, they experience greater social inclusion in the form of:

- A sense of purpose, enhanced individual potential and meaningful social networks (personal well-being).
- Meaningful work (professional well-being).
- Having their socioeconomic needs met (financial well-being).

## OUR GOAL

We aim to reduce stigma around mental health, foster social inclusion of those who experience mental health problems, and bring the subject of mental health to the doorstep of business.

“Rise provided me with hope, resources and networks...knowledge, confidence and courage.”

“Rise has helped me recognize that I have the capability to start and run my own business.”

“Rise has given me the skills to start and maintain a business by providing me with the tools and support needed for me to thrive.”

“Rise believed in me when no one else would. I now employ others with disabilities (and am) able to care for my family financially.”

\* The findings presented in this dashboard are the result of a survey of Rise clients with 178 responses. All percentages refer to the percentage of clients that reported “Agree and Strongly Agree” or “Good, Very Good, and Excellent” in their answers.

<sup>1</sup> Community Foundation of Canada. Belonging - exploring connection to community. 2017

<sup>2</sup> Boutiller and Croucher, Social inclusion and mental health, British Journal of Occupational Therapy, 2010.



## PERSONAL WELL-BEING

**72%** of our clients agree that establishing their own business has helped to reduce stigma associated with mental illness

**80%** feel that what they do is valued by others

**72%** have control of their life and are able to make their own choices

**72%** feel they are playing a useful part in society

**56%** are able to handle stress

## PROFESSIONAL WELL-BEING



**75%** of our clients agree that their opportunity to access knowledge and professional advice has increased since working with us

**79%** feel pride in establishing or enhancing their business

**76%** feel comfortable interacting with others in professional situations

**71%** have an increased confidence level as an entrepreneur

**68%** have an increased confidence level as a person

**66%** have experienced business network growth

**66%** are satisfied with mentorship opportunities at Rise



## FINANCIAL WELL-BEING

**78%** average increase in personal and business income since working with Rise

**67%** average decrease in the amount of income support since working with Rise\*  
\* Based on results from 2018 survey

**32%** of clients have experienced growth in business income since working with Rise

**25%** of clients have experienced a decrease in income support since working with Rise