



ANNUAL REPORT

To support, educate and advocate
for adults with
acquired brain injuries
and their families; and to
increase community awareness
about acquired brain injury



For the year ended March 31, 2017

OUR BOARD OF DIRECTORS — THANK YOU FOR YOUR SERVICE



*Don Anderson
Board President*



*Shauna Leeson
Director at Large*



*Wyatt Pickett
Director at Large*



*Nicolette Mieduniecki
Director at Large*



*Barbara Phillips
Board Secretary*



*Ian Armstrong
Director at Large*



*Yvonne Blum-Gabel
Director at Large*



*Sheila Needs
Director at Large*

MESSAGE FROM OUR BOARD PRESIDENT

Victoria Brain Injury Society (VBIS) continues to build on its successes & provide effective services to brain injury survivors, their families & supporters. Even more striking is the extent to which your board, our dedicated volunteers & committed staff continue to look forward to making VBIS even better.

Wyatt Pickett, a lawyer here in Victoria, joined the board after our last Annual General Meeting & has brought energy & an added perspective to our work. Wyatt along with Krissi, Nicolette & me (as the board's Sustainability Committee) attended a series of workshops sponsored by the Victoria Foundation called *21st Century Non-Profits*. These sessions have assisted us in looking at our organizational structure & new models for fund-raising & developing partnerships with the for-profit & non-profit community. In addition, we are making new contacts in the region's non-profit sector, gaining insight to our shared challenges & seeing new avenues that we could adopt to increase our effectiveness.

Perhaps the greatest challenge we face in the coming months is increasing our board membership. We are not alone in this, many other organizations face this issue. The time & effort put forward by current board members are paying great benefits. However, to continue our success means attracting new members to our board & extending our committee structure to include those who may not have the time to participate as a regular board member yet could be of assistance to us for shorter term projects. This will be a priority for the coming year for the board.

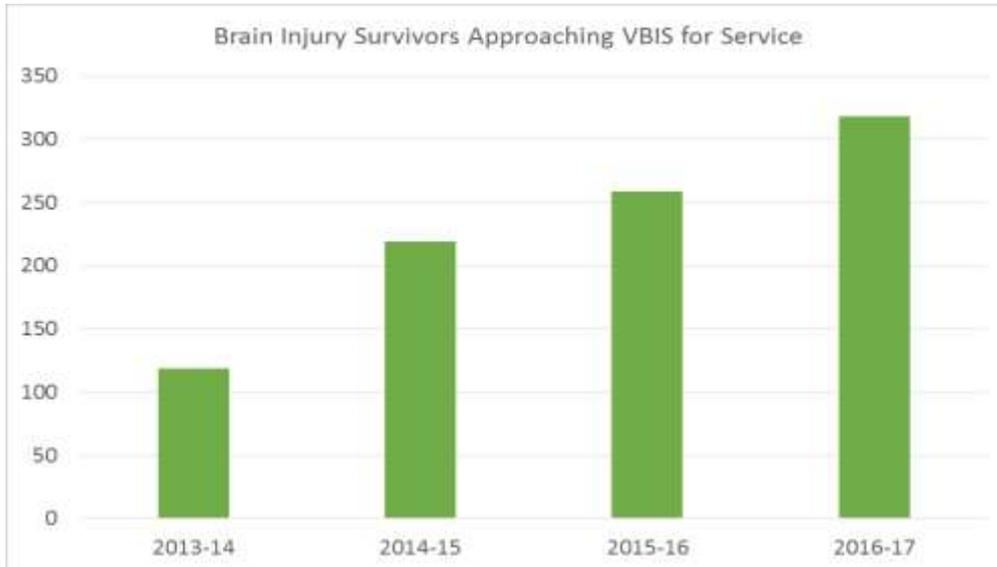
In closing & on behalf of the board of directors, I would again like to thank our volunteers without whom the daily successes at VBIS would not be possible, the staff whose commitment to VBIS & the brain injury community is unparalleled & our members & donors for your on-going support.

Don Anderson, Board President



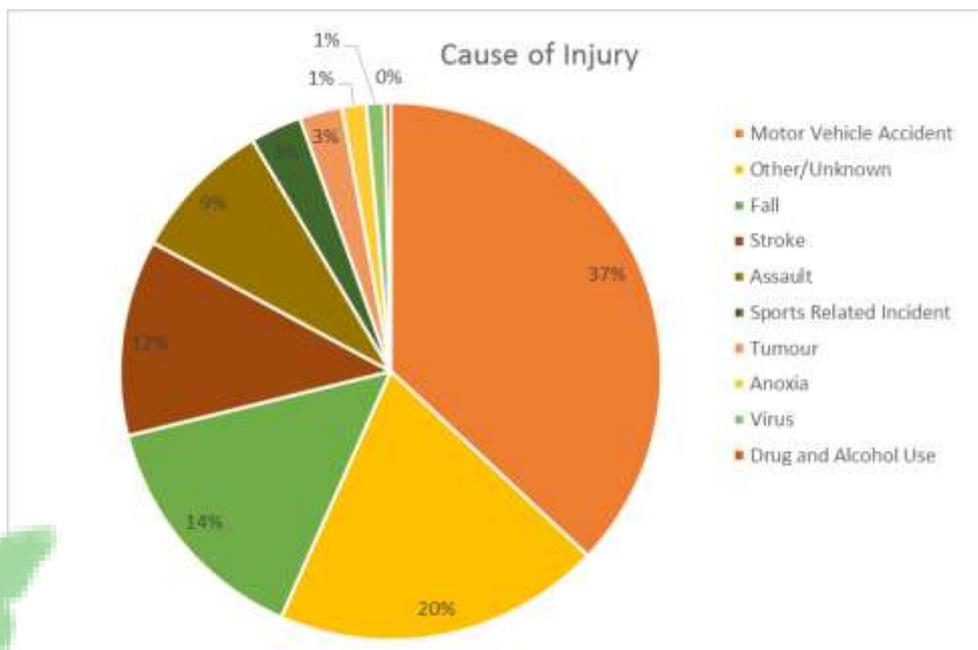
ACCESSING SERVICES

In 2016/17, 318 individuals with an acquired brain injury contacted Victoria Brain Injury Society (VBIS). The number of individuals contacting Victoria Brain Injury Society for service has risen significantly in the last three years as shown by the chart below.



Despite the increase in clients, the mean length of time between a client first contacting Victoria Brain Injury Society and being seen by our Intake Coordinator is 23.9 days with wait times ranging from 0 to 174 days.

Clients come to Victoria Brain Injury Society for a range of reasons. The cause of brain injury varies; the majority of clients were injured in a motor vehicle accident of some kind, falls, strokes and assaults were also common.



OUR YEAR IN NUMBERS

Victoria Brain Injury Society provided 17 different services to brain injury clients, providing a range of support to reflect the diverse needs of brain injury survivors and their families.

Programs support survivors to overcome crises, learn compensatory strategies, improve their physical and mental health, and decrease social isolation.

Program	# of Visits	# of Individuals
Intake / Orientation	185 intakes	318
Individual Case Management	1450	352
Family Case Management	43	22
Acquired Brain Injury 101	112	37
Awareness Choices Education	71	9
Bus Pass	39	15
Chair Yoga	49	16
Coping Strategies Program	466	47
Creative Arts Program	256	35
Family Support Group	106	16
Mindfulness	360	37
Music Therapy Program	219	12
One-off workshops	77	63
Peer Support Program	2102	201
Walk & Run Program	279	17
Youth Supporting Youth	154	13
Yoga	96	15



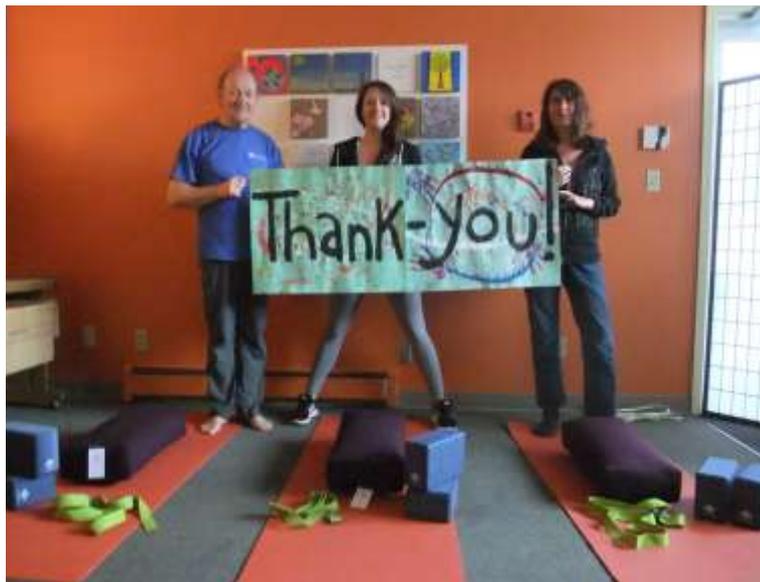
HIGHLIGHTS



This year 8 brain injury survivors took part in the 10-week peer support training program. We now have a team of 18 peer supporters who are trained to provide support and advice to other brain injury survivors. This year they received over 2000 visits.



In a week-long survey, 99% of clients felt supported by their visit to Victoria Brain Injury Society.



Victoria Brain Injury Society ran 17 programs this year, an increase of 5 programs from previous years.

One of our newer programs is yoga which supports clients with balance and health and well-being. Thank you to League and Williams for making this program possible.

We have also introduced chair yoga, mindfulness, the bus pass program, the family support group, and one-off workshops.

HIGHLIGHTS



Despite a lot of change, the art group continues to thrive with 35 different clients accessing this program.

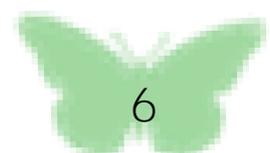


“There are lots of reason why we are here. We can better understand how we think; how we perceive things without judgement. We improve our mind.”
Feedback from a mindfulness participant

The initial results from the University of Victoria’s coping evaluation showed clients have improved well-being, less self-blame and less emotional venting after completing the coping program.



The walk/run group prepares for another great stroll in the sunshine.
17 survivors accessed this group 279 times.



VBIS IN THE COMMUNITY

It has been a busy year for outreach in the community this year! In total we attended 71 different organizations and events. We attended numerous community events including Wicked Victoria, the May Day parade, Saanich in the Sun horse shows, Victoria Royals hockey games, among others.



We provided presentations to a huge range of organizations including Silver Threads, Victoria Labour Council, the Canadian Psychologists Association convention and the Public Guardian and Trustee's Office.



In total 5,941 people checked out our website looking at a combined 20,775 pages and nearly 3,000 people were reached by our posts on Facebook.

VBIS VOLUNTEERS

I start with the statement that encapsulates EVERYTHING about the Volunteer Team we have at the Victoria Brain Injury Society : **We have THE most awesome group of individuals volunteering, that our clients and staff team could ever wish for!** Anything else I say from here on just underlines this one succinct statement many times over!



*Anna McLauchlan
Manager of Administration
& Volunteer Coordinator*

With over 90 volunteers, the volunteer team is an integral part of the fabric of the organization. Last year these amazing folks donated over 7,164 hours of time to Victoria Brain Injury Society; that's worth over \$107,460!

We have volunteers from all walks of life who volunteer with us, from students who want to complement and build on their personal and potential future professional experiences to people already in the workforce wanting to give back to their community to brain injury survivors wanting and needing to figure out 'how their new brain works.' I am always profoundly amazed at the depth of everyone's personal interest and investment into making the team work so very well together. I also have a very 'open door policy' and volunteers are always coming up with awesome ideas on how to improve things. It is a real team effort for us all and we love this!

In addition, I am amazed at the number of potential new volunteers applying to join the team because of hearing about the experiences of, and recommendations from, our current volunteers..... and I don't even pay our current volunteers a penny to make these encouragements! I meet with all potential volunteers to figure out what their expectations are, what they love and don't much like in the way of tasks, and what their interests and skills sets are – essentially, what makes them tick. Scheduling into roles and timeframes is done purely on a person-by-person basis. I am always on the lookout for volunteers, so please keep spreading the great word.... only know I still can't pay a penny for any referrals!!

Over the past few months, there has been a new, clear phenomenon: there is a noticeable increase in the number of brain injury survivors who are being encouraged to come and volunteer with us. I always ensure that – before they even meet with me – they meet with one of our VBIS case managers first, to assess together their expectations and realities in volunteering. This is so important, to ensure they are properly supported while volunteering. Volunteering for the first time after a brain injury can be scary and overwhelming for some people – it takes time to gently build up activities and tasks so that they can have the very best experience and healing. Rome is not built in a day and everyone has their own needs and their own pace in their recovery, and it will not be rushed.

And so, to the amazing Volunteer Team at VBIS, I have just one thing to say to you : You Rock!
.... and please keep on rocking it!

Respectfully submitted,
Anna McLauchlan



THE FUTURE

What We Know:

Approximately 4% of people in the Capital Regional District are living with a brain injury that's over 15,000 people living with a brain injury.

19% of individuals experiencing homelessness report needing brain injury services.

Demand for Victoria Brain Injury Society's services keeps growing; it has nearly tripled in the last 4 years.

Whether it's caused by a concussion or a car accident, a tumor or trauma, a stroke or some other cause, brain injury can have a severe impact on a person's life. In an instant people's lives are changed as well as the social, emotional and physical effects of brain injury, survivors often struggle with economic, housing and health challenges.

Our Theory:

With early intervention, compensatory strategies, and connection to a caring community, crises can be prevented and survivors of brain injury and their families can adapt to the challenges of life with a brain injury and, in time, can thrive.

Our Vision:

Victoria Brain Injury Society provides services that prevent crises, teach coping strategies, support the physical and mental health of survivors and encourage community connection.

Challenge	Brain injury leads to secondary crises such as homelessness, substance use, job loss, poverty, suicide.	Brain injury survivors struggle to adapt to challenge of living with their injury.	Many brain injury survivors struggle with physical & mental health challenges which can impede recovery from brain injury.	Brain injury survivors are isolated.	Brain injury is not understood in the wider community.
VBIS' Support	Case management works with those in crisis to put in place appropriate support.	Case Management, ABI 101 & the Coping Program support survivors to implement compensatory strategies that assist them in daily life.	Music therapy, yoga, chair yoga, mindfulness, walk/run group support survivors physical & mental health.	Peer support, youth group, art group all support social interaction.	Workshops, newsletters & web resources support people's understanding of brain injury.
2020 goal: Total of 3,120 individuals impacted annually	120 survivors are supported to prevent & mitigate crisis situations.	200 survivors learn compensatory strategies for their injury.	300 brain injury survivors access program to improve their mental & physical health.	500 brain injury survivors are supported to increase social participation & reduce social isolation.	2,000 people are reached by either workshops or the newsletter.
Impact	Survivors are supported to move through the crisis & helped to achieve stability. Reduced impact on health & community services.	Survivors increase their independence & are supported to recover skills & abilities preventing crises from occurring & improving outcomes for individuals.	Survivors health improves thus supporting their recovery from the brain injury.	Survivors feel connected to their community & develop natural supports.	There is a wider understanding of brain injury, people seek help sooner & more brain injuries are prevented.

FINANCIAL SUMMARY



	2016/17	2015/16
REVENUE		
Brain Injury Program—Island Health	139,022	136,886
Grants	156,382	128,754
Fundraising	36,662	44,579
Donations	21,459	37,957
Contract Funding	440	1,270
Rental	3,045	0
Advertising and memberships	5,058	3,691
TOTAL	362,068	353,137
EXPENSES		
Advertising and Promotion	2,066	924
Amortization	3,453	5,803
Bad debts	1,500	408
Contract Facilitators	6,345	9,333
Donations	0	60
Dues, Fees and Licenses	400	595
Fundraising	15,108	19,797
Insurance	2,980	2,955
Interest and Bank Charges	2,050	1,967
Office	24,814	30,984
Professional Development	2,134	2,063
Rent and facilities	50,637	48,110
Repairs and Maintenance	1,648	2,828
Program Support	991	2,551
Telephone	3,176	4,384
Wages and Benefits	209,961	267,645
TOTAL	323,435	400,407
REVENUE IN EXCESS OF (LESS THAN) EXPENDITURES	34,805	(47,270)

THANK YOU TO OUR SUPPORTERS

The generosity of our supporters is the lifeblood of the Victoria Brain Injury Society. All of our programs, as well as the personal growth and recovery of our clients, are dependent on the continued support of the businesses, agencies and charities listed below. We thank you!



The Canada Summer Jobs Grant



The Allen and Loreen Vandekerhove Family Foundation



The Tony and Mignon Fenton Trust



Ergo Rehabilitation Inc.



COMMUNITY FOUNDATIONS OF CANADA
all for community.

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ensemble pour tous.



Victoria Brain Injury Society

EST. 1983



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