



# ANNUAL REPORT

Victoria Brain Injury Society  
Units C, D, & E 830 Pembroke Street  
Victoria, BC V8T 1H9  
Tel: 250.598.9339  
Fax: 250.598.9363

2021

Annual report

Victoria Brain Injury Society  
[www.vbis.ca](http://www.vbis.ca)



Empower

# MESSAGE FROM THE EXECUTIVE DIRECTOR AND PRESIDENT

As the 2020 fiscal year ended, the world came to a sudden halt due to the impact of COVID-19. While this pandemic added more stress to our clients, it has also shown the world what most brain injury survivors have struggled with on a daily basis--social isolation and the need for social support.

VBIS remained steadfast in its mission of providing support and community to survivors and their families.

As a small non-profit agency with a large clientele base, we are grateful for funders and donors who stepped up to prevent any disruption of services at a time when it is needed the most. Our appreciation goes to the Victoria Foundation, the United Way of Southern Vancouver Island, and the TELUS Community Futures Fund, who responded quickly to help VBIS pivot its services in the early days of the pandemic.

This year's annual report shows the ways our organization has been navigating through the pandemic. It is a remarkable story of strength and determination, which embodies the spirit of VBIS.

While we were not able to see clients in person, we took the opportunity that the pandemic presented and made significant changes in the office. Thanks to the generosity of a donor, we worked with a branding company and developed a new logo for VBIS. New signage and a fresh coat of paint transformed the office and enabled us to prepare for our re-opening. We look forward to welcoming our clients, volunteers, and donors back to our space!

Additionally, VBIS is thrilled to welcome innovative research collaborations such as the NeuroTracker program in partnership with the University of Victoria. The NeuroTracker measures and alleviates long-term cognitive deficits that are associated with concussion. This can be crucial for both management and prevention of injuries. Exciting research initiatives such as these further promote knowledge and awareness of the dangers and symptoms of brain injury in the public sphere.

The VBIS Board of Directors was also very busy over the past year, making significant steps towards strengthening governance within the organization. This included the creation of a board handbook, updating existing board policies, and focusing board committee work on board initiatives. In addition, we are thrilled to highlight the steps we have made in righting our financial position. We hope this annual report will inspire confidence and motivate you to continue to support the positive difference we make in the lives of brain injury survivors and families.

Our thanks go to the clients we serve, their families and friends, and our amazing staff and volunteers for the compassion, kindness, creativity, and trust during this challenging year. We are inspired by the dedication of everyone at VBIS for ensuring that people with acquired brain injury continue to receive support, advocacy, and education.

We invite you to celebrate with us the resilience of clients, staff, and volunteers as we progress through these trying times as we look towards an exciting future and continue our mission of empowering Brain Injury Survivors.



Welcome.....	1
Mission.....	3
Programs Impact.....	4-5
Our Work.....	6-7
Financial Summary.....	8-9
Individual Donors.....	10-11
Funders.....	12-13
Donate & Volunteer.....	14-15
What's Ahead.....	16-17
Who We Are.....	18-19



# Mission

The Victoria Brain Injury Society's mission is to support, educate, and advocate for adults with acquired brain injuries and their families; and to increase community awareness about acquired brain injuries.

---

## Our Purpose

Victoria Brain Injury Society gives survivors and their loved ones long term support through the many steps, both backward and forward, of life after brain injury. From those just released from hospital, to those who have lived with their injuries for decades, survivors consistently express gratitude and relief once they've walked through the Society's doors.

Finally, people who "get it"!

We offer that which society in general does not: a safe place to interact with people who understand.

Issues like poor memory, short tempers, inappropriate behaviors, difficulty speaking and disorientation are accepted; coping strategies are shared.

Unprecedented acceptance is felt through the society – from fellow survivors, peer supporters, volunteers and staff.



# Impact

**667** Individuals served by the Victoria Brain Injury Society

**173** Number of intakes

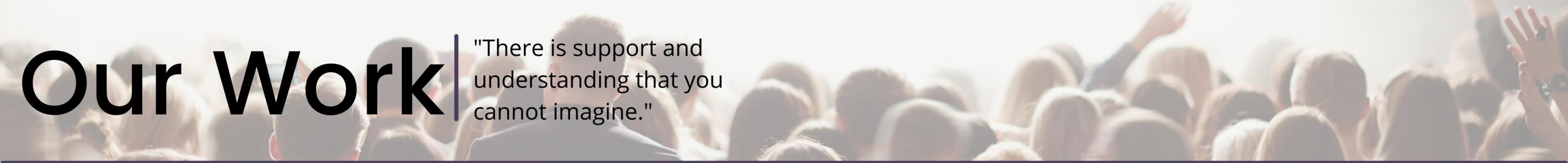
**1670** Number of visits for individual case management

**3987**  
Website  
page views

**867**  
New website  
users

**1034**  
Facebook  
page views

**944**  
Facebook  
page likes



# Our Work

"There is support and understanding that you cannot imagine."

## Core Programs

### Individual Support

Case managers worked with **213** individuals consisting of **1670** total visits. Case managers offer individual support services, free of charge, to any individuals living with an acquired brain injury, as well as to their family, spouses/partners and caregivers. Support helps brain injury survivors recover, adapt and adjust to their new reality and gain stability.

### Family Case Management

Case managers worked with **6** individuals consisting of **13** total visits. Case managers assist the family/friends of individuals with an acquired brain injury to maximize their rehabilitation potential and to help them live as independently as possible. It provides family and friends a private and more comprehensive opportunity to become further educated about the issues they and their loved one's will be facing as a result of the brain injury.

### Acquired Brain Injury 101

ABI 101 is an informative introduction to brain anatomy and injury. In this 4-week knowledge-building course, discussions concerning brain function and brain injury focus on causes, effects, recovery and more. VBIS provided this course for **32** individuals for a total of **122** visits.

### Coping Strategies Program

This 24-week program is an informative, in-depth course for people with brain injury. We look at strategies of daily living and dealing with the effects of brain injury. Includes several guest speakers throughout the program. VBIS provided this course for **53** individuals for a total of **644** visits.

### Peer Support Program

A volunteer who has experienced an acquired brain injury themselves, is trained to support new members, facilitate group conversations, answer questions about brain injury and refer survivors to useful community resources. They pass on useful coping techniques and share their experiences with other survivors and their families. VBIS provided this program for **31** individuals for a total of **196** visits.

### Music Therapy Program

The Music Therapy Program provides brain injury survivors with the opportunity to access an alternative method of rehabilitation. Our music therapist uses music and clinical interventions to help clients improve, maintain, and restore an optimal state of well-being. Music, being common to all cultures, enables people to feel a sense of belonging, to have identity and to creatively express themselves. VBIS provided this program for **20** individuals for a total of **277** visits.

## Other Programs

Creative Art	38 visits	12 individuals served
BrainWorks	33 visits	6 individuals served
Equine Assisted Learning	28 visits	6 individuals served
Family Support Group	25 visits	9 individuals served
Mindfulness	64 visits	12 individuals served

Walk & Run Program	12 visits	3 individuals served
Community Education	12 visits	153 individuals served

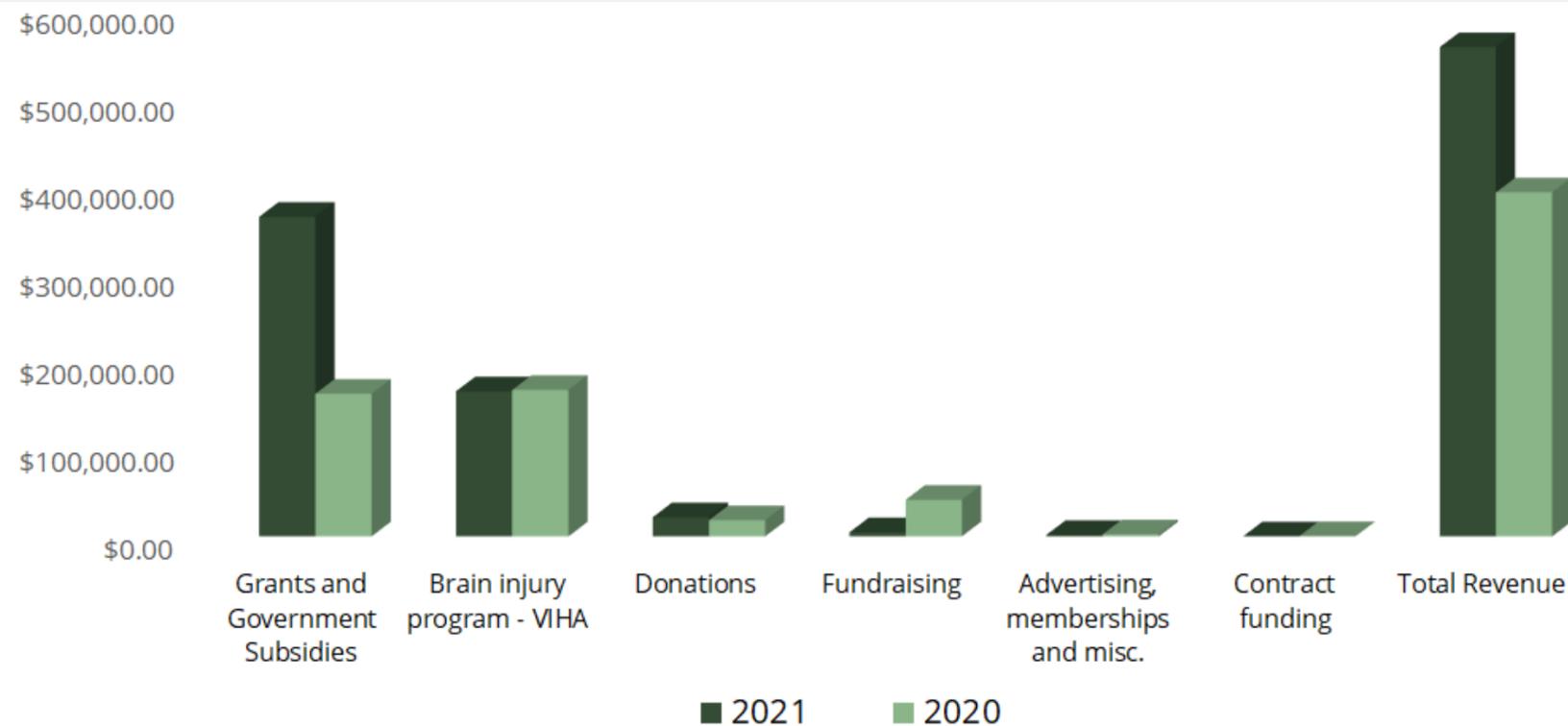
<b>73</b> Bus pass recipients	<b>7</b> One-off workshops	<b>1644</b> Visits to volunteer program
----------------------------------	-------------------------------	--

# Financials

INFLUENTIAL  
DYNAMIC  
RESOURCEFUL

## Victoria Brain Injury Society Two-Year Financial Analysis

### VBIS REVENUE SNAPSHOT



### Revenues

	2021	2020
Grants and government subsidies (note 3)	\$ 364,584	\$ 162,837
Brain injury program - VIHA	165,519	167,114
Donations	21,843	18,413
Fundraising	4,717	41,708
Advertising, memberships and misc.	1,502	2,279
Contract funding	40	230
	<b>558,205</b>	<b>392,581</b>

### VBIS EXPENDITURES SNAPSHOT

EXPENSES	2021	2020
Advertising and promotion	1,526	1,399
Amortization	3,060	605
Contract facilitators	13,510	12,400
Dues, fees and licenses	1,545	4,668
Fundraising	4,224	16,225
Insurance	3,155	3,051
Interest and bank charges	798	2,065
Office	36,573	33,739
Professional development	6,372	5,553
Program support	21,665	3,004
Rent	55,966	56,583
Repairs and maintenance	1,464	2,440
Telephone	5,864	2,119
Wages and benefits	258,570	338,939
	<b>414,292</b>	<b>482,790</b>

### EXCESS (DEFICIENCY) OF REVENUES OVER EXPENDITURES

	<b>\$ 143,913</b>	<b>\$ (90,209)</b>
--	-------------------	--------------------

# Thank You

We couldn't do it without you.

## Victoria Brain Injury Society Individual Donors

It is with deep gratitude and appreciation that we recognize the following donors. Their contribution allows the Victoria Brain Injury Society to continue to deliver essential programs at no cost. We commend you!

Don Anderson  
Patricia Ann Bowen  
Kelley Burke  
Ellen Chen  
Eileen Closs  
Darryl and Karen Condon  
Melanie Courchene  
Robert and Jodi Dynda  
Ann Francis  
Leanna Hill  
Leo Hinse  
Sydney Hodgson  
Sally Horton  
Brenda Hurd  
Deelman Interiors  
Luba Lyons  
Dr. Sarah Jean Maclean  
Gwendolyn Maclean  
Robert Maclean  
Connie McKenzie

Joanne Nicholson  
Robert Peary  
Pam Prewett  
Dr Ron Skelton  
Leonard Regan  
Gwynne Russell  
Anne Shack  
David Southern  
Krissi Spinoza  
Maureen Starling  
Dave Traynor  
Timothy Traynor  
Ron Underwood  
Dan Werstuik  
Ann McMillen  
Colleen Melville  
Ile Sauvage Brewing Company  
Wise Victoria Mortgages  
Provincial Employees  
Community Services Fund

Although the VBIS annual fundraising gala, 'An Evening of Black & White... Because Grey Matters' was postponed due to COVID-19, we fully anticipate a successful evening thanks to the generosity of the following community donors.

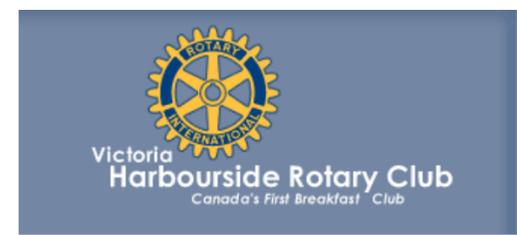
Highland Pacific Golf  
Mount Douglas Golf Course  
Pawsome Massage  
Scandinave Spa  
Cherry Point Estate Wines  
Toque Catering  
You Floral  
St Hubertus & Oak Bay Estate Wines  
The Market Store on Yates  
For Good Measure  
Olive This & More  
Nimble Bar and Co.  
Sheringham Distillery  
Ile Sauvage Brewing Company  
Oak Bay Bikes  
Driftwood Brewery  
Famoso  
Victoria Bug Zoo  
Miniature World  
Floyd's Diner  
Showcase Awards  
Victoria Violin and Piano - Gordon  
Head Music Studio  
Brentwood School of Music  
Tapestry Music  
Good Music Studio Victoria  
Camas Music Studio  
Pacific Opera Victoria

Phillips Brewery  
Art Gallery of Greater Victoria  
Sea Cider Farm and Ciderhouse  
10 Acres  
Hoyne Brewing  
Bon Macaron Patisserie  
The Parkside Spa  
Caffe Fantastico  
Victoria Tea Leaf Reading  
Apotheka Herbal Boutique  
Abkhazi Tea House  
Just Matcha  
Very Good Butchers  
Derma Spa  
Michelle Yoga  
Royal BC Museum  
IMAX  
Il Terrazzo  
Vancouver Island School of Art  
Fired Up!  
The Drake  
Boulder House  
Boulders Climbing Gym  
Fernwood Yoga Den  
Westshore Bicycles  
Trek Bicycle Store Victoria  
Ocean River Adventures  
Accent Inns

Grandview Lanes  
Funkytown Photography  
Camouflage  
Live Light Energy Healing  
Iyengar Yoga Centre  
Charity Booster  
Ocean Trailers Delta  
Victoria Fish and Game  
Protective Association  
Brothers Barbershop  
CJ's Autobling  
Moore's  
New Day Skin Studio  
Hotel Zed  
Two Eagles Golf  
Hidden Gems Restaurant  
Live to Surf  
Ocean Village Resort  
Paddle West Kayaking  
Pacific Rim Navigations  
Tofino Distillery  
Prestige Auto Detailing  
Direct Detailing  
Callia Flowers  
Okanagan Life Private Boat  
Charters

# Thank You

Without the support of the funders listed, the Victoria Brain Injury Society would not be able to provide the programs and services to brain injury survivors and their families. We thank you!



# We Need Your Help

## Donate Today

We welcome your generous donations, which allow us to continue offering essential services, free of charge, to people whose lives have been forever changed by brain injury.

Consider a monthly gift, which will help us expand our programming and cut down our waitlists.

For more information and to make a donation, visit our website at [www.vbis.ca](http://www.vbis.ca) or contact us at 250-598-9339.

*Registered charity #122452121 RR0001*

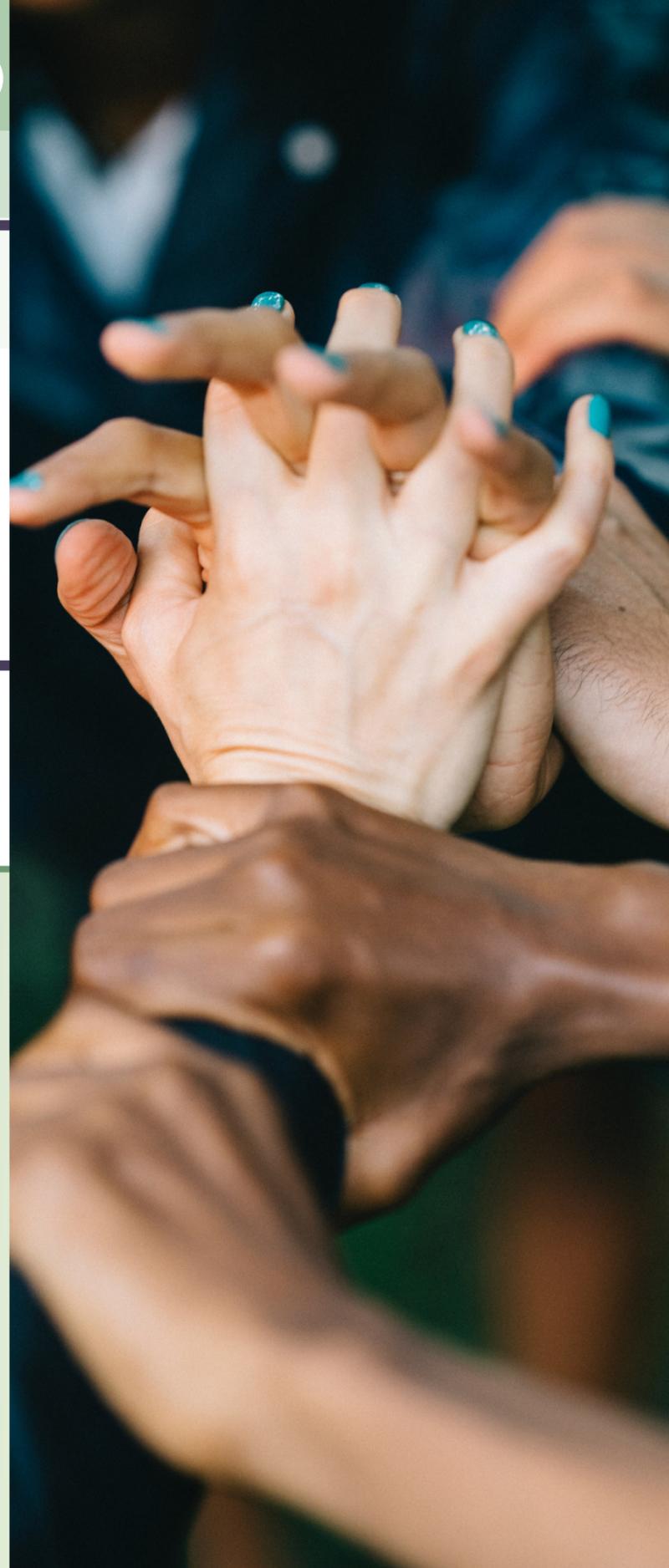
## Volunteer Today

If you have a passion for supporting people in the community and would like to volunteer with us, contact us at 250-598-9339 or [volunteer@vbis.ca](mailto:volunteer@vbis.ca).

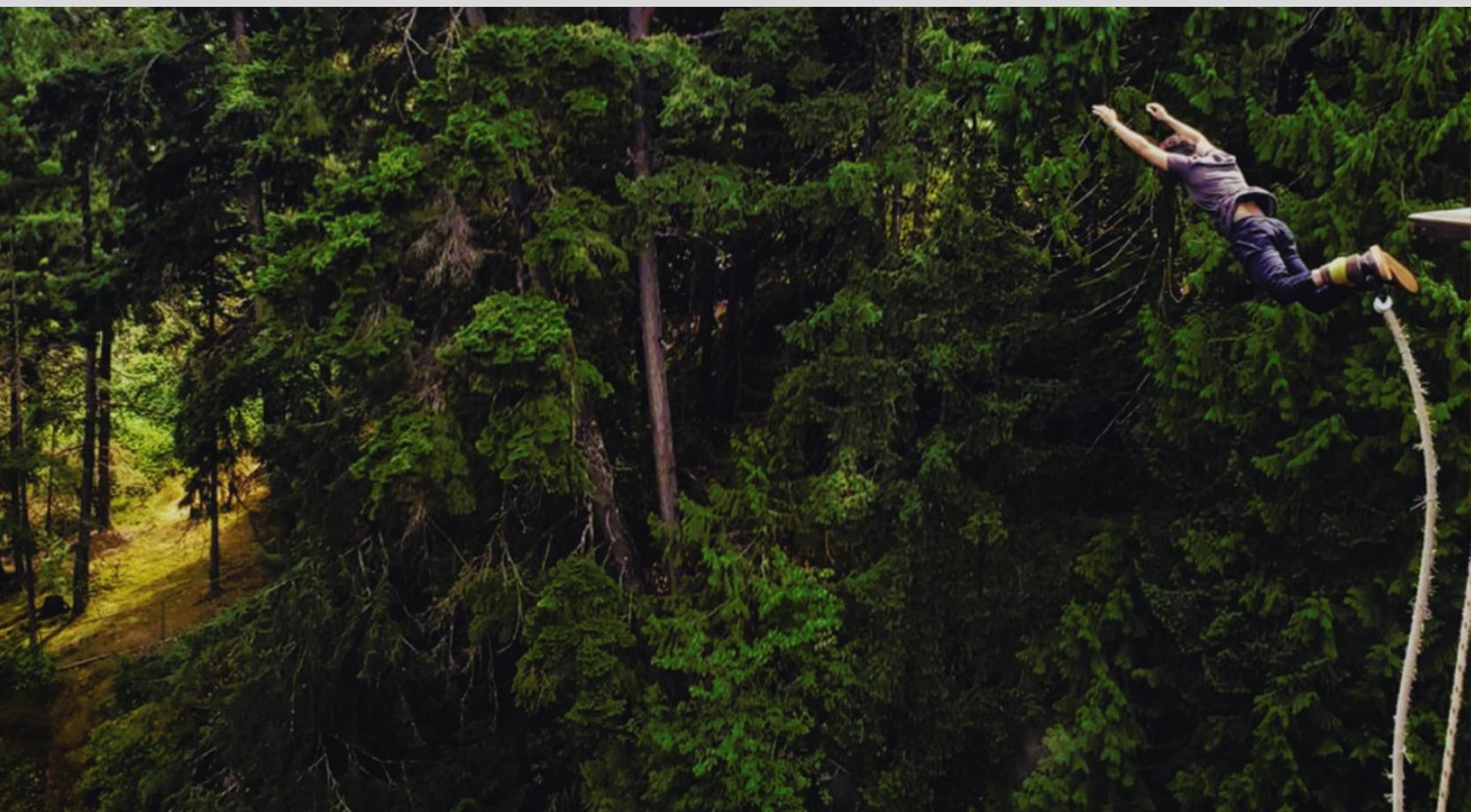
The Volunteer Department is your door to countless opportunities that await you at Victoria Brain Injury Society. When you first get involved, we will guide you in whatever direction you desire, and we are always excited to utilize your talents in an area that you are passionate for! Some of the potential roles are listed below, but if you believe your talents can serve us better in a different department, we are always eager to hear more!

## Volunteer Opportunities:

- Administration
- Fundraising and Advocacy
- Social Media
- Graphic Design
- Photography and Videography
- Event Planning - including our annual VBIS fundraising gala, as well as 'Toss The Boss'- a collaborative event with the Nanaimo Brain Injury Society and WildPlay Nanaimo



*Help us build our  
community*



# What's Ahead

## TOSS THE BOSS

Our first annual Toss The Boss fundraiser is launching on October 1, 2021. In collaboration with Nanaimo Brain Injury Society and WildPlay Nanaimo, this campaign is designed to engage a new target audience and drive community awareness. Toss The Boss features new social media accounts with outcomes that can be tracked and monitored, with the intention of boosting our brand awareness.

## RESEARCH INITIATIVES

VBIS believes that nonprofit organizations can work with the community to mainstream research initiatives while improving the quality of life of brain injury survivors. As a result, we have partnered with the University of Victoria in the NeuroTracker program, a tool designed to measure and alleviate long-term concussive symptoms. We continue to explore other avenues for community engagement and collaborations, including an upcoming research project for youth and ABI.

# Who We Are

## EXECUTIVE LEADERSHIP



**Pam Prewett**  
**Executive Director**



**Varun Dhaul**



**Adam Harnden**



**Natalie Benson**



**Gerald Hartwig**  
**President**



**Trevor Jones**  
**Treasurer**



**Barbara Phillips**  
**Secretary**



**Tyler Dolan**



**Shannon**  
**Kowalko**



**Danielle Toth**