



Powell River Brain Injury Society

Annual Report

April 01, 2017 to March 31, 2018

Prepared for: Vancouver Coastal Health Authority



Established 2003

Mission statement: to promote prevention, recovery, education, community awareness and life beyond acquired brain injury.

Powell River Brain Injury Society

Staff:

Deborah Dee - Executive Director
Donna Newell - Program Coordinator
Sandra Haszard – Project Facilitator
Samantha Sherman – Trainee Manager

Volunteers:

Jen Nachlas
Jordan Lavine
Katrina Woodard
Melody George
Orlin Brown
Tamara Hiddleston

Board of Directors:

Doug Logan, President
Jena Lohrbach, Vice-president
Jim Donnelly, Secretary
Harvey Allison, Treasurer
Jerry Francis, Director
Jurgen Koppen, Director



The Powell River Brain Injury Society is a federally registered not for profit charity providing support, services, education, and awareness relating to acquired brain injury.

Mission Statement:

To promote prevention, recovery, education, community awareness and life beyond acquired brain injury

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INDIVIDUAL AND FAMILY SUPPORTS

Support groups:

The Society provides weekly core services including support groups.

Examples of these are:

- Creative Expressions Art and Music Therapy
- Psychosocial Support for the understanding of acquired brain injury
- Peer Support
- Cognitive Enhancement through Physical Fitness Training
- Memory and Anger Management Workshops
- Reading and Writing through Poetry and Song
- Speech training through singing vocal techniques



Counseling and advocacy services:

- Provide a variety of individual supports including letter writing, form filling, and crisis management
- Work with other agencies and professionals as appropriate for referral purposes
- Provide a confidential and trusted service that clients depend and count on.

One-to-one supports:

- Maintain contact with clients through telephone and Internet reminders
- Post weekly messages about up-coming events and appointments.

Outreach is a priority, as the difficulties faced by this population are well understood by the Society. Some of the issues include social isolation, depression, anxiety and other particular issues and their unique needs.

Information and referral services:

A reference library containing informational, technical and research materials is available as well as video and Internet education opportunities for our members and their families. There is a large inventory in the general library of craft and art books that encourage creative expression.

Information is available on several social media sites including Facebook and Twitter, and the Society website is kept up to date with a plethora of information ranging from activity calendars to twitter followers to the latest research and technological breakthrough in the profession.

Drop-In Centre Operations:

The Brain Injury Drop In Centre is a hub for persons in our community who require support and services.

It is a vital and vibrant Centre that provides a welcoming and safe environment.

Many drop-in activities are coordinated weekly and all are well attended.



Volunteer Coordination:

Volunteers are the backbone of any community and ours is no exception.

We value and respect the volunteer hours that this group provides and we would like to take this opportunity to thank them for their dedication.



CLIENT COORDINATION SUPPORTS

Support and service

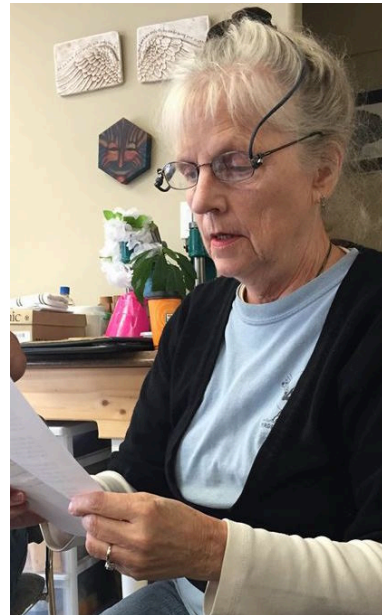
The Society provides intense short term and intermittent support to coordinate access to generic services; to support clients in periods of crisis and transition.

We also facilitate and develop service access for members to government and non-government agencies and have developed positive working relationships with the city and region. We work closely with the medical professionals and when appropriate with other professions to assist in discharge planning and hospital and rehab support.

Workshops are provided free of charge on such topics as:

- pain management
- memory enhancement
- general brain injury education
- fitness training

These assist clients and family members in the transition back to community.



OTHER SPECIAL PROJECTS AND INITIATIVES

Community Education:

- Created a highly visible community education program that has increased the awareness of acquired brain injury in our community
- Provide education and information through several initiatives each year
- Work closely with the local RCMP detachment to increase awareness of the need for helmet safety and the reduction of traffic incidents
- Provide workplace safety information to City Hall
- Presentations to Mayor and Council
- Participation by invitation to the P.A.R.T.Y. Program
- Participation by invitation to Men's Health Day
- Each Grade 4 and 5 class has open invitation for presentation
- Highly visible advertising campaigns
- "Heads Up Crew" Brain Injury education team
- Community Garden tours

Community Education



Support to families:

Family members are encouraged to attend and participate in programming and are included in the lives of our members. All literature and programming are created with the family members in mind and encourages the participation of family members.

We are very happy with and proud of the success of this program and the success it has fostered in the lives of our clients.



Secret Santa Families

Staff Training:

The Society actively seeks out and participates in continuing education training and workshops. The Society values the staff and their sensitivity to the needs of the clients. Staff training is accomplished through community fundraising activities.

Conference attendance for our clients and staff:

It is vital for clients and family members to have the opportunity to connect with peers through conference attendance. It is equally important that staff be allowed the opportunity to network and learn what type of work is being done by their peers.

Powell River is an isolated rural community and it is important that we connect face to face. Clients come home from conferences revitalized and enthusiastic to share what they have learned.

This is one of the most important things we do as it reassures our members that there are others out there who are experiencing the same difficulties in managing their disabilities as they are here. It is encouraging when new connections and friendships are made on a peer level.

THE YEAR IN REVIEW

This year has been filled with successes and challenges. We have done very well in overcoming adversities...we are very sad to see our long-time Employee Donna Newell head off to Ontario to be with her family following her devastating stroke and subsequent miraculous recovery! We wish her the very best in life and miss her already!



We continue to try to have ad hoc meetings with our Advisory committee. We don't have a dedicated person in VCHA that isn't working off the side of their desk on our file, and who isn't already overworked. VCHA has put us in to their main contract stream and we are completing the required budget and financial documents for them. We are doing well with our reps from VCHA. And we are getting small lifts in the contract every year now.

Samantha is continuing to climb the learning curve for potential future operation of the Society. Samantha is currently studying for her degree in Social Work. She will be finished that in September of 2019. We all support her and wish her the best in her studies. I have been assisting her in her training in administration combined with service delivery and support. She is coming along well. I have also advised her that at her age she should seriously consider all her options before choosing her career path. We will continue to meet and discuss this and more over the coming years.

We have successfully applied for several grants this year. We also wait for news about a few more. Thanks go to our Service Canada representatives Sebastien DeStrooper and Craig Gebhardt who have been very helpful in securing additional funds for us. The Opportunities for Persons with Disabilities program granted us \$119K for a 9-month program of skills development. Nine clients were hired for 9 months. This program comes to an end on June 30th. We have another application in for a 3-year program for the same thing that will allow for 4 intakes of 9 clients each over the next three years. There have been successes and challenges with this program. As always, we make every effort to work through the challenges and to celebrate the successes. We will continue to work with the clients as they transition away from the extra income and support them as they move on to the next phase of alternative employment opportunities.



We have applied to the Arts Council of BC for a major grant. This will allow us to continue to elevate our artists and to showcase their talent. I believe that the pieces done by the brainiacs art studio are equally as good as anything I have

seen for sale in galleries. I have no doubt that this will prove to be a good source of income for many of our clients.

Once again, we have applied to the Brain Injury Alliance for continued funding. They have been very supportive in the past and we trust that they will agree with our philosophies and support us once again.

We will also be applying this summer again for the Community Gaming Grant. We would like to thank and acknowledge the financial assistance of the Province of British Columbia. We were successful once again this year and have been using our Gaming funds for client employment, program supplies, space costs, and utilities.

We have had an Art Therapy practicum student here for a year. This has not been without its challenges, but as we always do, we have found a solution to the issues that were present and we will move forward in a positive and productive manner.



As always, I must thank our many and varied supporters. Whether it be financial, in kind, volunteers, family, or friends...this Society could not operate without you! To our volunteers...people who freely give their valuable time and effort to ensure that people who are living with acquired brain injury get every possible opportunity to increase the quality of their lives...we applaud you!! To our financial supports...our doors stay open and our clients have these opportunities directly because of you!! Thank you! To the people in our community who donate things and donate their skills...we are a better Society because of you. To our board of directors! We wouldn't even exist if not for you! Your guidance, patience and support mean so much to me! Thank you!!!

Last but not least are the Brainiacs...as I say every year, and as I mean every year...you are the most supportive group I have ever met. When one is hurting, you all hurt...when one is celebrating, you all celebrate. We are a family here, not without our struggles...but in the end, we all have a bond and a love that cannot be broken. I celebrate you. You have given real meaning to the past 15 years of my life.

My message to the Brainiacs is simple: keep trying...never give up...be kind and be thoughtful in your words and actions, try to see the silver lining, even though the cloud is dark and stormy...there is light at the end of the tunnel and it is a beautiful light...your worlds have changed, but it doesn't mean the change is bad, it is just different, so dig deep, do it often and your future will be full of success and happiness...don't dwell in the past...face the future together as a strong and united group...no one will be able to put you down then!

MESSAGE FROM THE PRESIDENT



It is always my pleasure to congratulate everyone in the Brainiacs Family on another a hugely successful year.

Due to the hard work by our Staff, the many volunteers, the Board of Directors, and the Executive Director, Debbie Dee, along with the generous funding from many sources, we are able to provide essential services and assistance to our members.

The "Powell River Brain Injury Society" continues to move forward towards Social Enterprise, creating huge connections with the Food Bank, and with our community. The future of the Powell River Brain Injury Society is very bright, and I can see many successes coming our way.

The faces here sometimes change, as people come and go for many different reasons, but there is something about this group that touches the soul. We all become better, stronger, calmer, ... and we smile more. The essence of this place just stays with you.

Thank you all,
Doug Logan, President

MESSAGE FROM THE TREASURER

This has been a challenging year for our staff. I want to first thank them all for stepping up to the plate the way they did when Donna had a stroke. You all rose to the task and kept the centre operating and the clients were all supported very well.



Financially this was a challenging time this year. With one staff person gone for a month and the other staff person leaving for medical reasons there was truly a crisis of staffing at the centre. Our bottom line was a small deficit again this year, however, the numbers correspond with the revenue and expenses for the hot sauce so it appears as though we are once again right on track financially.

We always take this time to thank our funders. Without you there would be a lot of people falling through the cracks of service delivery in our town. Vancouver Coastal Health Authority, Community Gaming Grants of BC, Brain Injury Alliance, and the BC Arts Council and the Federal Government.

The Executive Director and I will work diligently this coming year to ensure that our finances are, as always, responsibly used and the programming for the clients is fully funded.

I would like to thank the staff and volunteers for their work over the years, they are truly an amazing group of people.

Harv Allison, Treasurer

MESSAGE FROM THE EXECUTIVE DIRECTOR



The Powell River Brain Injury Society continues to play a vital role in the overall health of our region. I am fortunate to work with such dedicated and professional staff members and volunteers. I look forward to continuing the work we do to bring the message of prevention to our community and raise awareness and visibility of our Society.

We have gone through many changes over the years, with this year being another example of how we continue to be a vital thread in the community fabric.

The Centre is welcoming, friendly and vibrant. It is truly a place where our members feel comfortable, respected and welcome. For some it is more than a second home, it is their first home.

As with any non-profit organization in these times, we have faced difficulties with the uncertainty of ongoing funding. Thanks to the report from the Service Review, I believe we have proved our mettle and will stress a little less over finances with a new and improved contract. We have worked hard to meet the recommendations made in the report and I am 100% confident that we are on the right path regarding our reporting and our data collection. As always, I would like to take this opportunity to thank Vancouver Coastal Health Authority for their support. We could not accomplish any of this without your assistance. I would also like to thank our many and valued volunteers, from everyone who comes in for workshops with our members, to our wonderful janitorial volunteers and not the least, our dedicated board of directors.

In analyzing the statistics, we can see that our efforts are paying off in the numbers of visits we get to the Centre. The feedback surveys from the clients are all positive and give us something to work from. I look forward to working with you all during 2018-2019 to further improve the great work we do.

Respectfully Submitted:

Deborah Dee, BMT, FAMI – Executive Director

STATISTICS

	Apr-Jun	Jul-Sep	Oct-Dec	Jan-Mar	Year
Total people	126	110	70	70	224
number of named people*	84	77	66	66	126
unnamed people/visits	42	33	14	24	98
named people's visits	774	591	1057	926	3621
Total visits	816	624	1061	930	3719
Logged calls**	25	35	51	29	165
Clients	47	43	44	42	71
cause					
TBI	38	35	34	34	58
stroke	3	3	4	2	4
aneurysm	3	2	2	2	3
tumor	2	1	1	2	2
anoxic	1	1	1	1	1
unknown	0	1	2	1	3
gender					
male	25	23	26	25	40
female	22	20	18	17	31
mobility					
partially affected	9	6	6	5	10
wheelchair	1	1	1	1	1
ethnicity					
first nations	3	4	4	4	7
age group					
18-34	2	5	2	3	6
35-50	16	16	13	12	23
51-65	29	22	29	27	42
Non-client breakdown	79	67	36	47	152
family/friends	25	20	15	16	33
activity leader	3	2	1	1	3
requesting info	42	33	14	24	97
support worker	4	8	3	4	11
volunteer	3	3	3	2	6
other	2	1	0	0	2

* clients, family, support, & other regular attendees

**actual calls likely to be much higher

Example from one client

Gender: Male

Age: 50-60

Ethnicity: Caucasian

Mobility: Partially affected

Month	Visits	Program	
		Drop in	Appt
Jan 2018	13	10	3
Feb 2018	15	13	2
March 2018	19	17	2
Total	47		

VANCOUVER COASTAL HEALTH AUTHORITY SPECIFIC FUNDS BUDGET

Revenue:		\$143,748.00
Expense:		
Wages and Mercs:		
Executive Director:	35 hrs pr wk @ \$33 pr hr + 12% mercs	62,092.00
Support Staff:	21 hrs pr wk @ \$21 pr hr + 12% mercs	23,708.00
Outreach Staff:	7 hours pr week @ \$20 pr hr + 12% mercs	7,527.00
Client Program	14 hours pr week @ \$21 pr hr + 12% mercs	15,805.00
Facilitator:		
Client Direct Programming:		17,000.00
Facility Rent:		10,000.00
Accounting:		3,558.00
Utilities:		4,058.00
Total Expense:		\$143,748.00

Note: Vancouver Coastal Health Authority funds are used to leverage for other funding to pay rent, the remainder of utilities, travel, telephone, contents insurance, membership dues, meals and entertainment for clients, field trips, conferences, professional development, capital purchases, office supplies, technical equipment and maintenance, and any other expenses. This Society and Centre would not exist without these funds.

OUTCOME MEASURES

There are several means by which we formulate, analyze and measure outcomes. Information is required on how we actually impact the lives of our clients and our community and whether or not we are having the intended effect.

Client feedback sessions are producing successful results. Phenomenological data is gathered and analyzed through objective reports, both written and verbal. Both qualitative and quantitative results are produced.

We focus our measurements on overall attendance, objective reports, and analysis of surveys, general community awareness and knowledge as per the outcome of increased visibility, community policing statistics and health numbers.



CONCLUSION

The Powell River Brain Injury Society provides a vital and much needed service to our community.

We have leveraged core funding by approx. 30% each year through the Brain Injury Alliance, Direct Access Gaming Policy and Enforcement and Annual fundraising campaigns and donations. We are continually seeking new grant and sponsorship opportunities and ways to partner in our community.

Each of our employees provides hundreds of hours a year of volunteer activity for the Society. We are very lucky to have such a dedicated group and I cannot thank each of them enough.

We estimate that our service ratio remains well above the industry standard. We are proud of this number. With a small staff, we have managed to provide service and support for each and every person who comes through our doors with minimal or no wait time.

If one life remains unchanged and uninjured and one family does not suffer the life long and life-altering effects of acquired brain injury then it is all worth it. We will continue to provide excellence in service delivery and support and increase our community visibility with the outcome being a reduction in the number of acquired brain injuries in our region.

Thank you!



Big THANKS from all of us here...



Providing service, support, education and awareness since 2003...