



# Powell River Brain Injury Society

## Annual Report

April 01, 2021 to March 31, 2022

Prepared for: Vancouver Coastal Health Authority



Once Again...From all of us to all of you...Thank you!

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  
Leanne Kerntopf – Program Manager  
Ginevra Kuboniwa – Outreach Manager  
Dewar Boutilier – Head Gardener  
Jim Wilkins – Peer Support Worker  
Linda Boutilier – Peer Support/Outreach

## Volunteers:

Carol Engram – Garden  
Jen Nachlas – Art Therapy

## Board of Directors:

Doug Logan, President  
Jena Lohrbach, Vice-president  
Jim Donnelly, Secretary  
Dan Dyble, Treasurer  
Hugh Pritchard, Director  
Rick Craig, Director



Every Child Matters.....

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

We acknowledge the financial support of Vancouver Coastal Health.

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## **INDIVIDUAL AND FAMILY SUPPORTS**

### **Support groups:**

- Creative Expressions Art and Music Therapy
- Psychosocial Support
- Peer Support
- Cognitive Enhancement
- Memory and Anger Management Workshops
- Reading and Writing through Poetry and Song
- Speech training through singing vocal techniques
- Outreach Services



*Red Dress to Support MMIW on the Highway of Tears*

### **Referral 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.

### **Information and referral services:**

A reference library containing informational, technical and research materials is available. 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 large inventory of information ranging from activity calendars to twitter followers to the latest research and technological breakthroughs in the profession.



### **Drop-In Centre Operations:**

We provide a vital and vibrant Centre that provides a welcoming and safe environment. Many drop-in activities are coordinated weekly and all are well attended.

We assist our clients to increase and/or maintain a reading and writing level with a weekly Reader and Writers group.

Arts and Crafts is a big part of our programming. We encourage the clients to sell the items they create. Alternatives to traditional employment is a big part of what we do at the Centre. Even though the clients for the most part cannot go back to their place of employment we offer every opportunity that we can for them to have a new way to earn money and feel like a part of the community again. Being a contributing member of society is a major goal for us to assist our clients with.

### **Volunteer Coordination:**

We are welcoming the return of our volunteer base post pandemic. We are very much looking forward to returning to a semblance of normalcy.

## ***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. We do what we can to assist our clients in need of housing, however like everywhere else affordable housing is an issue we struggle with.

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. We also provide work experience opportunities for our clients in several areas, including gardening, computer basics and internet research techniques, cooking, organizing and resume writing and job search

skill building. We support our clients in alternatives to traditional employment in income earning through a program whereby we take their crafting skills and as mentioned previously, purchase a booth at the local farmers' market so they can sell their crafts and artwork. All proceeds stay with the client.

Our Friday Feast Program provides a healthy meal for lunch each Friday and we provide take home containers for clients so they also have food for the weekend.

#### 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
- Attention catching advertising campaigns
- "Heads Up Crew" Brain Injury education team
- Community Garden tours
- Participation in the Advisory committee on Poverty Reduction

##### **Support to families:**

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

### **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.

It is important to us that our clients understand that they are not the only ones who are feeling how they feel or experiencing the symptoms that they do.

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 the effects of their brain injuries as they are here. It is encouraging when new connections and friendships are made on a peer level.

### ***THE YEAR IN REVIEW***

We continued to follow public health guidelines as far as the pandemic goes. We slowly opened up for volunteers to return, which was very nice to see a few of the folks come back. We are sure this will increase over time back to historic levels.

We had more changes in our staff, with our Outreach worker heading off for schooling while still staying in the health care field. We are very happy for Ginevra and wished her the best of luck in all future endeavors.

Our staff helped clients who were working on arts and crafts projects to get them ready for sale at local markets and fairs.

We were part of a Canada wide art project called Mural Mosaic. It was an excellent project that brought 11 of our artists together to create panel tiles for the mural. We believe that we increased the visibility of acquired brain injury through this project.

We also began another large art project funded through the Disability Alliance of BC showcasing the abilities of BC Artists who are living with a disability. 6 mural panels in the heart of Powell River will be painted with historical images. We have partnered with the local First Nations and the title of this project is: Our People Our Place A History in Art. Weather has played a role in the project being behind schedule, however, we are so happy with how this has been received in the community. This will be very good for persons who are living with acquired brain injury to showcase ability.

Our Outreach program continued to be very important and, in some cases, the only contact that some of our clients have. Social isolation continued to be a symptom of ABI that we worked hard to help our clients overcome.

Our relationship with Vancouver Coastal Health remains strong and we remain grateful for the continued support and belief in the work we do in the community and beyond.

Once again, we made a written submission for June to be declared Brain Injury Awareness and Prevention month in our city. The Mayor of Powell River is a strong supporter of ours and gave a wonderful speech in council chambers extolling our services and support.

The garden is now in a new place – about 50 meters from where it was. We asked our landlords if we could expand and they asked that we move it because they were ready to develop the property that it sat on. Serendipitously there were several food security related funding opportunities to apply for. We received just under half of the \$180K that it was going to cost to move the garden, the fencing, the beds and greenhouses and waterlines and so on. The project is now well on its way and we are growing in the new space this year. We have secured a 5-year lease for free from the city and have planned for the following leases to be secured at a very low annual fee. It is a wonderful asset to our programming. It is a teaching tool, an enhanced social skills venue, a point of community pride for the whole area, and wonderful source of food security for our population.

Our board continues to be busy governing the business of the Society. Their visioning session went well. They came away with a renewed energy and each has a new and deeper understanding of what it is they are doing and who for. They are now planning ahead for the day the ED retires so that every aspect of the operations of the Society is documented for the new person. A huge task, but very much worth the work.

We continuously make every attempt to provide what our clients ask for, whether it be assistance with forms and advocacy, or art projects, or any other ideas they have that they believe will improve the quality of their lives. This is our mission plain and simple: be the catalyst that helps our clients navigate the ever-murky waters of acquired brain injury.

As always, we give a special mention and thanks to the Vancouver Coastal Health team who continue to provide financial and other supports; we could not provide the services we do without you.

I would be remiss to not include a big thank you to our many and varied volunteers. Working in the garden, helping out at the art table, playing cards and talking with clients, helping in the gym and the pool, and so much more. Your dedication is heartwarming and we thank you for all that you do to help with the success of our programming. We are happy that you are returning.

*MESSAGE FROM THE PRESIDENT*

2022 AGM Message from the PRBIS President

Thank you all for another successful year at the Centre.



Heading into our 20<sup>th</sup> year of service, I want to thank everyone for their active participation and every little thing that you do. It is the little things each day that add up to a great day, and great year.

I want to thank our Executive Director, Debbie Dee, for her dedicated leadership, her inclusive perspectives, and her open mindedness as she works through this every changing world of challenges.

Thanks to each our Staff and the volunteers. Your contributions keep things flowing each day.

I want to thank our many funding sources for continuing to support us during these challenging times.

I also want to thank the Board Directors for their diligent efforts to keep us on track. Your participation is much appreciated.

In conclusion, I know the future of the Powell River Brain Injury Society is very bright.

Thank you all,  
Doug Logan,  
President - Powell River Brain Injury Society.

## *MESSAGE FROM THE TREASURER*

This year's report is presented jointly by Dan Dyble, the Past treasurer and Rick Craig as current treasurer since we transitioned the roles mid-year.

2022 marks our early emergence from the chaos of the pandemic. Shifts in funding protocols and dynamic changes in operational requirements have kept our ED and staff very busy. Responding to the additional cleaning requirements for pandemic protocols have left us showing a small and manageable annual deficit.

The past year has allowed continued improvements in tracking and reporting and the coming year will round out the new practices enabling further improved planning and audit capabilities. This timing is key as we enter a period of inflation and will have to address the impacts of working with fewer resources. One focus for the coming year will be broadening financial support and funding to match the planned operational program developments including the potential represented in the new garden location.

We look forward to giving our full report and discussion at the AGM.

Dan Dyble

Rick Craig





## *MESSAGE FROM THE EXECUTIVE DIRECTOR*

The Powell River Brain Injury Society continued to play a vital role in the overall health of our region. I couldn't be prouder of our team. The staff, board, clients and their family members have all pulled together during this tough year to continue to provide services and support. I feel fortunate to work with such dedicated professionals.



Over the past 19 years we have created programs aimed at elevating the quality of life for our population. Creative Expressions Art group encourages creativity and an alternative to traditional employment for our clients who have the opportunity now to sell their creations at several places in our community. 100% of the proceeds go to the client. Employment programs enhance existing skills and foster new learning systems for employment. Social programs are critically important.

Our Centre adhered very well to our Covid protocol and we have been successful in continuing to operate with some clients still attending daily and others coming in on a rotating basis. We have not had to turn anyone away.

As always, I would like to take this opportunity to thank Vancouver Coastal Health Authority for their support. I would also like to thank our many and valued volunteers, who continue to return to the Centre.

Statistical analysis tells us that we continue to be doing the right thing and travelling in the right direction. Feedback surveys from the clients are once again revealing about the work we do and it is gratifying that all comments have once again been positive.

Respectfully Submitted:

Deborah Dee, BMT, FAMI – Executive Director

## STATISTICS

Named	197			
Unnamed/visits	4			
Named visits	2626			
Video/Phone/Social Media	63			
Total Visits	2889	Logged Calls	389	
Cause				
TBI	164			
Stroke	5			
Aneurysm	7			
Tumor	8			
Anoxic	13			
Gender				
Male	94			
Female	103			
Mobility				
Partially affected	13			
Wheelchair	5	Ethnicity	First nations	9
Age group				
18-34	5			
35-50	53			
50-64	139			
Non-clients				
Family	29			
Activity leader	2			

Support worker	2
Volunteer	2
Information requests	208
Other	22

**Example from one client**

Gender: Male    Age: 45+

Ethnicity: Caucasian    Mobility: Partially affected

Cognition: Partially affected

Month	Visits	Program	
		Drop in	Appt
Apr-Jun 2021	36	25	11
Jul-Sept 2021	28	24	4
Oct-Dec 2021	42	26	16
Jan-Mar 2022	32	22	10
Total	138		

**MEASURES**

There are several means by which we formulate, analyze and measure our services. Structural measures give us a sense of our ratio of service provider to client, process measures allow us to make accurate reflections on the services and support we offer to the clients by way of satisfaction surveys. Outcome measures signify the end result of our work, both with our population and in the community in general. We gather several forms of information to consider how we actually impact the lives of our clients and our community and whether or not we are having the intended effect. Analysis of this allows us to modify current programming if required, carry on the way we are, and gives us suggestions for new and improved services and support.

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 have the clients complete service and support surveys, asking such questions as impact on their lives, anything they want to change, anything they want to add or delete and any other suggestions. We also have a survey for staff satisfaction that is completed on a bi-annual basis by the clients.

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.

By all account we are meeting and exceeding our expectations.

## ***CONCLUSION***

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

We have leveraged core funding by approx. 30% each year through the Brain Injury Alliance, Community Gaming Grants 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!



Providing service, support, education and awareness since 2003