

Celebrating 10 years



BRAIN INJURY ASSOCIATION OF NORTH BAY & AREA

ANNUAL REPORT

2013-2014



BIANBA

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OUR MISSION

The mission of the Brain Injury Association of North Bay & Area (BIANBA) is to enhance the lives of individuals and families in North Bay & Area who are living with the effects of acquired brain injury through education, awareness and support.

BIANBA is a local not-for-profit, charitable organization. It is member driven.

BIANBA values openness, respect, dignity, integrity, and collaboration.

BIANBA was established in 2004 by a committee of stakeholders made up of individuals with ABI, family members and people who work in the area of ABI support and rehabilitation in collaboration with the Ontario Brain Injury Association. We received our charitable status in 2006. This year marks our 10th year anniversary of service to North Bay & Area.

Today, BIANBA is governed by a volunteer Board of Directors. The Board of Directors, on behalf of the community of people in North Bay & Area with acquired brain injury, will govern the organization and seek to continuously improve the ability to express the values and mission of the organization.

MESSAGE FROM THE PRESIDENT



This last year has been a very successful one for the BIANBA Group. Our successful events such as the "DONT" event increased the public awareness of risks, as well as the supports BIANBA offers to those dealing with Brain Injuries. We have had additions to our board this year to create a well-rounded energetic group, working hard to serve those who are living with the effects of acquired brain injury in our community. As well we have had some departures from the board, and wanted to take the time to thank our outgoing members for their time and dedication. We look forward to the next year of building on our strategic plan, growing our membership and working with our community to promote safety, prevent injuries, and to be a source of support to those who have been touched by affects of an Acquired Brain Injury.

Heather Cranney

Heather Cranney, President

SECRETARY'S REPORT

There have been changes to the board, since the last meeting in October 17, 2013. In October of 2013 Mitch Mallette (Social Worker) joined our board. In November of 2013 Brad Gordon (Survivor) joined the board. In January of 2014, Amy Pederson (Caregiver) was accepted to the board.

In October of 2013, Kristina Rancourt attended the ABI OBIA Conference in Niagara Falls. Kristina provided a report on several of the sessions she attended. BIANBA receives a portion of the dividends due to their participation at the conference. OBIA will forward to each affiliated association once the amount is determined. BIANBA in partnership with OBIA, March of Dimes and the NELHIN provided the Brain Basics Training to 25 participants from across Nipissing, Parry Sound and beyond.

In December of 2013, BIANBA along with DAAAY, March of Dimes, NBRHC and Friends submitted a joint proposal to the NELHIN requesting funding for an ABI Day program (3 days in North Bay and 2 days in Parry Sound).

A discussion about the possibility of adding Parry Sound to the Brain Injury association of North Bay & Area, possibly changing the name to reflect or having two Boards, but shared resources occurred. It was decided that participation on the current board would need to occur prior to make any significant changes.

In March a second proposal was submitted to the NELHIN by March of Dimes, PHARA, NBRHC and the Nip/PS ABI CCT to develop Assisted Living units in North Bay. Beth Ward chairs the CCT as a BIANBA representative. On March 14, a Strategic Planning meeting was held. The Annual Budget for 2014-2015 was set. The BIANBA Board Work Plan was developed for 2014-2015 including recruitment and succession planning for Executive Positions and new Committees were set up:

- o The Finance Committee will consist of Kristina Rancourt, Debra Cloutier, Amy Pederson and Susan Topham.
- o Forms and Policies Committee will include Heather Cranney, Dave Priestley, and Luce Lafontaine.
- o Program Development & Membership Committee will consist of Dave Priestly, Beth Ward, Mitchell Mallette and Brad Gordon.
- o Public Relations Committee will consist of Heather Cranney, Amy Pedersen and Brad Gordon.

March 15, 2014 a meeting was held with OAC (OBIA Advisory Committee). Changes to ONCA (Ontario Not-for-profit Corporations Act) were reviewed. April 1, 2014 the changes come into effect for new requirements.

Finally we talked about Education and Awareness Events for 2014-2015. As a lead up to June, Brain Injury Awareness Month, on May 31, 2014 Board Members will staff the Community Booth at Northgate Mall. We will be collecting pledges for the DON'T Campaign, giving out T shirts, pledge rings, and pledge cards. Further, the Fund Development Committee submitted a proposal to create 4 billboards with the D.O.N.T message to establish BIANBA recognition as well as further fund development. July 1, Canada Day we will have tables set up at the Kid Zone giving out information, games for children, and asking for pledges for the DON'T Campaign. In the Fall / Winter of 2014-2015, we plan on having an information table set up at the Battalion / Lakers hockey games.

Beth was approached by Nipissing Human Services & Justice Coordinating Committee, to donate to BIANBA, \$1200.00 from the Court Diversion Program towards the development of a Peer Support Program.

A number of Motions were passed during the past year:

Motion 2013-01 Collaboration / Co-Location of BIANBA with DAAY Centre.

Motion 2014-02 Accept Amy Pederson as a BIANBA Board Member.

Motion 2014-03 Accept Annual Budget April 1, 2014 – March 31, 2015.

Motion 2014-04 Fund four billboards for four weeks at a cost of \$1130.00.

The BIANBA Board continues to work hard to try and expand events, with new ideas we hope to accomplish this year. We look forward to another successful year ahead.

TREASURER'S REPORT

Income

BIANBA's 2013-2014 fundraising endeavours saw a similar pattern to previous years. In 2010, BIANBA partnered with Wallbridge & Wallbridge to put on a production of "After the Crash" by the Ruckus Ensemble as an awareness event for the North Bay Community. It was performed by student of and hosted by Nipissing University. This accounts for the significant difference in 2010.

Every other year the Ontario Brain Injury Association puts on an ABI Conference. The affiliated associations receive dividends from the conference. This accounts for larger donations from OBIA every other year. In 2012, a significant amount of those funds were used to purchase targeted pamphlets and BIANBA paraphernalia for events. This year we received funds through the Brain Basics program in partnership with March of Dimes, the NELHIN and OBIA.

INCOME STATEMENT (Fiscal year runs from April 1 – March 31) – Yearly Comparisons

INCOME	2010-11	2011-12	2012-13	2013-14
OBIA / Peer Support / Membership	1400.29	7863.39	1156.07	2645.00
Donations	6000.00	500.00	2000.00	1025.00
Other	0.00	0.00	80.96	678.20
Total Income	7400.29	8363.54	3237.03	4348.20
EXPENSES	2011	2012	2013	2014
Communications	574.05	757.92	908.08	822.34
Programs	1057.25	509.79	202.08	105.63
General & Administration			620.59	504.76
Professional Fees	0.00	2040.43	1172.05	808.62
Awareness / Promotion		1780.28	4356.50	276.99
Bank Fees	59.40	54.45	59.40	59.40
Total Operating Budget / Expenses	7427.66	5142.87	7318.70	2577.54
Surplus / Deficit	2246.62	3220.67	-4081.67	1770.66

Disbursement Activities

We completed the year with surplus funds. Expenses for promotional materials were lower this year as large quantities had been purchased in previous years.

Our balance sheet as of March 31, 2014

BALANCE SHEET

ASSETS

Cash \$2130.26

EQUITY

Total Assets \$2130.26

LIABILITIES

Accounts Payable \$0.00

Total Assets &
Liabilities **\$2130.26**

FINANCE / FUND DEVELOPMENT COMMITTEE

The BIANBA Board of Directors has developed 5 new committees each responsible for developing core priorities. BIANBA's fundraising activities this year were minimal as we focused on core development.

POLICY & FORMS COMMITTEE

A number of strategies have been identified to assist with improving the governance of the Association around development of standard forms and processes; this includes a number of policies that are being developed to increase the effective of our governance.

PROGRAM DEVELOPMENT & MEMBERSHIP COMMITTEE

BIANBA's membership grew this past year with an overall increase in both Individual and Family / Caregiver members. The increase in membership can be attributed to increased exposure. At the beginning of last year, members were sent a member satisfaction survey, we only received a small number of responses and will be working over this year to complete survey's with members in person.

SUPPORT GROUPS

This is a monthly support group that meets at the Royal Canadian Legion. It is open to both individuals with an ABI and their family/caregivers. We typically have good attendance in the milder/warmer months (5-7 members), with a significant decline in attendance during the colder months (1-2 members).

PUBLIC RELATIONS COMMITTEE

The committee will be working to increase our skill set in managing public relations to best get the messages out to our community. Standardized communication tools are being developed to ensure consistent messaging to create effective communication that represents the goals, mission and values of BIANBA.

AWARENESS CAMPAIGNS 2013-2014

In the area of awareness, BIANBA Board of Directors and members participated in the following events this year:

- ABI Inpatient Training at the North Bay Regional Health Centre – May 2013
- ABI Lunch & Learn at the NBRHC – May 2013
- June Awareness Month – Community Booth & Drive Only Never Text (D.O.N.T.) Province-wide Campaign Event – June 2013 and May 2014
- Canada Day – Kids Zone Awareness Event – July 2013
- Brain Basics – October 2013

In May we completed both inpatient staff training and the ABI Lunch & Learn at the North Bay Regional Health Centre. Carol DiSalle, North East ABI Resource Clinician, Janet Bell, March of Dimes Sr. Rehab Specialist, Brad Gordon, member and Beth Ward, BIANBA Vice President spoke to the staff of the hospital and audience members about the effects of living with a brain injury for individuals and their families. The purpose of building this relationship is to develop a Hospital-Community Liaison initiative for newly injured individuals and their families to support them with transition back to the community.

At the Northgate Mall Community Booth event in June we gave away DON'T Rings and Distracted Driving Education Cards to increase awareness around the dangers of texting and other distractions while driving. We had over 100 pledges signed to Drive Only and Never Text.

On Canada Day – BIANBA had a table at Kids Zone and we gave away bike helmets and DON'T rings to increase the awareness of the importance of safety for all ages.

In October, in partnership with the NELHIN, March of Dimes and OBIA, we offered the 2-day Brain Basics program at the Royal Canadian Legion. We had 25 attendees from across Nipissing and Parry Sound. The participants included survivors, caregivers, family members and professionals.

MEET the BOARD OF DIRECTORS



(Front row from left to right: Brad Gordon, Luce Lafontaine, Kristina Rancourt, Debra Cloutier, Amy Pedersen, Susan Topham; Standing from left to right: Beth Ward, Dave Priestly, Mitchell Mallette and Heather Cranney)

Heather Cranney, President

I joined the Board in 2012, soon after I relocated to the North Bay Area after living in Timmins for 11 years. I have worked in many aspects of health, and became very interested in the effects of Acquired Brain Injury when working in a rehabilitation role. I advocated for ABI clients from ages of 12 months to late 80's. It helped me to recognize the way that ABI has affected members of my family, and helped me to recognize the need for better supports for those who care for them.

My biggest beef is the line "its just a concussion" and I want to be part of a system that recognizes the care and attention each injury requires, and better supports for those who do not experience the perfect NHL type recovery we see on TV.

I am honoured to sit around the table with a Board that all have their personal reasons to make a difference, and every time we meet they teach me something new.

Beth Ward, Vice President

I began on the Board in January 2011; I held the position of Chair from June 2011 until October 2013, completing two terms. Most recently, I have been a co-facilitator for both the consumer and caregiver support group. I represent BIANBA on the OBIA Advisory Committee on behalf of the membership. I have worked to increase the program offerings as well as the educational opportunities including the annual lunch & learn at NBRHC and Brain Basics in October.

Prior to moving to North Bay, Ontario in 2010 to work as a Social Worker at the North Bay Regional Health Centre, I resided in Toronto, Ontario. I was employed in various positions including Residential and Community Facilitator with Community Head Injury Resource Services from January 2004 until moving to North Bay in January 2010.

There is a significant gap in the supports and services available in Northern Ontario and it has been my personal goal since joining the Board to increase the availability of resources for those living with the effects of brain and their families. The North East Local Health Integration Network (NELHIN) continues to have the highest number of traumatic brain injuries (TBI) of all LHINS and is one of the least funded. Education about the impact of brain injuries, especially mild TBI is needed as ABI's are life long and frequently invisible. There is a growing understanding of not only the physical impacts of brain injury, but also the cognitive aspects. I continue on the Board in the capacity of Vice-President and will continue to support this community and work for increased capacity in Northern Ontario.

Susan Topham, Secretary

After returning to school at the age of 32, I graduated with a B.A. in Social Sciences. My background was in Social Services, as I worked for sixteen years at a group home with Developmentally Handicapped people. I had also worked as an Educational Assistant with the East Parry Sound Board of Education, as well as worked with the Windsor Board of Education. My volunteer work had been with Girl Guides of Canada, Scouts Canada, and Children's Achievement Centre in Windsor. Currently I am employed as a School Bus Driver.

I joined the BIANBA Board in 2008. My husband has an ABI, and this was my main reason for my interest. I needed to know information about brain injuries, and how I could help him with his disability. Coping skills for me as a caregiver of someone with an ABI, was another area I was lacking in.

I started out as a Phone Volunteer on a team with other BIANBA Board Members. As the board changed there was less volunteers. From there I advanced to managing the phone and trying to recruit other interested people to also volunteer. A position came up for Secretary on the board, and I offered to do this job. Our board had decreased for a while, but gradually we increased. There were some people, on the board filling more than one job (position). At one point I was Secretary, Phone Volunteer, Mail Pickup, and Treasurer. As our board increased in numbers, there were more members to assume the various positions. We now have a good assortment of board members who are skilled in different areas.

I continue to be amazed at what great results people with a desire can accomplish for a common goal. I enjoy the work that we do and are proud of the goals we continue to achieve. I have grown personally in the knowledge learned and skills obtained in my work on the board. My coping skills as a caregiver have increased with the knowledge obtained

I look forward to continuing to develop ways and means, the BIANBA board support people with ABI.

Kristina Rancourt, Treasurer

I joined the Board in March of 2012 as a Director with both employment and personal experience on the effect brain injuries can have. During my first year on the Board, I co-facilitated the support group with Dave Priestly and helped develop an education component to the groups. In the spring of 2013, during succession planning for the Board I indicated my interest in the position of Treasurer. Not long afterwards due to health reasons, the position of Treasurer came open and I was able to move into this position quickly. I have enjoyed this role and feel it is integral to the continued success of the Association. I look forward to another successful year financially as well as overall.

Debra Cloutier, Director

I became a Board Member in 2011 primarily because of my father who sustained a serious brain injury as a result of a car accident. After nearly succumbing to his injuries, he recovered and endured a long and difficult rehabilitation until he return home. Dad was never the same and the effects of his injury were pronounced requiring a great deal of help from my Mother and me. I gained a great deal of insight into living with someone with a brain injury.

Presently, I am the Chair of the Finance and Fund Development Committee. My role is primarily fund raising to help raise awareness and help individuals with a Brain Injury. We are currently raising money for the "Don't Drive and Text" campaign which will be launched shortly throughout the North Bay area. More recently, we established contact with the Ontario Brian Injury Association to discuss our broader initiative for a Provincial "Don't Text and Drive" campaign being coordinated with the Road Safety Committee. I feel I have the experience, knowledge and compassion for this position on the Board. I enjoy helping others and want to enhance the lives of others.

Dave Priestley, Director

I am a Brain Injury survivor, originally from the Niagara region of Ontario and a resident of North Bay since 1996. I have recovered from two strokes, including a brain stem stroke suffered in 2008. I joined the local brain injury association, now known as BIANBA, as part of my rehabilitation activities in 2010, and have enjoyed this leadership role on the board of directors and as co-facilitator of the support group meetings.

I had former volunteer roles with the University of Montana State, Crisis Intervention and the North Bay Literacy Council. I am a former serving member of the Canadian Military and hold a

post graduate Degree in Microbiology. My interests include music, biology, art and science fiction. Future goals include enrolment in the peer mentorship program as a new opportunity to help others. Those who know me well, report my best asset in recovery and enjoying life is my thriving sense of humor.

I left the Board in 2011 due to health reasons, but rejoined in 2012. I currently act as Peer Representative both on the Board and for the Ontario Brain Injury Association (OBIA) Advisory Council (OAC). I currently participate on the Program Development & Membership Committee as well as co-facilitate the monthly consumer support group.

Luce Lafontaine, Director

My studies were in the field of Psychology. I earned a Ph.D. in Clinical Psychology and had a career during which I provided psychological services as an educator and consultant to children and adults in various settings including primary and secondary schools, colleges and universities, and, more recently in a psychiatric hospital. In the context of my personal and professional life, I had occasion to meet many individuals who had suffered a brain injury. This, as well as a mild brain injury I sustained as a result of a motor vehicle accident during my early adolescence motivated me to try to learn more about the effects and available treatments for brain injury. Seminars and training sessions offered through OBIA and other organizations in this area as well as in Toronto provided me with valuable opportunities to educate myself about brain injury. As I approached a planned retirement date, an opportunity arose to serve on the Board of Directors of BIANBA. It has been an honour and a privilege to be a Board member for the last year and a half.

Bradley Gordon, Director

I am a 59 year old male who suffered an acquired brain injury three and a half years ago. I was riding my bicycle when I lost focus and turned my head which resulted in a fall down an embankment. Not wearing a helmet, I lost the hearing in my right ear, suffer from vestibular difficulties constant dizziness, depression and self diagnosed CTE Chronic Traumatic Encephalopathy. I am no longer employable. Therefore I spend my time painting, working with natural local stone creating walkways, hiking and spending time with family. I attend monthly BIANBA meetings and receive ongoing support from March of Dimes.

Mitchell Mallette, Director

I am a Social Worker at North Bay Regional Health Center. Currently I am doing my masters in disability studies and behaviour therapy. I have worked as a rehabilitation therapist for Bartameous Inc for 3 years. In this time I built very strong relationships with the individuals I worked with, and that grew into a passion for the field of brain injury. I decided to be a board member to give back to the community, educate and inform others, in hopes to better the lives of people that are living with an acquired brain injury.

Amy Pedersen, Director

My current position on the Board is in the finance and funding committee. I will help raise money for the association in any way I am able to. Currently we're working on raising money to rent billboards in town to promote DON'T; Drive Only Never Text. Our future goal is to have four of them on highway 11 and 17.

In May 2000, my Dad fell off a horse and suffered a severe traumatic brain injury. After being released from the hospital after eight months, half of which he was comma induced, he was in very bad condition. He needed a wheel chair, didn't have use of his arms and couldn't speak a word. My step mother at the time thought she would take some time off work and nurse him back to health. He didn't receive the help he needed and deserves and I regret it every day of my life.

Being a child myself I didn't have much say over my parents or the knowledge about brain injuries. I thought this would just be life as I knew it and I had lost my Dad. We quickly learned he would never speak again as that was where his brain swelled. Living in small town New Liskeard, there were no rehab facilities, speech therapist or Brain Injury Associations. If there were have been life for him could be different.

My step mother left my father three years ago and since he's been living here in North Bay with my wonderful husband and I, we've taken his well being into our own hands. We've now hired a March of Dimes worker and have gotten him involved in various programs through March of Dimes. He also sees a speech therapist at the hospital.

There's a period of time for healing and relearning after a brain injury and it doesn't last forever. Unfortunately, he will never have his speech back but I hope no one else will have to go through the struggles that my Dad and our family have gone through.

After raising money for the Association last June, I met Debra Cloutier. She approached me and I couldn't turn this opportunity down. I hope to raise awareness about the group and funds for future projects advertising the group. I'm happy and grateful to be a new member. I know I have lots to learn and I think I have a lot to offer to the group.

FINANCE / FUND DEVELOPMENT

The Fund Development Committee has initiated a four point approach to simultaneously increase awareness and increase funding for the association. This plan is summarized as follows:

Charitable Donations

The committee will continue to solicit donations from corporations and individuals. This has been done in the past through a one on one approach to target donor companies and individuals alike. This is however not the most effective means of fund raising as we need to increase the awareness of BIANBA within the community. By doing so, we will no doubt be more effective at private solicitations.

Donation Boxes

A donation box campaign has been launched with boxes placed at business locations throughout the community. While it not expect that this will be a primary source of funding, the campaign will generate funds while at the same time promote awareness of the association.

Affiliation with Safe Driving Committee

Probably the most ambitious initiative is our association with the MTO and the Safe Driving Committee. Our participation on the committee has been beneficial not only through increased awareness but it also provides a means for BIANBA to seek significant funding from the Ontario Government for a co-ordinated safe driving advertising campaign. This shared approach allows BIANBA to get our message out without the requirement for any funding. There are also indirect benefits associated with participation on this committee that will no doubt benefit our association.

Direct Advertising Campaign

BIANBA has launched a billboard advertising campaign. Over the next month, four distinct billboards carry the DONT message will be prominently displayed throughout North Bay. BIANBA is recognized as the sponsor of this campaign which will help increase public awareness and help with our charitable donation initiatives. Patterson Signs also provided BIANBA with an "in kind donation" by heavily subsidizing the cost of the campaign with a discount upwards of 75% off the posted rates.

POLICY & FORMS

To identify and develop gaps in policies to promote transparency in leadership and governance.

To review changes to the Ontario Not-for-profit Corporations Act and ensure compliance with new or revised regulations and laws.

PUBLIC RELATIONS

To develop a community profile/response and increase targeted media education through media releases, invites to community events etc.

PROGRAM DEVELOPMENT & MEMBERSHIP

To increase the participation of our members at all levels of this organization.

To increase total number of members within the Districts of Nipissing & Parry Sound.

To increase the access and availability of resources and supports for our members.

It is the goal of this committee to increase the number of support groups available in the Districts of Nipissing and Parry Sound. The following steps have been identified:

Support Group

Starting in April 2014 this group will be for consumer/survivors only as we move to separate support groups for consumers and caregivers.

Caregiver Support Group

There have been consistent requests for a separate family/caregiver support group. Starting in April 2014 the Family/Caregiver Support Group will meet monthly at the Royal Canadian Legion.

1. Develop a Support Group Manual to assist new facilitators.
2. Advertise for facilitators in the following areas
 - a. Mattawa
 - b. Sturgeon Falls
 - c. Powassan
3. Locate venues to hold the groups
4. Train facilitators and provide ongoing support, both resources and financial.

Substance Use & Brain Injury Support Group

A weekly support group for individuals living with a brain injury and requiring support around addictions issues.

Cognitive / Skills Groups

To develop and offer cognitive skills groups for members.

Life After Brain Injury Workshop

To develop and run two 8-week educational workshops (Fall 2014 and Spring 2015) for individuals with a brain injury and their caregivers/family members.

Peer Support Program

Beginning in September 2014, a Peer Support mentoring program will be offered as an additional resource in the Districts of Nipissing and Parry Sound to those experiencing the effects of brain injury and the resulting life changes. There are opportunities for both those adjusting to the effects of brain injury in their lives, and those who wish to offer help and support through sharing of their experience.

For both survivors and their family members, the peer support program offers an alternative and much needed form of support. You are partnered with a fellow survivor or family member who has experienced a similar situation first-hand and is empathetic to your frustration. Mentoring takes place over the phone, focusing on discussion and resolution (where possible) of particular problems or issues.