



2019 Brain Injury Fund

Annual Report

*Brain Injury: A Personal Challenge
A Community Response*

www.braininjuryalliance.ca

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“Brain injury is forever. In order to ensure cost-effective and efficacious, evidence-based and outcome-driven services, and considering the complex needs of persons with brain injury, a variety of sources for services and supports must exist at the local level. This will require integrated planning, and establishing and sustaining broader partnerships with other partners in the communities.” - Government of British Columbia, 2002¹

President’s Message to Alliance Members

For the past five (5) years the Brain Injury Alliance has been proud to support the work of the registered charitable brain injury societies of British Columbia. This year’s Annual Report is an exciting display of the many accomplishments made by brain injury societies and people living with brain injury across the province during 2018-2019.

Together we served more than 4000 individuals but we know that there are many more who could benefit. As always, the stories of real lives changed as a result of our work speaks volumes. It is when you meet Fran, Michelle, Guy, Eve and Darryl in this report that the meaning of what we do now, and what we must continue to do in the future, becomes real.

Like you, the members of the Alliance board are active in local brain injury societies. We know how hard people with brain injury work to move forward in their lives. And we know how hard all of the staff of our societies work to help people along their path. We have yet to meet a worker that ‘clocks out’ at the end of the working day and gives no more thought to their job until their next shift. That’s just not who we are. We hope that this year’s report, which is based on what you told us in your Final 2018-2019 Reports will make you as proud as it has made us.

We are now almost half way through the utilization of the 2019-2020 grants. In the summer of 2020 we will be allocating the final grants from the funds provided by the government of British Columbia in 2015 and 2017. If all goes according to plan we will have a commitment for on-going funding long before this potential end date.

Right now we have a plan to build our fund into a permanent, annual allocation. We know too that if we come upon too many bumps in our road forward that you and your supporters and the people you serve will be there to back us up. Together we must make sure that our progress continues.

Thank you once again for your support of the Alliance and for the work that you do, one person at a time.

A handwritten signature in blue ink, appearing to read "Dr. Henry Harder", is positioned above the typed name.

Dr. Henry Harder
President
Brain Injury Alliance

Brain Injury: A Personal Challenge – A Community Response

The Brain Injury Alliance (Alliance) was created in 2014 to address the funding challenges faced by local brain injury organizations that were struggling to keep the doors open while meeting the growing needs of British Columbians dealing with the effects of acquired brain injuries.

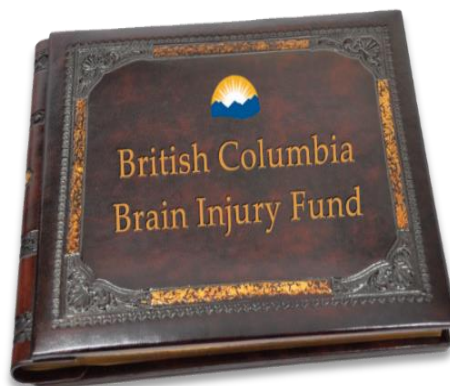
The Brain Injury Alliance is a province-wide organization in British Columbia composed of thirteen (13) brain injury organizations working together to improve the quality of life of persons living with a brain injury, their families, and their communities.

The Alliance's function is to acquire and fairly distribute critically important program funding. The funding is provided to help charitable non-profit community brain injury associations through a grant process to meet the ever increasing need for professional brain injury programs and services.

Since 2015, the BC Government has provided the Brain Injury Alliance with \$6 million dollars in supplemental program and service funding through the Brain Injury Fund. This funding is to be distributed at \$1 million per year to support services in the community through local charitable brain injury associations.

In June 2020, the Brain Injury Fund will be depleted. Without a renewed agreement with the Province, the ability of brain injury associations across the province to maintain and expand services to the survivors of brain injury will be jeopardized.

Monies distributed by the Alliance through the Brain Injury Fund combined with the ongoing efforts of not-for-profit brain injury associations across the province to foster innovation and efficiency has improved timely access to quality brain injury services



at the community level. Programs and services delivered with the aid of Brain Injury Fund monies have had a significant impact on the wellness of survivors and their families and are delivered at no charge.

In addition to direct funding of brain injury associations, the Alliance administers the Dr. Gur Singh Memorial Education Fund established by the Province in 2015 with a \$1 million endowment. This fund is available to those individuals with an acquired brain injury who want to upgrade their education and job readiness and are sponsored by a local brain injury society.

The Alliance is only able to fund about 50% of the service and program needs applied for by member organizations.

In June 2020, the Brain Injury Fund will be depleted. Without a renewed agreement with the Province, the ability of brain injury associations across the province to maintain and expand services to the survivors of brain injury will be jeopardized.

The Brain Injury Fund is making a positive difference in the lives of British Columbians. Increased funding will provide additional supportive programs and services to meet the complex needs and concerns of the injured, assisting people to reach their full potential for decades to come.



Alliance Quick Facts

13

Agencies funded

\$961,948

Distributed to deliver programs and services

40

Programs and services delivered

\$200.63

Spent per client served

>4,000

Brain Injury Survivors supported

>25,000

Community Members Reached for Injury Prevention & Community Education

What You Should Know about TBI/ABI

Traumatic Brain Injury (TBI) arises from traumatic insults to the brain and head (vehicle collisions, falls, sports injuries, assaults, electrocution).

Acquired Brain Injury (ABI) includes TBI plus non-traumatic causes (stroke, aneurysm, arterial venous malformation, tumors, anoxic events, surgical mishaps, infections).

- TBI is estimated to occur at an annual rate of 5 per 1000 persons¹
- Statistically, TBI occurs at a rate 100 times that of spinal cord injury²
- When ABI and TBI are included together, estimates suggest up to 1 in 25 persons in Canada may be living with some level of ongoing disability from a brain injury³
- While awareness and diagnosis of TBI is improving, missed cases, misdiagnosis and misattribution are commonly reported in the relevant clinic literature⁴
- Post ABI, persons are seven times more likely to develop symptoms of mental illness⁵

¹ Langois JA, Rutland-Brown W, Thomas KE, *Traumatic Brain Injury in the United States, Emergency Department Visits, Hospitalizations, and Deaths*. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; 2006.

² Won Hyung A. Ryu, Anthony Feinstein, Angela Colantonio, David L. Streiner, Deirdre R. Dawson, *Early Identification and Incidence of Mild TBI in Ontario*, *The Canadian Journal of Neurological Sciences*, Volume 36, Number 4, 429 - 435, July 2009.

³ http://www.vistacentre.ca/_files/statistics.pdf (4% figure); see also *Brain Disorders in Ontario: Prevalence, Incidence and Costs from Health Administrative Data*, Ontario Brain Institute July 2015 at 148 (incidence of TBI alone approaching 2% of population in Ontario in April 2010 assessment).

⁴ Silver, McAllister and Arcienegas, *Textbook of Traumatic Brain Injury*, 3rd ed. 2019; see also Zaslter and Katz, *Brain Injury Medicine: Principles and Practice*, 2nd ed. Ed. 2012.

⁵ Jeffrey M. Rogers; Christina A. Read; *Psychiatric comorbidity following traumatic brain injury*. *Brain Injury*, Volume 21, Issue 13 & 14 December, pages 1321 - 1333, 2007.

What do Community Brain Injury Organizations Do?

The primary work of community brain injury associations involves assisting people with a brain injury to learn how to live with the changes and challenges faced after injury. Community brain injury associations in BC have created innovative community based rehabilitative programs and services.

Brain Injury Associations are a critical link in the continuum of care. They provide service innovation, increased public health, and reductions in demand for emergency services by persons with a brain injury.

Here are a few of the programs made possible with Brain Injury Alliance funding:

Case Management/Individual Support

An older couple came in (after) the husband had received a brain injury. Their insurance company was slow to pay and they were without income. Their home was to be sold to cover costs. We helped them access various programs, so they did not lose their home and got help pressing their insurance claim. – Kamloops Brain Injury

Community brain injury associations provide services to any person living with an acquired brain injury. Non-profit brain injury associations serve people from all walks of life regardless of funding sources. Services are designed to educate, improve function and independence.

Although service delivery and the range of available services change as an individual regains skills and rebuilds their life, services are not time-limited. Services are typically centered on a case management model.

These interventions may help prevent many situations from requiring emergency medical or psychiatric services incarceration, and/or homelessness.

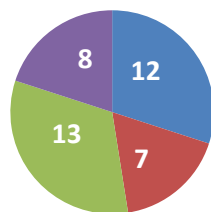
Services include but are not limited to:

- brain injury education/ coping with the effects of injury (survivor, family, employer, community),
- help applying for pensions or other financial assistance,
- obtaining and retaining housing,
- obtaining medical care,
- exploring employment and education opportunities,
- accessing other important community supports and services

Remote case management involves the use of technology to deliver flexible and adaptable services in order to meet the diverse needs of people who are geographically isolated from services.

This funding allowed for the Northern Brain Injury Association (NBIA) to provide case management services in over twenty-five (25) communities in northern BC. - NBIA

Brain Injury Programs & Services Funded 2018 - 2019



- One to One Services
- Group Services
- Group + One to One Services
- Injury Prevention & Community Education

Professional Counselling

The research indicates that in excess of 20% of individuals who sustain a traumatic brain injury develop mental health disorders, particularly depression and PTSD⁶. According to a 2016 study in Toronto, Ontario, 53% of homeless individuals live with brain injury. The vast majority (77%) were injured prior to becoming homeless.⁷

Three (3) brain injury associations have chosen to support clients who are struggling with mental health issues as a result of acquired brain injury by subsidizing professional counselling services. In all three (3) instances, the community brain injury association assessed that while an expensive strategy, counselling can have very positive effects.

145 clients benefitted from these services at an overall cost of \$59,300, of which \$35,840 was provided by the Alliance.

If people with brain injuries can be supported in the community for a relatively small cost, it reduces the much higher costs of hospital/psychiatric admissions, substance use, homelessness and/ or incarceration.

Issues dealt with included anxiety, depression and PTSD as well as life issues that are hampering recovery from the brain injury, including marital and family problems, emotional regulation, loss of identity, financial concerns and addictions. In all instances, counselling was provided in conjunction with other services provided by the society including case management and group programs.

⁶ Nada Andelic, Solrun Sigurdardottir, Anne-Kristine Schanke, Leiv Sandvik, Unni Sveen & Cecilie Roe (2010) *Disability, physical health and mental health 1 year after traumatic brain injury, Disability and Rehabilitation*, 32:13, 1122-1131, DOI: [10.3109/09638280903410722](https://doi.org/10.3109/09638280903410722)

Community Engagement

Brain injury organizations support people with system navigation to access the resources they need for complex issues such as housing, mental health, etc. through collaboration with other organizations and stakeholders.



The Community ABI Navigator Program helps people affected by ABI by developing a personalized recovery and action plan with strategies to set goals, access community resources, fill information gaps and help build community and social networks.
- Nanaimo Brain Injury Society

⁷ Stephen W. Hwang, Angela Colantonio, Shirley Chau, George Tolomiczenko, Alex Kiss, Laura Cowan, Donald A. Redelmeier, Wendy Levinson (2016) *Traumatic Brain Injury in the Homeless Population: A Toronto Study* <https://www.homelesshub.ca/resource/26-traumatic-brain-injury-homeless-population-toronto-study>

Group Services

In addition to one to one service, primarily case management, all of the community brain injury programs provide multiple services in a group format.

Many programs have found that the primary goal for new clients is a desire to learn about their injury, to find out if there is anything that can be done to minimize symptoms and to learn strategies to cope with the long term effects of the injury.

These programs provide the linkages that make it possible to rebuild skills to get back into the community. These programs hold people together during the hard work of rebuilding a life after a traumatic and life changing event.

Small groups provide the benefit of peer support to both the supporter and other clients, while increasing efficiency and providing cost containment. These benefits have lead several brain injury associations to establish formal peer support programs. From four (4) organizations that reported on these programs, more than 1000 individuals benefited from formalized peer support programming.

Two (2) organizations provide an intensive multi-week (up to 20 weeks) peer support program. Seventy-one (71) people with brain injury participated in these. Clients report, and independent research corroborates, the long term benefits of peer support programs.

Group/peer support programs can also provide support for organization staff working in multiple programs with large caseloads.

Some group programs include therapeutic yoga/karate, cooking, photography, art/music therapy, gardening, stained glass, writing, and outings. Participation in these group programs are the first steps in building confidence, community involvement, volunteerism, and independence. These programs are well-supported by the community (artists, musicians, universities/colleges as well as local stores and businesses).

The Alliance is proud to provide some of the funding, particularly for staff costs, so that Alliance member agencies can continue with these vital programs. Often it is these programs that remind the people that we serve that life is good, even after brain injury.

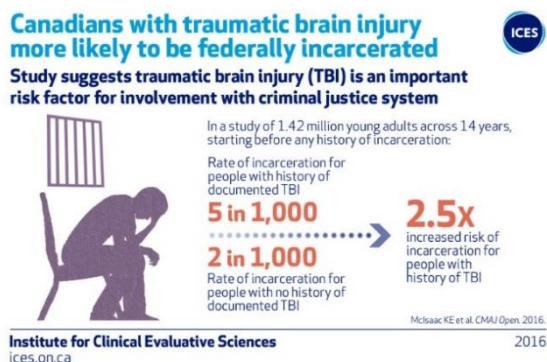
The Alliance makes it possible for us to continue with this vital program (What's Next Peer Support). This program creates the desire to make a difference in their lives and the lives of other peer supporters...with the tools to help them move forward. – Campbell River Brain Injury



Brain Injury Services in Corrections

In 2013, the Prince George Brain Injured Group Society did a cross-sectional study of the prevalence of brain injury at the Prince George Regional Corrections Centre.

Of 254 inmates, 58 agreed to participate, of which 86.2% reported at least one traumatic head injury during their lifetime. The prevalence of possible traumatic brain injury in this same population is 74.1%.⁸



According to the 2016 study, “Association between traumatic brain injury and Incarceration: a Population-based Cohort Study”, having a history of traumatic brain injury increases the risk of involvement with the criminal justice system by 2.5x.⁹

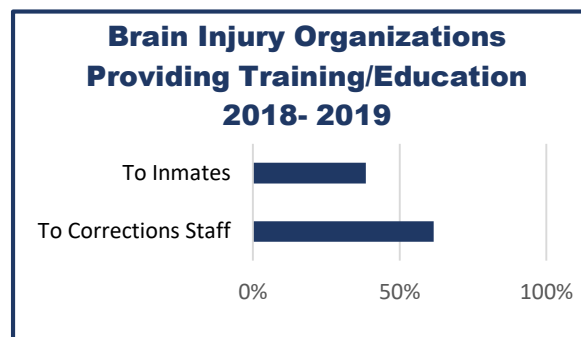
In response to increased awareness of the connection between brain injury and involvement with the justice system, the first corrections based brain injury education program in Canada was developed by the Prince George Brain Injured Group in 2015.

This innovative 2017 Public Service Award winning program has since been shared with community brain injury organizations province wide. As a result, this project has helped increase services for incarcerated people with brain injuries across BC.

The Corrections Integrated Brain Injury Services at the Prince George Regional Correctional Centre provides the following:

- understanding past life choices, and how to move forward successfully,
- educates in-custody corrections staff about the effects of brain effects,
- strategies to improve communication and reduce misunderstandings,
- return to community planning support.

Corrections staff state that education about brain injury gives them greater confidence, respect, prevents situation escalation, and improves staff and inmate safety. Inmates describe it as life changing.



During 2018-2019, 38% of the community brain injury associations reported providing training and brain injury education to inmates. 62% reported providing training/education to corrections staff.¹⁰ None of these programs would have been possible without Brain Injury Alliance funding.

Agencies Providing Training/Education About Acquired Brain Injury & Resources		
	2014	2019
To Inmates	0	62%
To Corrections Staff	0	38%

⁸ Traumatic Brain Injury in a Northern British Columbia Correctional Center, Prince George Brain Injured Group, 2013

⁹ Kathryn E. Mclsaac, Andrea Moser, Rahim Moineddin, Leslie Anne Keown, Geoff Wilton, Lynn A. Stewart, Angela Colantonio, Avery B. Nathens, and Flora I. Matheson, Association between traumatic brain injury and

incarceration: a population-based cohort study, *cmajo* 4:E746-E753; published online December 8, 2016, doi:10.9778/cmajo.20160072

¹⁰ Source: figures extrapolated from data received from the Alliance September 2019 Final Program Reports

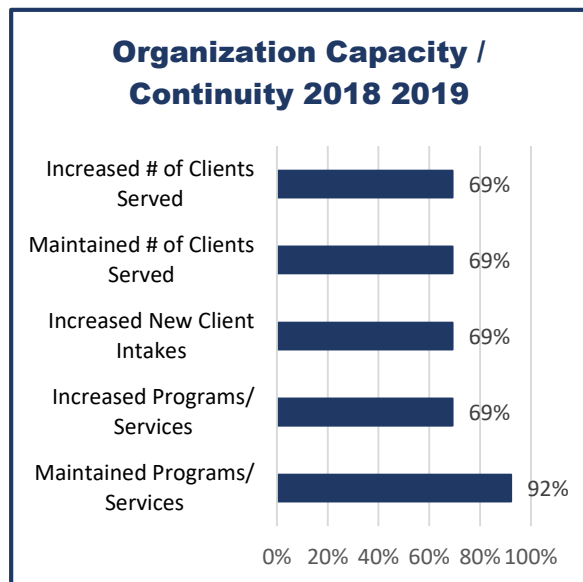
Current Funding for Brain Injury Associations

British Columbia brain injury associations are currently funded through a fragile patchwork of donations, grants, fees for services, Health Authorities, charitable gaming, fundraising and for the period 2015 to 2021 through the Brain Injury Alliance.

The Alliance funding has increased the stability of community brain injury organizations, and supports the growth of programs and services by leveraging of other grants, and fundraising dollars.

When asked whether they would be able to offer their current programs without Alliance funding, 32.5% of the organizations responded that they would not be able to offer some of the existing programs, and others reported that existing programs would be significantly impacted by reducing client intakes, staff hours and program frequency.

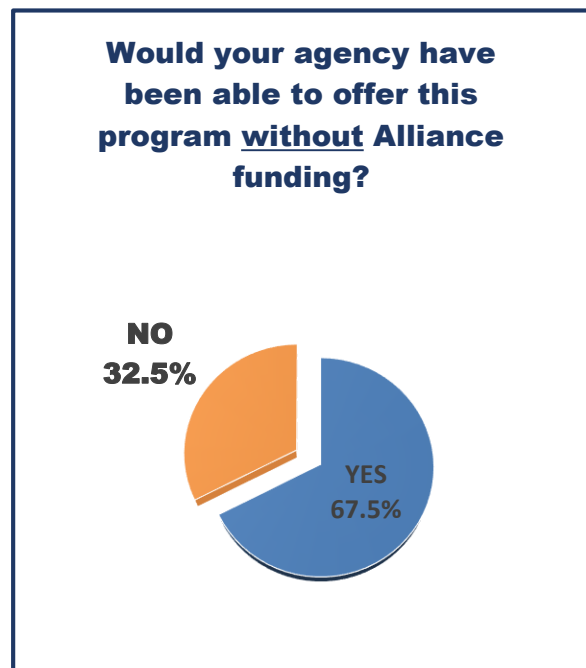
Without Alliance funding, 32.5% of the organizations responded that they would not be able to offer some of their existing programs at all. The loss of these programs would affect more than 1515 people with acquired brain injuries.



Closure of these programs would leave more than 1515 clients without services.¹²

In the 2018 – 2019 funding year, 69% of the organizations reported being able to increase the number of programs provided, and the number of new client intakes/clients served as a direct result of Alliance funding.¹¹

Data collected from brain injury organizations illustrate the importance of the Brain Injury Fund to the provision of services to individuals with acquired brain injuries throughout BC.



¹¹ figures extrapolated from data received from the Alliance September 2019 Final Program Reports

¹² figures extrapolated from data received from the Alliance September 2019 Final Program Reports

SOCIAL IMPACTS OF ALLIANCE FUNDING		
Obtained Employment	Reduced Client Involvement with Medical/ Hospital Services	Reduced Client Involvement with Justice System
126+	478+	62+

Out of the 307 individuals we support through the Brain Injury Alliance (funding), we have only had two (2) hospital admissions over the year. One member had a stroke and the other was admitted for psychiatric treatment due to a brain tumor. - Kootenay Brain Injury Association

Brain injury organizations reported that programs that received Alliance funding had an impact on reducing client involvement with medical/hospital services.

Programs that received Alliance funding supported 126+ individuals with obtaining employment opportunities including;

- warehouse, construction
- self-employment (baking, painting, landscaping, reflexology)
- gardening/landscaping
- grocery store, retail
- dishwasher, fast food preparation
- recycling,
- roofing
- obtaining a two year extension on PhD¹³

Our service ID card has been reported by clients as being instrumental in de-escalating interactions with police.

- Victoria Brain Injury Society

“Clients are assisted in attending appointments with probation, are being reminded of legal conditions, assisted to make changes in routines to avoid actions that caused interaction with justice system, provided support to reduce domestic violence and to effect a change in housing.”

– South Okanagan Similkameen Brain Injury

Community brain injury organizations supported 62+ individuals reduce their involvement with the criminal justice system. Support with decision making, cognitive impairment, budgets/planning, housing, etc. can reduce the risk of incarceration.

“I have been doing some planning & can even start saving money & I won't have to do any crime anymore” - letter from an individual who has gone through the program (classes as well as one on one).

– Prince George Brain Injured Group

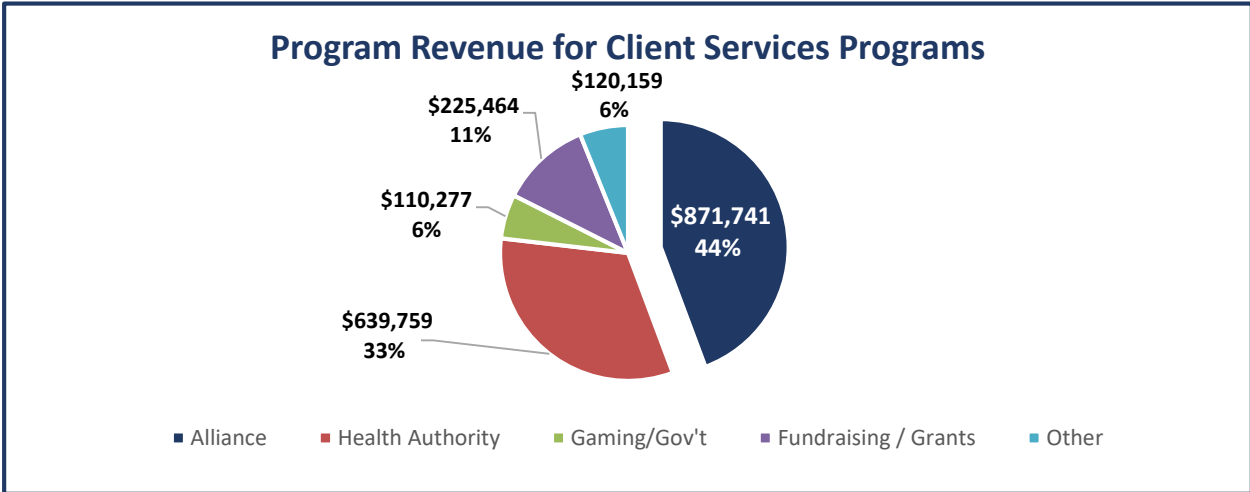
¹³ figures extrapolated from data received from the Alliance September 2019 Final Program Report

Brain Injury Fund Grant Distributions

Community brain injury organizations provide cost effective services and utilize Alliance grant funding to leverage funds from other sources.

Alliance Funding Per Client

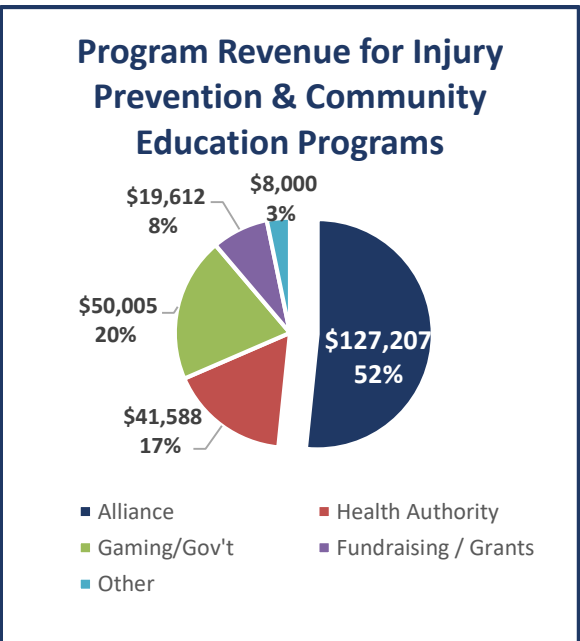
\$200.63



In 2018 - 2019, the Brain Injury Fund allocated \$871,741 in client services program grants. Fundraising/grants and other revenue comprised 17% of the overall revenue for programs that received Alliance funding for client services.



Client services programs (one to one and group programs) costs per client were \$200.63 for over 4000 clients from Alliance funding.



The Alliance distributed \$127,207 for Injury Prevention and Community Education programs. 11% of the overall program revenues for these programs was generated by community brain injury organizations through fundraising and other revenue sources.

Injury prevention and community education programs that received funding from the Alliance reached over 26,000 community members at \$5.07 per person.¹⁴

¹⁴ figures extrapolated from data received from the September 2019 Final Program Reports

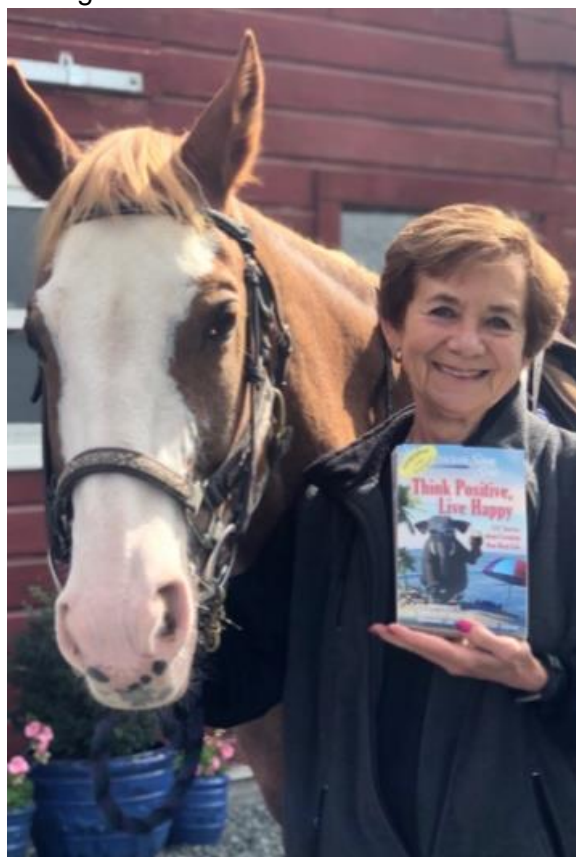
Brain Injury Fund Benefits to British Columbians

Fraser Valley Brain Injury Association

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas.

In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded in part by the Brain Injury Alliance.

Feedback amongst readers was positive and more submissions were requested for future newsletters. Individual writers wanted an opportunity to meet with others sharing an interest in writing.



The Writer's Bullpen Group was created in August 2018 with the goal of supporting people with acquired brain injuries in creating, planning and producing interesting, informative articles for the Fraser Valley Brain Injury Association newsletter.

The group initially met for three weeks to share, give and receive feedback on their creations. Feedback from FVBIA newsletter subscribers was so positive, the group has continued to submit material for the newsletter.

One of the Writer's Bullpen was a very successful, published author prior to her brain injury. She led the group and lent her expertise with editing and creative direction to the others.

In September 2019, she sent a quick email to share news with FVBIA staff and the other writers about successfully returning to professional writing after her injury.

One of her stories is in the newest *Chicken Soup for the Soul* books – "Think Positive, Be Happy"

<https://www.amazon.com/Chicken-Soup-Soul-Positive-Creating/dp/161159992X>

"Please pass my best on to the gang, I will aim for November. Please let them know that I have a story published in the new Chicken Soup for the Soul book released this Tuesday, called "Think Positive, Be Happy," story chosen from thousands, one of the 101, it's about volunteering at the horses at Valley Therapeutic. Attaching a pic. I hope to be doing a small event soon at The House of James, will keep you in touch, Smiles, Fran"

North Okanagan/Shuswap Brain Injury

Michelle acquired a traumatic brain injury at the age of twelve, while playing with her cousins. The injury resulted in significant neurological and physical challenges that created a life of fear, anxiety, exclusion and seclusion.

As an adult, Michelle moved to Salmon Arm and discovered NOSBIS. Since receiving the encouragement and support through the Support Worker Program, which is funded 100% by the Alliance, Michelle has successfully completed numerous courses at Okanagan College.

She is a very active volunteer with NOSBIS, providing regular on-call assistance at our reception desk. Michelle volunteers at NOSBIS' many fundraising activities and serves on the Board of Directors.

Through her association with NOSBIS and the ongoing support of the Support Workers, Michelle has gained the confidence to

participate in the community without hesitation.

She has learned the necessary coping skills to live independently in her home and in the community. From a life of fear, anxiety, exclusion and seclusion, Michelle has transformed her life to one filled with curiosity which she satisfies with reading, using the computer efficiently to research topics and discovering new areas of interest. She has developed the confidence to make her own decisions and control the direction of her own life.

She interacts enthusiastically with her peers at various NOSBIS-related events as well as participating in community events, independent of NOSBIS involvement.

It has been a joy and a privilege to see Michelle develop to this level of her potential. With her strong desire to live an independent life and her willingness to work hard to reach every goal, she has been, and continues to be, an inspiration to her peers and to each of us at NOSBIS.

Without the Support Worker Program, the underpinning support that has helped Michelle to reach her goals would not have been available to her.

We are very grateful for the funds that allow our Support Workers to make a positive impact on the lives of individuals who are living every day with the challenges of an acquired brain injury.

For motivated individuals like Michelle, the ongoing encouragement of the Support Workers provides the impetus for accomplishing goals that once seemed to be impossible.

Prince George Brain Injured Group

Darryl Kiseynewakup (Kiss-in-yee-wake-up) is originally from Big Island Lake, Saskatchewan. In 2018, he heard about the Prince George Brain Injured Group (PG BIG) from a therapist at a healing village in Chilliwack and moved to Prince George looking for answers as to “why he was the way he was” after receiving a blow to his head.

Darryl became a regular at BIG, wanting to attend any class he could, so he attended Introduction to Brain Injury. Fascinated by the knowledge he gained, Darryl wanted to learn more so he attended PG BIG’s (6) month Rebuilding after Brain Injury program to help him to cope and develop strategies.

Darryl felt for the first time that he could do more with his life. With the support of a case manager and his own perseverance, Darryl began seeing a tutor to help with his reading so he could go back to school.



In spring of 2019, Darryl was chosen as one of eight (8) students to participate in a new Trades Exploration Program at the College of New Caledonia (CNC) in Prince George.

The program, a first for BC, was developed to help underemployed and unemployed individuals with brain injuries explore trades occupations such as carpenter, automotive service technician, and professional cook and gain the skills needed to obtain entry-level positions in those industries.

Darryl enjoyed learning about all of the careers offered, but his favourite was Automotive Technician. He found he has a knack for tire change overs and enjoyed using the tire machine. “The instructors have been really supportive, and my resume now has references from the automotive instructors at CNC,” Darryl said. “I have confidence in my abilities helping me see past barriers that I had placed on myself.”

Due to the education and support of being part of PG BIG and the opportunity to attend the Trades program, Darryl now sees new possibilities for his future and is working on healing, getting stronger and moving forward. Darryl intends to gain fulltime employment as a tire technician.

Alliance funding provided PG BIG with the opportunity to take on this new program, and to open new doors for people with ABI.



South Okanagan Similkameen Brain Injury Society

Guy had a Stroke in early 2016 and has been involved with the South Okanagan Similkameen Brain Injury Society (SOSBIS) for several years now. He lives with his sons in subsidized family housing operated by the Society.

He is doing an amazing job as a single parent since his ex-partner left the family shortly after his stroke. Guy experiences physical limitations due to muscle weakness and limited movements in some parts of his body.

He is still living with brain injury effects including memory problems and retention of new information. SOSBIS Case Management has helped him to get all of his personal documents organized in a binder. He says this has helped him in many ways.

This organization has allowed him to be prepared to deal with all of his child custody matters, his medical information, his income information and applying for any new programs for his children.

He has participated in many of the group programs offered by SOSBIS. These programs helped him to gain some new peer friendships and built his confidence up to make day to day tasks more successful.

Guy says that he knows most people think of Stroke survivors as older people. His story shows that stroke is happening to people of any age. He is making a great recovery. He is able to maintain a very organized home, which helps him cope with the challenges of raising children as a single father. His routine helps him feel that life is in control.



Kootenay Brain Injury Association

I had a stroke in 2005 and was left with some deficits. At first, I was hesitant and unsure of what to expect when I went to Kootenay Brain Injury Association. I remember at the first meeting the worker went around the table and asked how everyone was doing. I thought to myself, "I'm not sharing to a group of strangers."

After three people shared, I found myself relating to total strangers and joined in conversation. Many years have passed since my first encounter with KBIA and hundreds of meetings and hours of support since.

I am considered the mother goose of the group and have done call outs for years. It's my way of staying connected and helping so the worker has more time to spend one on one with those that need it.

I recently turned 65 years old and I was told that I am discharged from the health authority funding. I was shocked; I have a brain injury,

it's not like you get over that! Brain injury is life long and ongoing.

As you can tell, I was very upset by this and the KBIA worker assured me that I would still be allowed to attend groups and receive support through Brain Injury Alliance funding.

My brain injury family has rallied around me at the most vulnerable times in my life: through the death of my sister, moves, fractured bones, relationship breakdowns, just to name a few.

We keep connected through the weekly groups and support each other through the hard times. I love to do acronyms to help me remember things.

The one I would like to share with you is for the word STRESS: Start Taking Risks Emotionally Smile Sense.

Sincerely, Eve Reddicopp



We gratefully acknowledge the funding assistance of the Province of British Columbia.



Why is the Brain Injury Fund Needed?

Health Authority Brain Injury Programs

Health Authorities also provide services to people with brain injury. These services however are limited and typically focus on saving lives, on the acute stage of recovery and on the needs of individuals who require life-long and/or intensive therapies.

In some regions of the province Health Authorities also provide, or contract out, some limited community services. These services are often restricted to short term, medical or health related interventions for specified individuals.

Long term brain injury care is best understood and effectively managed at the community level.

Community brain injury services provide second-stage recovery and facilitate the process of reintegration.

The Alliance is committed to ensuring quality community services are available to those who need them, when and where they need them, in order to improve population health and assist government to achieve its goals.

British Columbia Neurotrauma Fund

The Rick Hansen Man in Motion Foundation created the British Columbia Neurotrauma Fund in 1997 for the purpose of funding services and projects for neurotrauma injury.

The BC Government then established Bill 8: the British Columbia Neurotrauma Fund act to provide the fund with a maximum of \$2 million a year to be administered by the Rick Hansen Man in Motion Foundation. Funding has primarily gone into spinal cord research.

Community non-profit brain injury associations have received no funding for programs and services from the Neurotrauma Fund since 2010.

The Brain Injury Alliance has demonstrated the capacity to administer a fund specifically for brain injury services.

Information and Data

BC's community brain injury associations are an excellent source of data and information, and an exciting opportunity exists for them to be a significant part of the greater public health picture.

Alliance funding allows us to have staff available to provide immediate 1:1 support and navigation to anyone who needs it. This happens on a daily basis through phone calls, drop in, or at scheduled intake processes. - BrainTrust



Brain Injury Alliance Member Organizations

[BrainTrust Canada](#)

[Campbell Valley Head Injury Society](#)

[Comox Valley Head Injury Society](#)

[Fraser Valley Brain Injury Association](#)

[Kamloops Brain Injury Association](#)

[Kootenay Brain Injury Association](#)

[South Okanagan Similkameen Brain Injury Society](#)

[Nanaimo Brain Injury Society](#)

[Northern Brain Injury Association](#)

[North Okanagan Shuswap Brain Injury Society](#)

[Powell River Brain Injury Society](#)

[Prince George Brain Injured Group](#)

[Victoria Brain Injury Society](#)

In addition to traditional supports around organization, planning and problem solving, members are supported in anticipating and preventing crises, making informed choices, self-regulating emotions, health and medication management, as well as communication with professional and systems. – Fraser Valley Brain Injury Assoc.
