Brain Injury **Alliance**

Alliance Annual Report

2025 - 2026

President's Message

The 2025–2026 year was an important period of reflection, collaboration, and planning for the Brain Injury Alliance. As a Board, we recognize both the significant contributions of our member associations and the responsibility we share in strengthening the future of community-based brain injury services across British Columbia.

A key accomplishment this year was the development of our 2026–2029 Strategic Plan, which establishes a clear direction for the Alliance over the next three years. Guided by our vision that all persons with a brain injury in British Columbia thrive in their community, the plan reflects our commitment to building a stronger, more coordinated, and sustainable provincial network.

Our strategic priorities focus on stabilizing funding and organizational capacity, strengthening our member associations, increasing awareness and recognition of brain injury, and building greater collaboration across the sector. Together, these priorities recognize that meaningful progress requires not only strong local services, but also the provincial relationships, resources, and infrastructure that allow those services to thrive.

Central to this direction is our commitment to securing stable, long-term funding for community-based brain injury services. Predictable funding is essential for member organizations to retain skilled staff, plan effectively, respond to growing demand, and provide continuity of support for survivors and families. It is equally important that we strengthen opportunities for shared learning, coordinated advocacy, and equitable access to services across the province.

The Board is also committed to strengthening the Alliance itself. Through responsible governance, transparent decision-making, and meaningful collaboration with our members and partners, we aim to ensure BIA remains an effective and trusted provincial organization.

I extend my sincere appreciation to my fellow Board members for their leadership and commitment throughout the strategic planning process, to our Executive Director for advancing the Alliance's work, and to our member associations, staff, volunteers, and funding partners for the important work they do every day.

The year ahead presents an opportunity to turn our shared vision into action. With a clear strategic direction and a strong provincial network, we look forward to building a more connected, sustainable, and responsive system of community-based brain injury support for all British Columbians.

With appreciation,



Dr. John Higenbottam
President, Brain Injury Alliance
Clinical Professor, Psychiatry, UBC

Executive Summary

In 2025–2026, the Brain Injury Alliance (BIA) continued to support community-based brain injury services across British Columbia through funding from the Ministry of Health.

Alliance-funded programs reported supporting 4,183 clients with acquired brain injury and reaching more than 58,000 people through education and injury prevention. Member associations also reported 2,346 reductions in health-system involvement, 616 reductions in justice-system involvement, 453 employment outcomes, and 1,267 housing-stability outcomes.

Across every region, the data and stories converge on a consistent theme: the Alliance's investment not only transforms lives, it reduces demand on hospitals, emergency rooms, and the justice system. By supporting timely, community-level interventions, this network ensures that survivors have the stability, housing, and health supports needed to live safely and independently.

The year also marked the completion of BIA's 2026–2029 Strategic Plan, establishing priorities for sustainable funding, stronger member organizations, brain injury awareness, and provincial collaboration.

Themes and Insights

Integrated, Community-Based Support Works

Brain injury affects many aspects of daily life. Member associations provide individualized support across healthcare, housing, employment, mental health, and social services, helping survivors build independence and remain connected to their communities.

Early Support Strengthens Community Stability

- Timely intervention, case management, and accessible programs help people maintain housing, access healthcare, navigate complex systems, and participate in community life, reducing reliance on more intensive public services.

Growing Demand Requires Sustainable Investment

- Member associations continue to report increasing referrals, complex needs, staffing challenges, and rising costs. Stable, multi-year funding is essential to maintaining services, strengthening provincial coordination, and improving equitable access across British Columbia.

Executive Director Message

The 2025–2026 year reinforced both the value of community-based brain injury services and the growing need to strengthen the systems that support them.

Across British Columbia, Brain Injury Alliance member associations continue to provide essential services that help people living with acquired brain injury navigate complex challenges, maintain housing, access healthcare, build independence, and remain connected to their communities. The results presented in this report demonstrate the impact of these services, not only on the individuals and families receiving support, but also on the public systems that benefit when people have access to timely, appropriate care.

Yet the need continues to exceed available resources. Our member associations report increasing service complexity, growing referrals, staffing pressures, and barriers to specialized supports, particularly in rural, northern, and underserved communities. Their experiences highlight a persistent challenge: brain injury does not fit neatly within a single healthcare or social service system, and effective support requires coordination across multiple sectors.

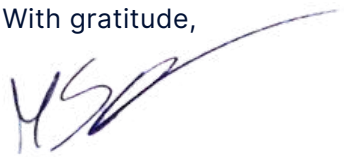
This year, we continued working to strengthen recognition of community-based brain injury services as an essential part of British Columbia's health and social support systems. Our advocacy remains focused on establishing dedicated, recurring Ministry of Health operating funding that provides stability for existing services while supporting growth in demand, provincial coordination, and equitable access across the province.

Looking ahead, we also see opportunities to strengthen collaboration across our provincial network. Shared learning, consistent outcome measurement, and stronger relationships with health and community partners will help us identify service gaps, improve coordination, and ensure that the experiences of people living with brain injury inform the decisions that affect them.

I want to thank our member associations, their dedicated staff and volunteers, our Board of Directors, and our funding partners for their continued commitment. Their collective work demonstrates what is possible when communities have the resources, expertise, and relationships needed to support people living with brain injury.

Our responsibility is to build on these results and work toward a future where access to brain injury support is not determined by geography, funding uncertainty, or the ability to navigate complex systems.

With gratitude,



Maggie Spizzirri, Executive Director
Brain Injury Alliance

ROI and Fiscal Impact Analysis

Reduced Strain on the Health System

- 2,346 instances of reduced hospital or ER involvement reported province-wide
- Significant declines in repeat emergency visits and readmissions via local case management
- **Estimated savings:** ~$504 per emergency department visit (Cressman et al. (2025), npj Digital Medicine).

Reduced Criminal Justice Involvement

- 616 reported reductions from or out of the justice system via advocacy, counselling, and coordinated supports
- **Estimated savings:** ~$418 per provincial custody day in BC (Statistics Canada)

Employment and Economic Reintegration

- 453 individuals gained or maintained employment
- Survivors rebuilt confidence, income stability, and purpose through supported work and volunteering
- **Estimated savings:** Reduced benefit reliance and increased earnings and tax contributions.

Housing Stability and Safety

- 1,267 individuals gained or maintained housing
- Stable housing prevented homelessness, shelter use, and hospital readmissions
- **Estimated savings:** ~$1.5 million/yr to operate a 25-bed emergency shelter (BC Housing, 2023).

Mental Health and Substance Use

- 1,600+ clients received mental-health support; 400 addressed substance-use challenges
- Peer, counselling and wellness programs reduced isolation and relapse risk
- **Estimated savings:** TBD – strong qualitative impact; further research needed for dollar estimate

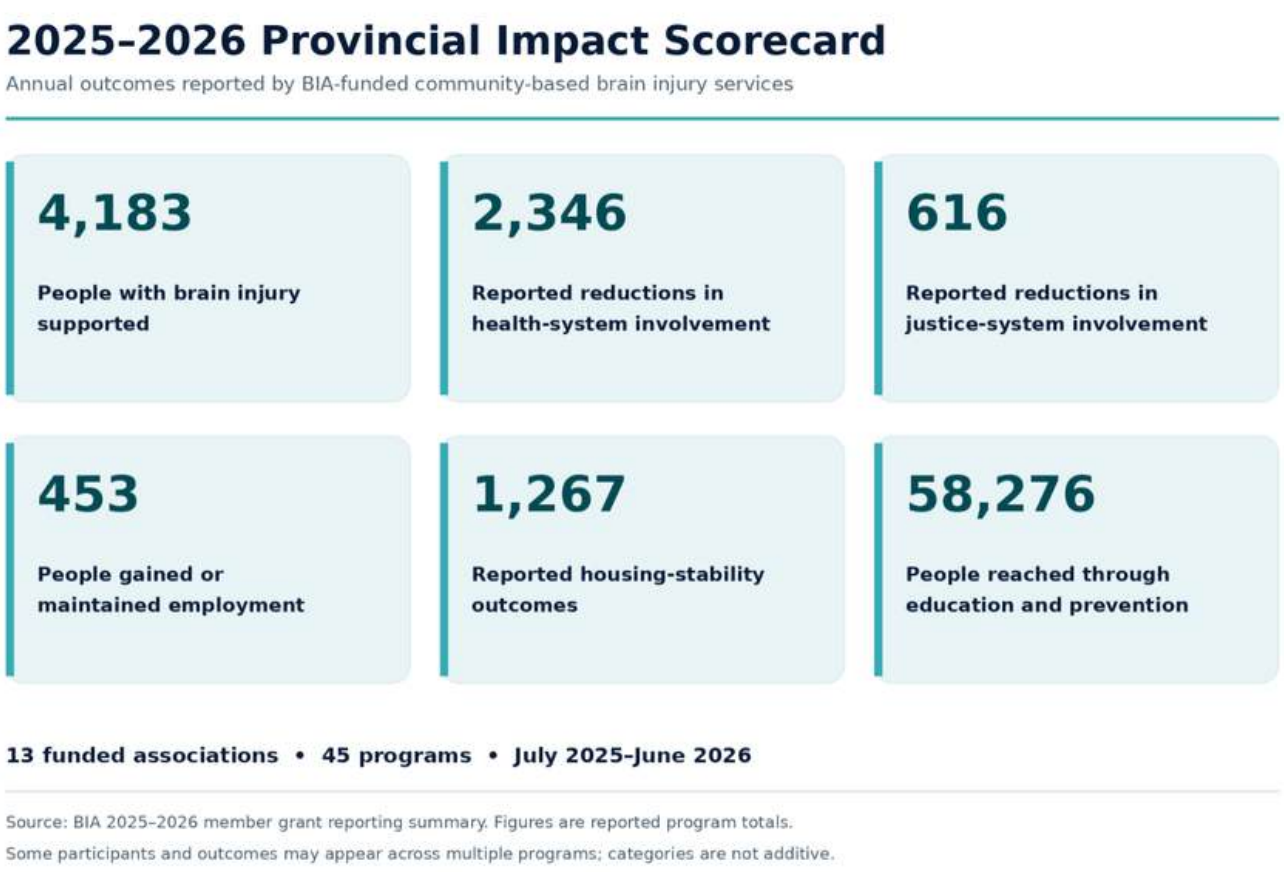
Education and Prevention

- 58,000+ British Columbians reached through injury-prevention and education initiatives
- School and community outreach promoted safer communities and early intervention
- **Estimated savings:** Long-term preventive value — estimated 20:1 ROI on prevention interventions based on literature

ROI: ~ $23 – $40 million+ in annual public-system cost avoidance this year.

Based on conservative modelling grounded in program outcomes and peer literature. Of note, some organizations did not provide numbers for participants in peer groups due to the safety, confidentiality and security of participants.

Key Metrics: The Impact of Strategic Government Funding on Brain Injury Support Services



‘We have seen clients move from feeling unheard, dismissed, and overwhelmed to feeling validated, supported, and better equipped to advocate for their needs. Clients have reported improvements in managing their symptoms and daily activities, accessing essential services, and reconnecting with supports in their communities. In one particularly meaningful example, a client shared with her Case Manager that after finally receiving a diagnosis and appropriate treatment, she felt she had “her life back.”’- Cowichan Brain Injury Society Report 2026

2025-2026 Programs and Services

The Brain Injury Alliance funded a total of **45 programs** across its 13 member agencies, delivering diverse and impactful services. These programs addressed immediate survival needs, rehabilitation, and community engagement, reflecting the Alliance's holistic approach to brain injury support.

Supported 4,183 clients through case management services, connecting them to vital resources such as medical care, housing, and education.

Types of Services Funded:

- **One-to-One Services:** Personalized client support, including case management, navigation, and life skills coaching.
- **Group Services:** Support, educational workshops, and life skills development.
- **Specialty Services:** Professional counselling, employment assistance, and correctional system support.
- **Community Programs:** Education and injury prevention initiatives aimed at reducing the incidence of brain injuries and raising community awareness.

Cost per Client
(All Services Combined):
$338 (Alliance Funds Only)

2025-2026 Service Categories

Clients reached and average cost per participant

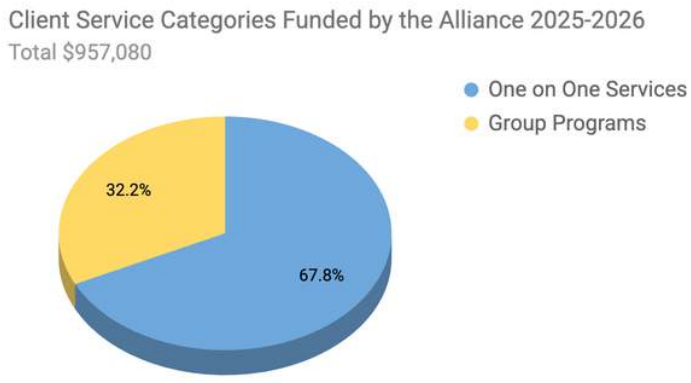
SERVICE CATEGORY	CLIENTS SERVED	AVERAGE COST	COST BASIS
Overall — people living with ABI	**4,183**	**$338**	BIA funds
One-to-one services	**2,676**	**$657**	All funding
Group services	**1,179**	**$586**	All funding
One-to-one life skills	**394**	**$616**	All funding
Specialty employment services	**52**	**$715**	All funding
Community education & prevention	**58,276**	**$3.56**	BIA funds

Source: BIA 2025–2026 Community Grant Report workbook (Stats and totals; Graphs and charts).
Costs are reported per ABI client/participant. BIA-only and all-funding costs are identified separately.
Category counts may overlap; do not add rows to calculate a unique provincial total.

One-to-One Services

Across British Columbia, Alliance-funded one-to-one services provide individualized case management, life skills development, service navigation, and practical support to people living with acquired brain injury. These services help individuals manage daily challenges, maintain housing, access health and social services, and build greater independence.

In 2025–2026, Prince George Brain Injured Group delivered more than 4,000 hours of specialized case management. This included more than 1,150 hours supporting complex health and mental health needs, 780 hours navigating justice-related matters, and nearly 965 hours supporting housing stability. This work illustrates the intensive, coordinated support often required to prevent crises and help individuals remain safely in their communities.

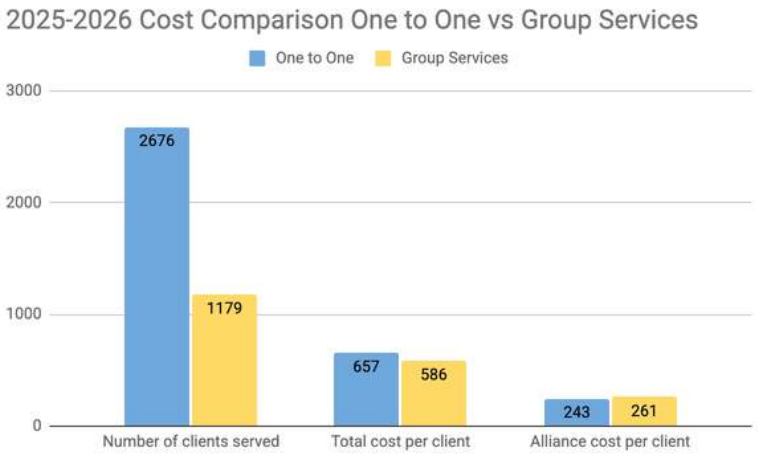


"The individual support has been life-changing for me. I am not who I was before the Acquired Brain Injury but I have been able to start to live a little bit again." — Alex, brain injury survivor and program participant. — Kootenay Brain Injury Association

Group Services

Alliance-funded group programs provide opportunities for rehabilitation, education, peer connection, emotional support, and practical skill development. They help survivors build confidence and independence while reducing isolation. In Comox Valley, annual attendance at the Survivor's Support Group increased by 97% over two years, from 193 to 381 visits. Nanaimo Brain Injury Society delivered 155 free group activities during 2025–2026, with 77% of surveyed participants reporting improved overall well-being and 57% reporting a reduced need for health services.

"You guys changed my life. I'm a single mom with kids that also have neurodivergence. I've had to prioritize my kids care a lot. The support, advocacy and community NBIS is fostering is a game changer for us. I'm not just trying to make it to the next day anymore. I'm rebuilding my life. Thank you." — NBIS program participant



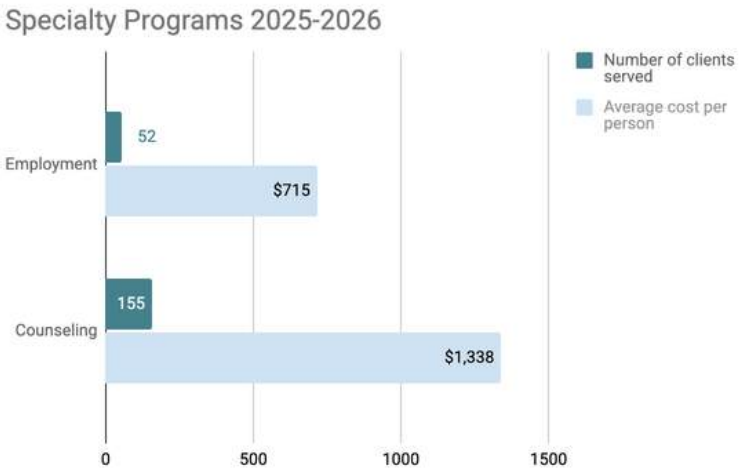
Specialty Services

Alliance-funded specialty programs provide targeted support in counselling, employment, and correctional-system navigation, addressing needs that often fall outside traditional rehabilitation and community services.

BrainTrust Canada's Crime Prevention and Reduction program supported 44 people living with acquired brain injury and reported 141 reductions in criminal justice involvement. The program strengthened its capacity through a dedicated full-time staff member and collaboration with Kelowna's Integrated Court, helping individuals navigate justice, health, housing, and community services.

In the Fraser Valley, the Corrections Liaison Program continued delivering brain injury education within correctional facilities and published an educational workbook that can also be adapted for organizations supporting people experiencing substance use, intimate partner violence, and housing instability.

> "The sense of family that is created among brain injury clients is at the heart of the success of all of the programming we offer." — Powell River Brain Injury Society



Community Programs

Community education and injury prevention initiatives help reduce the risk of brain injury, build public awareness, and connect people with available supports.

Alliance-funded programs reported reaching 58,276 people through education and injury prevention activities across British Columbia.

Northern Brain Injury Association reached 18,495 children, youth, adults, and seniors through community education. Victoria Brain Injury Society's BrainCare Initiative reached 11,022 people through school presentations, community outreach, and prevention education.

Comox Valley Head Injury Society distributed more than 60 helmets and 400 bicycle lights while delivering educational workshops on brain injury awareness and coping strategies.

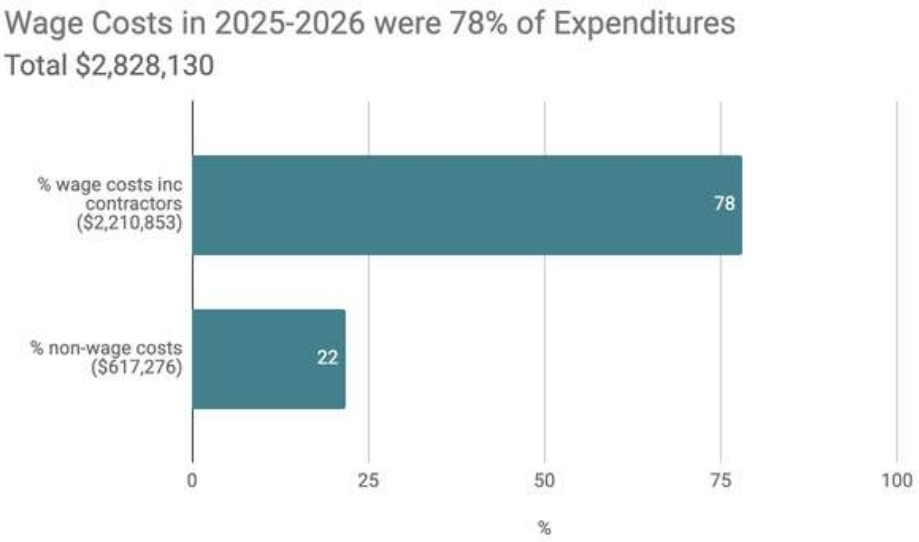
These initiatives demonstrate the network's dual role: supporting people already living with brain injury while working to prevent future injuries.

Financial Summary

Use of Funds: Allocation by Category

A. Personnel: 78%
The majority of funding supported the people who deliver the work—case managers, counsellors, life-skills coaches, and outreach staff. These professionals are the foundation of every program, providing trauma-informed, culturally responsive care that helps survivors rebuild stability and independence.

B. Program Costs: 22%
Direct program funding covered transportation, materials, and client supports that make local delivery possible—from housing stability and peer programs to education and employment workshops.



Impact Summary:
BIA distributed more than $1.4 million in funding to 13 community-based brain injury associations, supporting 45 programs across British Columbia. Together, Alliance-funded programs reported supporting 4,183 clients with acquired brain injury and delivering essential services that strengthen independence, stability, and community participation.

"We are so grateful for the funding from the Alliance whose funding makes all of our programs work so well to meet the needs of all of the clients, regardless of their age, to receive support as they make their post Brain Injury and Stroke journey."
— South Okanagan Similkameen Brain Injury Society

Recommendations and Calls to Action

1. Renew and Secure Long-Term Funding

The Brain Injury Alliance requests the renewal and expansion of provincial funding for a minimum of five years (2027–2032) to ensure continuity of essential community-based brain injury services. A dedicated, recurring Ministry of Health operating allocation would provide predictable funding, strengthen workforce stability, and support a provincial network that reported serving 4,183 clients with acquired brain injury in 2025–2026. Long-term investment would allow member associations to respond to growing demand while continuing to support health, housing, employment, and community stability across British Columbia.

2. Increase Investment to Meet Rising Demand and Rural Access

An increase to $3 million/year in provincial funding is recommended to address growing needs among individuals with concurrent mental health, substance use, and housing challenges. This increase will also address expansion of rural needs and the start-up support needed for the Cariboo Brain Injury Association. Current funding levels constrain staff retention and limit the ability to expand trauma-informed and culturally safe services. The Alliance's members are capable, ready and willing to meet the growing needs of their communities.

Cost increase per client from 2023-2026:

30% increase per client

Alliance funded programs

Renewing and expanding provincial investment in the Brain Injury Alliance is not an expense—it's a preventative health strategy. It sustains a coordinated, transparent, and evidence-based system that strengthens communities, reduces pressure on hospitals and correctional facilities, and ensures survivors of brain injury receive the care they need, when and where they need it most.

Acknowledgments

Member Organizations

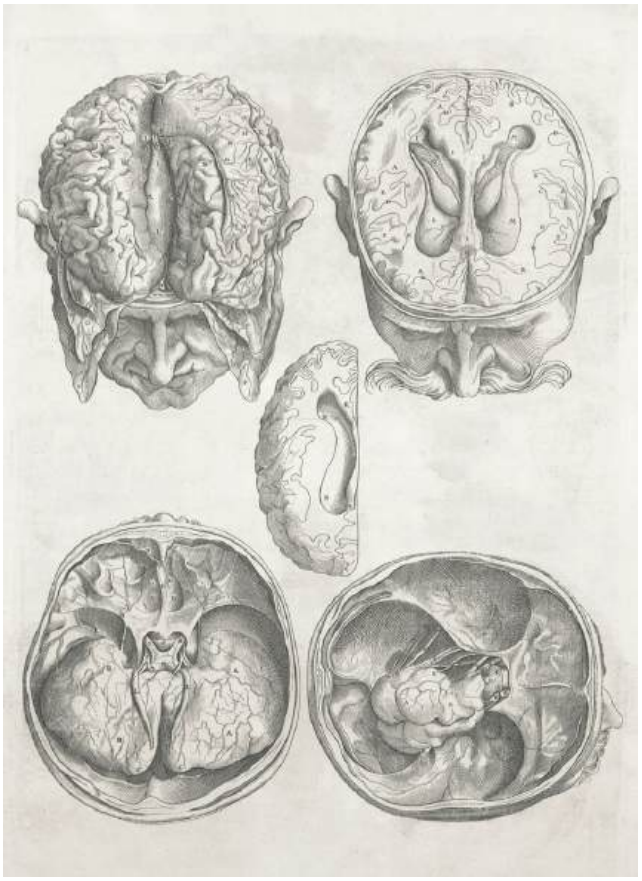
The Brain Injury Alliance is proud to work alongside 13 dedicated non-profit brain injury organizations across British Columbia. Each organization plays a vital role in providing community-based services to individuals living with acquired brain injuries, helping them lead more independent and fulfilling lives:

- **BrainTrust Canada**, based in Kelowna, BrainTrust Canada provides brain injury prevention, education, and rehabilitation services for survivors and their families. www.braintrustcanada.com
- **Campbell River Head Injury Support Society**, serving the Campbell River area, this society offers counselling, life skills, and peer support to individuals recovering from brain injury. www.crhis.ca
- **Comox Valley Head Injury Society**, this society offers support programs, wellness activities, and peer support services to brain injury survivors in the Comox Valley area. http://www.cvhis.org
- **Cowichan Valley Brain Injury Society**, this society provides critical support services, including advocacy and rehabilitation, to brain injury survivors in the Cowichan Valley. www.cvbis.ca
- **Fraser Valley Brain Injury Association**, serving the Fraser Valley, this organization provides case management, peer support, and education for brain injury survivors and their families. www.fvbia.org
- **Kamloops Brain Injury Association**, located in Kamloops, this association offers services including life skills, counselling, and group programs to help brain injury survivors integrate back into the community. www.kbia.ca
- **Kootenay Brain Injury Association**, this organization supports survivors throughout the Kootenays by offering one-on-one case management, peer support, and community reintegration services. www.kootenaybia.ca
- **Nanaimo Brain Injury Society**, providing life skills, group programs, and employment services, this society helps survivors in Nanaimo navigate life post-injury. www.nbis.ca
- **Northern Brain Injury Association**, serving the northern regions of BC, this association offers support and education for survivors and their families in remote and rural communities. www.nbia.ca
- **Powell River Brain Injury Society**, located in Powell River, this society provides a range of services including peer support, rehabilitation programs, and life skills training. www.braininjurysociety.com
- **Prince George Brain Injured Group**, offering a variety of services such as case management, educational and supportive programs and employment services, this organization supports brain injury survivors in Prince George. www.pgbig.ca
- **South Okanagan Similkameen Brain Injury Society**, this society provides support groups, counselling, and life skills programs to survivors in the South Okanagan region. www.sosbis.com
- **Victoria Brain Injury Society**, based in Victoria, this organization helps survivors with case management, peer support, and life skills education to promote recovery and independence. www.vbis.ca

Funding Partners

The Brain Injury Alliance would like to extend its deepest gratitude to the Province of British Columbia who has made this work possible. Continued support ensures that brain injury survivors across British Columbia have access to the vital services they need.

We are also grateful for the support towards our members from private donors, foundations, and local communities whose contributions have been instrumental in enhancing the scope and quality of brain injury services across British Columbia. Your generosity has directly impacted the lives of thousands, and we look forward to continuing this journey together.



Land Acknowledgement

The Brain Injury Alliance recognizes the territories of First Nations around B.C. and is grateful to carry out our work on these lands.

Appendix A: Success Stories and the Social Impact of Alliance Funding

Across the Southern Interior, access to brain injury services is often determined by age, injury cause, geography or which system holds responsibility. People's needs rarely fit neatly within those boundaries. Alliance funding allows BrainTrust Canada to provide tailored support across health, housing, education, justice and insurance systems, where traditional service models leave gaps. We are the only brain injury provider in our service region supporting both youth under 18 and seniors over 65. For these individuals and their families, this funding creates access to support when other eligibility criteria close the door. It also enables us to work alongside First Nations partners in ways they can lead and shape. Where distrust of health authorities creates barriers, we can build relationships through safe, collaborative support that respects community knowledge and priorities. Most importantly, Alliance funding allows us to identify what a person needs, help them navigate the barriers and connect them with the services and funding they are entitled to. This includes healthcare, disability supports and insurance-funded care. Our role is to make those pathways accessible to people whose cognitive challenges can prevent them from navigating systems independently, while advocating for each system to fulfil its responsibilities. When clients move into appropriate funded supports, Alliance capacity becomes available for others who would otherwise go without. That is how this funding extends our reach: through individual support, trusted partnerships and practical connections across systems.

- BrainTrust Canada

Success Story:

One of our survivors wrote the following as part of a testimonial. In his words, "since i got hurt a second time in 2021 me and my dad were not on good ground cause even tho he loves me no matter what he didn't understand what i was going threw..." Our case manager encouraged his parents to attend the 'Understanding Brain Injury" workshop, "and that has changed how I am viewed in my family from being viewed as a sensitive burden my family treats me as someone who didn't ask for this impediment. i cannot say enough amazing things about the head injury society, it gave me a new family and bunch of friends who i know i can trust and be the [person] i am today and its not my fault and doesnt mean i deserve the shame i had about being me."

- Comox Valley Head Injury Society

Alex's Story:

I am a person with an Acquired Brain injury, roughly 12 years ago. When I was out camping with my kids, I picked up an insect-born virus that led quickly to meningeal encephalitis. Within a week I was admitted to ICU where they worked for the next 2 weeks to stabilize me. I spent the next year and a half in and out of GF Strong brain injury rehab center relearning speaking, walking, how to use my working memory, among other rehab treatments. Throughout the years I have slowly lost more function due to the progressive nature of my condition. A doctor described my condition as basically like "shrink-wrap" on one's brain. This has made it difficult to move around like normal, and interact with people normally. The old Alex passed away and I am now a different person adapting to those changes and this new reality.

After my Acquired Brain Injury, I have struggled with many issues around my health. I have had many issues and struggles with memory, being able to strategize, problem solving or organize anything. I have struggled with headaches, taking my medication, social situations, and decision-making around personal safety.

Since being with KBIA, I have met with several unbelievable people involved in the program. Not only the helpers, but the others in the groups - other people like me. The brain resource workers (outreach support workers) I have had the great opportunity to be helped with have been working diligently on helping me learn many new skills. Some of these skills would be how to take care of myself to be safe at home, and how to pace myself so I don't get too tired. These have been terribly difficult for me, especially since I have had many issues past and present with habituating routines like this. They have also been fantastic at including my family's needs and lives into my needs without isolating me, or diminishing my value or contribution in my family system. My rehab support worker does a terrific job of integrating me back into my family with several supports. She has supported more than just me, but has also supporting my other care givers in helping me, and making them feel like valued members of my support team, rather than just outliers of my team. **The involvement of this support worker has meant that this is the first year in 12 that I have not had a major unforeseen hospital admission - which is amazing.** My wife is extremely grateful for this piece particularly.

I know that my brain injury is not ever going to leave me, but by working with these KBIA angels I have been able to become much more included in my family's life which is incredibly important to me. The individual support has been life-changing for me. I am not who I was before the Acquired Brain Injury but I have been able to start to live a little bit again. The biggest help has

been around the scheduling piece. I am working hard on creating a daily / monthly calendar that reminds me of the important pieces that I cannot miss. These include taking my medications on time, scheduling rest breaks, eating and other self-care, making my medical appointments, and meeting family obligations. The most important part of this for me is the consistent help KBIA has provided on a weekly basis. I am still working on the starting stages where I can actually put pieces of it into the calendar without assistance to lead me or remind me. I cannot say thanks enough, for I do not know how I would survive without the help. Breaking my behaviour cycles has been very difficult to do.

The group activities that I attend have been the only social activities other than medical appointments I have in my life. To even have that small community is key to me not being a shut-in. I can only function in small groups, as too much stimulation does me in. Being with people who are not only like me, but also understand the struggles of people like me is the reason I can keep moving forward. Most people I meet do not see or understand brain injuries. It is an invisible disability that even my closest friends have not been able to understand, and many, if not most, are gone from my life. The group and my helpers Just GET IT.

- Alex, Kootenay Brain Injury Association Survivor Story

Success Story:

NBIS has helped me dramatically transform my life. I moved to Nanaimo to access proper care. After other organizations recommended NBIS, and I found the guidance I needed, it was a team effort. After my injury left me unable to work, I faced significant financial stress that put my housing and food at risk. NBIS supported me in managing my debt, navigating services, and stabilizing my situation.

I went from complete isolation to accessing counselling, making friends, and regularly attending programs. I am now back on my medications, have lost 30 pounds, and am no longer pre-diabetic. My outlook and stability have improved in every way, and this has had a positive impact on my whole family and our quality of life.



- Nanaimo Brain Injury Sociey Client

Additional Client Feedback from NBIS:

“You guys changed my life. I'm a single mom with kids that also have neurodivergence. I've had to prioritize my kids care a lot. The support, advocacy and community NBIS is fostering is a game changer for us. I'm not just trying to make it to the next day anymore. I'm rebuilding my life. Thank you.”

"Hearing of others experiences. It makes me feel less alone in the struggle."

Success Story:

Following an acquired brain injury, one individual faced significant challenges managing daily tasks, maintaining stable housing, and navigating complex health and social service systems. The injury had affected their confidence, independence, and ability to access the supports needed to move forward. Through NBIA's case management services, the individual received personalized support to establish goals, access income and disability benefits, secure stable housing, and connect with community resources. With ongoing advocacy, practical assistance, and encouragement from their case manager, the client gradually developed the skills and confidence needed to manage their daily responsibilities more independently. As stability increased, the individual became more engaged in their community, expanded their support network, and experienced improved overall well-being. What began as a period of uncertainty and isolation evolved into a story of resilience, independence, and renewed hope. This success demonstrates the critical role Alliance-funded services play in helping people living with brain injury overcome barriers, rebuild their lives, and achieve meaningful participation in their communities.

- Northern Brain Injury Association

Success Story:

In December 2025, SW experienced a significant housing crisis after a fire on her apartment floor caused extensive water damage, leaving her unable to return home. Although she temporarily stayed with a friend, she faced the difficult decision of waiting indefinitely to return or finding a new home. Without tenant insurance and living on a limited fixed income, her options were extremely limited.

The crisis was further complicated by the effects of SW's acquired brain injury. Challenges with executive functioning, memory, organization, cognitive fatigue, and becoming overwhelmed made navigating housing searches, appointments, applications, financial decisions, and moving arrangements extremely difficult.

Over the next two months, her Case Managers provided intensive, brain injury-specific support. They helped SW break complex tasks into manageable steps, organize and prioritize decisions, use reminders and written lists, attend to deadlines, navigate community resources, and manage the emotional impact of unexpectedly losing her home.

Finding suitable housing was particularly challenging due to the serious shortage of affordable and accessible housing in the community. SW required an affordable apartment with minimal stairs and reasonable access to transportation and essential services. Case Managers assisted with housing searches, viewings, applications, accessing financial assistance for the security deposit, and securing an affordable moving company. Once housing was secured, Case Management continued with packing strategies, utilities, tenant insurance, address changes, and establishing new routines.

Through sustained, individualized support, SW successfully secured safe, affordable, and accessible housing. This outcome demonstrates how specialized brain injury Case Management can prevent a significant crisis from escalating into prolonged housing instability or homelessness while supporting independence and long-term stability.

- Prince George Brain Injured Group

Success Story:

Based on feedback from Case Management, a group dedicated to building skills after brain injuries started to include time dedicated towards mobility and fine motor skills. The Brain Injury Society saw significant improvement to individuals well into their recovery journeys. One client with an injury from over a decade ago noted that after this programming they were able to pour themselves a cup of tea for the first time since before their injury. This newfound level of independence was attributed to activities such as stacking small objects on top of each other, dropping pom poms into cups, and working on hand and wrist mobility every session.

- South Okanagan Similkameen Brain Injury Society

Success Story:

One participant in VBIS's Coping Strategies program described how the combination of learning and connection has helped them better understand and live with the effects of their brain injury. Because they spend much of their time at home, the program also provides an important source of connection and community. "I feel a sense of relief when I come because I always learn, and I leave feeling more confident in my understanding of what I'm experiencing. It helps me recognize that I'm on a path and I'm not stuck." The participant also spoke about the value of learning with others, sharing experiences, and being able to offer understanding in return. Their experience reflects what Coping Strategies is designed to make possible: helping people better understand their brain injury, develop practical ways to manage its impacts, and connect with others who understand their experiences.

> "I feel a sense of relief when I come because I always learn, and I leave feeling more confident in my understanding of what I'm experiencing. It helps me recognize that I'm on a path and I'm not stuck." — VBIS Coping Strategies program participant

- Victoria Brain Injury Society

Appendix B: Regional Highlights & Voices from Across BC

Across British Columbia, the 13 Brain Injury Societies supported through the Brain Injury Alliance continue to transform lives through connection, compassion, and community-based care. These highlights showcase both the measurable outcomes and the human stories behind them.

BrainTrust Canada

Program Highlights:

- Filling critical gaps in services: The 1:1 Life Skills program supported 64 individuals with acquired brain injury and 22 family members, prioritizing people who often face barriers to existing services, including youth under 18, seniors over 65, and Indigenous community members.
- Supporting justice system reintegration: The Crime Prevention and Reduction program supported 44 individuals with acquired brain injury, with 141 reduced criminal justice involvement outcomes reported. Additional funding enabled a dedicated full-time staff member and strengthened support for a substantial increase in referrals across the Southern Interior.
- Improving emotional well-being and coping skills: Clinical Groups delivered two eight-week programs in Anger Management and Grief and Loss, providing brain injury-informed therapeutic support tailored to participants' cognitive and emotional needs. Flexible individual and group options helped improve accessibility.
- Connecting people with essential services: The Brain Injury Navigator program supported 43 individuals and 14 family members to navigate complex systems and connect with healthcare, housing, income, mental health and community resources. Individualized guidance helped overcome barriers involving memory, communication, planning and processing.

BrainTrust Canada demonstrates how targeted funding can make essential services accessible to people living with acquired brain injury who might otherwise fall through the gaps. By supporting individualized life skills, justice system reintegration, clinical counselling and service navigation, Brain Injury Alliance funding helps people access appropriate care, strengthen stability and reconnect with their communities.

However, staffing shortages, complex client needs and growing referrals continue to place pressure on limited program capacity. Increased funding would help sustain specialized staffing, improve timely access to support, and extend services to more individuals and families across the Southern Interior — particularly those who face the greatest barriers to care.

Campbell River Head Injury Support Society

Program Highlights:

- Building independence through individualized support: The One on One Support program served 157 individuals with acquired brain injury and 29 family members. Participants worked on understanding symptoms, setting achievable goals, building self-awareness and developing practical strategies to improve their well-being and independence.
- Strengthening peer support and housing stability: Alliance funding helped two individuals obtain safe, affordable and supportive housing, providing greater stability and security to focus on personal goals and overall well-being. The program also trains survivors to become peer mentors, supporting future volunteering and employment opportunities.
- Improving food security and well-being: A new community partnership provided fresh produce, fruit and meat for program participants, increasing access to nutritious food, reducing food costs and encouraging self-sufficiency, confidence and social connection.
- Expanding community education and awareness: Community partnerships have strengthened program delivery, increased resources and opportunities for participants, and helped build awareness of brain injury services.

Campbell River Head Injury Support Society provides practical, individualized and community-based support that helps people living with acquired brain injury build independence, improve stability and work toward meaningful personal goals. Alliance funding contributes to essential life skills support, peer mentoring, food security and community education.

However, ongoing barriers and a lack of understanding about brain injury continue to affect participants' opportunities to succeed. Continued funding would help sustain these essential programs, strengthen community partnerships and improve access to the support and opportunities people need to achieve their goals and participate more fully in their communities.

Comox Valley Head Injury Society

Program Highlights:

- Creating meaningful employment opportunities: The Employment program supported 52 individuals with acquired brain injury through flexible volunteer placements, honorariums and skill development. Recognizing participants skills, and managing their limitations helps survivors build confidence, stamina and independence.
- Meeting growing demand for counselling and peer support: Attendance at the weekly Survivor's Support Group increased 97% over two years, from 193 to 381 annual visits. Group sessions are increasingly well attended and the program is looking for a new facility to support the many attendees.
- Expanding accessible wellness activities: The Wellness Activities program supported 89 individuals and seven family members through recreational, creative and physical activities and attendance is increasing. Compared with 2023/24, music participation increased 82%, art participation increased 85%, mindfulness participation doubled and yoga participation increased 127%.
- Strengthening education and injury prevention: The Society distributed more than 60 helmets and 400 bicycle lights and delivered 11 workshop series focused on brain injury awareness, emotional regulation and practical coping strategies.

Comox Valley Head Injury Society provides essential community-based programs that promote independence, mental well-being and social connection for brain injury survivors. Participation in these programs is increasing each year. Alliance funding supports employment opportunities, specialized counselling, wellness activities and injury prevention.

However, rapidly increasing participation, counselling wait times, rising operating costs and limited staffing and facility space are placing pressure on existing services. Increased funding would help expand counselling capacity, maintain accessible programming, secure more suitable facilities and support a dedicated Education Coordinator to meet growing community demand.

Cowichan Brain Injury Society

Program Highlights:

- Individualized support and greater independence: One-to-one case management supported 141 individuals with acquired brain injury, helping them understand their injury and the recovery process, manage symptoms, navigate complex health-care and bureaucratic systems, and access essential health and community services.
- Improved stability and reduced barriers: Program reporting recorded 117 individuals maintaining housing, 38 maintaining employment, and reduced involvement with the criminal justice and health systems for 54 and 61 individuals respectively.
- Education, rehabilitation, and peer connection: Group programs supported recovery and rehabilitation, symptom management, and social inclusion. The Peer Support Group was a particular success and helped participants build confidence, reduce isolation, and develop friendships and connections beyond the program.

- Community education and injury prevention: CBIS reached 887 children, adults, and seniors through education and prevention activities, like road safety training, at numerous community events. The online Morning Wake-Up program and social media outreach generated 201,060 views, extending access to brain health awareness and information.

Cowichan Brain Injury Society demonstrates the value of accessible, person-centred services in helping people living with acquired brain injury rebuild stability, independence, and connection. Brain Injury Alliance funding contributes to this work across case management, education, peer support, and injury prevention.

Limited staffing and transportation barriers restrict the organization's ability to provide outreach, expand programming, and reach more people throughout the Cowichan Valley. Increased funding would strengthen service capacity, improve access for individuals facing the greatest barriers, and allow CBIS to expand its impact on individuals, families, and the wider community.

Fraser Valley Brain Injury Association

Program Highlights:

- Promoting wellness and independence: The Pay it Forward program promotes holistic recovery after brain injury by supporting physical, mental, emotional and social well-being. Specialized professionals provide support tailored to participants' individual needs and interests. The program also encourages participants to "pay it forward" through volunteering, mentoring and community involvement, helping build confidence, independence and meaningful social connections.
- Providing essential case management: The Community Support program assisted 154 individuals through individualized support, service navigation and daily living assistance. The program reported 37 reduced criminal justice involvement outcomes and 47 reduced health system involvement outcomes. Its Food Donation Program also supports approximately 40 families each week.
- Supporting rehabilitation and reintegration: The Corrections Liaison Program provided specialized brain injury education to 17 individuals with brain injury and seven other participants. A newly published educational workbook supports continued learning and is being adapted for other vulnerable populations.
- Expanding education and injury prevention: Community education reached both youth and adults through various school and community events.The Brain Waves program delivered 16 presentations to 403 students across five schools, receiving an average teacher satisfaction score of 9.5/10.

Fraser Valley Brain Injury Association provides essential services that promote independence, recovery and community connection for individuals living with acquired brain injury. Alliance funding supports case management, wellness activities, correctional education and injury prevention.

However, growing caseloads, limited affordable one-to-one support, program waitlists and staffing shortages are restricting service capacity. Increased funding would help expand individualized support, reduce waitlists, provide more frequent wellness programming and strengthen community education, ensuring more individuals and families receive timely, accessible services throughout the Fraser Valley.

Kamloops Brain Injury Association

Program Highlights:

- Providing essential case management: Supported 148 individuals with acquired brain injury, particularly seniors and those ineligible for Interior Health services. The program reported 961 reduced health system involvement outcomes, with six individuals obtaining housing and 17 maintaining housing.
- Improving access to specialized counselling: The Counselling for Brain Injury and Substance Abuse program provides accessible, brain injury-informed counselling for those with limited income. New psychoeducation and group therapy approaches improved participation and understanding, with 230 reduced health system involvement outcomes reported.
- Expanding education and injury prevention: Community outreach through schools, sports programs and public events increased awareness of brain injury. A new partnership with an RCMP community liaison created additional opportunities for injury prevention education.

Kamloops Brain Injury Association provides essential services for individuals who often fall outside traditional healthcare eligibility criteria. Alliance funding supports specialized and personalized case management, affordable counselling and community education, helping survivors maintain housing, access healthcare and build independence.

However, limited support for seniors, housing shortages and gaps in accessible services continue to place vulnerable individuals at risk. Increased funding would help strengthen individualized support, expand counselling and prevention initiatives, and improve access to services for underserved individuals and families.

Kootenay Brain Injury Association

Program Highlights:

- Providing essential individualized support: The Community Outreach program supported 70 individuals with acquired brain injury through case management, life skills and service navigation. Through consistent, compassionate support, the program helps individuals improve stability, maintain housing and employment, access appropriate services, and develop greater independence and quality of life.
- Supporting mental health and emotional well-being: The Counselling for Connection & Wellness program supported 12 individuals and two family members through specialized counselling. However, financial constraints and increasing outreach needs resulted in the closure of individual counselling services in 2026.
- Strengthening life skills and community connection: The Mainstream Connection program supported 60 individuals. Participants are supported to build routines, connections, access community resources, and develop greater independence addressing some of the factors that can contribute to further involvement with the justice system.The program is being integrated into the broader SOAR initiative to provide more inclusive group support.

Kootenay Brain Injury Association provides essential community-based services that promote independence, housing stability and social connection, particularly in rural communities with limited specialized resources. Alliance funding supports individualized outreach, counselling and group programming.

However, rapidly increasing referrals, limited staffing and financial constraints have placed the organization at capacity and already resulted in reduced counselling services. Increased funding would help expand outreach staffing, respond to growing demand, strengthen group programming and improve access to specialized mental health support throughout the Kootenay region.

Nanaimo Brain Injury Society

Program Highlights:

- Building independence and social connection: The Wellness and Life Skills program supported 108 individuals with acquired brain injury. The Life After Brain Injury program served 30 participants, with 93% reporting increased confidence in managing their recovery. An additional 155 free group activities were delivered, with 57% of surveyed respondents indicating a reduced need for health services.
- Providing specialized mental health support: The Counselling program supported 26 individuals with a diverse age range through brain injury-informed therapy. Participants reported strong outcomes, including 80% reporting reduced symptoms and 95% reporting greater self-awareness and self-compassion.
- Expanding education and injury prevention: Community education initiatives reached 1,075 youth and 133 adults, including 19 concussion prevention presentations in local schools. The Society also participated in 32 community outreach events and delivered 16 educational presentations, strengthening awareness and connections to support services.

Growing demand, limited counselling capacity and rising operating costs are restricting further expansion. Increased funding would help improve access to specialized counselling, diversify wellness programming and strengthen community outreach, ensuring more individuals/families can receive timely, meaningful support.

Northern Brain Injury Association

Program Highlights:

- Providing essential case management: Supported 483 individuals with acquired brain injury and 153 family members across Northern BC, helping clients navigate healthcare, housing, income assistance and rehabilitation services.
- Improving housing and employment stability: Case management helped 56 individuals obtain housing and 59 maintain housing, while 38 obtained employment and 34 maintained employment. The program also reported 108 reduced health system involvement outcomes and 79 reduced criminal justice involvement outcomes.
- Expanding education and injury prevention: Community education initiatives reached 12,659 children and youth, 5836 adults and seniors, increasing awareness of brain injury prevention, recovery and available supports through community presentations, educational workshops and outreach activities.

Northern Brain Injury Association provides essential services across a vast geographic region, helping individuals living with brain injury achieve greater stability, independence and community connection. Alliance funding supports critical case management and community prevention initiatives.

Growing client complexity and limited rural resources continue to strain service capacity. Increased funding would strengthen individualized support, improve access in underserved communities and expand education and prevention efforts throughout Northern BC.

Powell River Brain Injury Society

Program Highlights:

- Providing accessible outreach services: Supported 38 individuals with acquired brain injury and 18 family members through regular visits to care homes and Texada Island, reducing isolation, enhancing client well-being and improving access to services across the qathet Region.
- Building independence through nutrition and life skills: The Nutrition, Cooking and Gardening program supported over 100 individuals through hands-on activities in a 6,000-square-foot garden and commercial kitchen. Weekly Friday Feasts encourage healthy eating, practical skills and meaningful social connections.
- Strengthening peer support and community connection: The Peer Support program provided emotional support, practical guidance and opportunities to build friendships. The program reported 56 reduced health system involvement outcomes and 56 individuals maintaining housing.

Powell River Brain Injury Society provides valuable community-based services that promote independence, well-being and social connection for people living with brain injuries. Alliance funding helps sustain outreach, peer support and innovative life skills programming across the qathet Region.

Increased funding would strengthen staffing capacity, maintain reliable services in remote communities and support continued access to therapeutic gardening, nutrition and peer support activities, ensuring more individuals and families receive consistent, meaningful support.

Prince George Brain Injured Group

Program Highlights:

- Providing essential case management: Supported 475 individuals with acquired brain injury, delivering over 4,000 hours of specialized support including crisis management, supporting complex health and mental health needs, and help navigating justice and housing systems.
- Building independence through education and connection: Integrated case management and group programming help participants develop coping strategies, confidence and meaningful community connections. Over 500 educational and supportive sessions were run to promote greater independence and enhanced well-being for participants.
- Promoting physical and emotional well-being: The Physical Literacy program supported 55 individuals through 107 adaptive karate, yoga and recreational sessions. Activities are intentionally fun and informal, but across all programs, participants report meaningful improvements in both their mental well-being and physical mobility.
- Expanding injury prevention and awareness: School presentations and bike rodeos doubled compared with the previous year, bringing practical and interactive education to over 800 young people. PG BIG participated in five major community events, engaging hundreds of attendees to promote brain injury prevention, raise awareness and connect individuals and families with available supports and services.

Prince George Brain Injured Group provides vital, coordinated services that support recovery, independence and crisis prevention. Alliance funding helps sustain specialized case management, rehabilitation programming and community education.

However, increasingly complex client needs, strained community resources and limited staffing capacity are placing growing pressure on services. Increased and sustainable funding would strengthen case management, expand successful programs and provide dedicated injury prevention staffing, ensuring more individuals receive consistent support while reducing pressure on healthcare, housing and justice systems.

South Okanagan Similkameen Brain Injury Society

Program Highlights:

- Providing specialized case management: The Society strengthened its one-on-one case management services by hiring qualified staff, providing trauma-informed, holistic support that better addresses the complex needs of individuals living with brain injuries. This approach promotes client independence and recovery while improving brain injury awareness and collaboration among families, caregivers, healthcare professionals and other service providers.
- Building independence through life skills: The Life Skills program supported 84 individuals, helping participants develop practical skills and manage daily living. A key success was providing services to adults over 65 who are ineligible for certain local health authority brain injury supports.
- Strengthening rehabilitation and peer connection: Group Programs supported participants with life skills, emotional support and peer activities. New mobility and fine motor exercises helped participants regain practical abilities, including one long-term survivor who was able to pour a cup of tea independently for the first time in over a decade.
- Expanding community education and injury prevention: The Society participated in 40 community events, including school presentations, safety awareness campaigns and community outreach.

South Okanagan Similkameen Brain Injury Society provides essential services that promote independence, recovery and community connection for individuals living with acquired brain injury. Alliance funding supports specialized case management, life skills, group rehabilitation and injury prevention, including services for older adults who may otherwise fall through gaps in the healthcare system.

However, staff turnover, recruitment challenges and increasing demand for coordinated support place pressure on service delivery. Increased funding would help maintain qualified staff, strengthen continuity of care, expand rehabilitation opportunities and improve timely access to services for individuals and families throughout the region.

Victoria Brain Injury Society

Program Highlights:

- Providing essential case management: Supported 227 individuals with acquired brain injury and successfully increased the number of client contacts which rose 14.5% over the previous year. Through individualized support, advocacy and education, Case Managers helped clients address healthcare, financial and social challenges.
- Improving timely access to services: The Intake & Navigation program supported 269 individuals, with a skilled and compassionate Intake Coordinator to ensure a timely and effective response. The program connects survivors with appropriate resources and services, often with immediate relief reported from brain injury survivors.

- Building confidence and practical coping skills: The Coping Strategies 24 week program provided structured rehabilitation focused on memory, concentration, emotional regulation and daily living skills. Participants developed strategies to manage the effects of brain injury, build confidence and reduce social isolation.
- Expanding education and injury prevention: The BrainCare Initiative reached 11,022 people, exceeding its projected target of 10,850. Through school presentations, community outreach and education, the program increased awareness of brain injury prevention, recovery and available supports.

Victoria Brain Injury Society provides vital services that help brain injury survivors access support, maintain housing, develop independence and reconnect with their communities. Alliance funding sustains individualized case management, early intervention, rehabilitation and public education.

However, staffing and volunteer turnover, increasing client support needs and ongoing intake delays continue to affect service capacity. Increased and stable funding would strengthen staffing continuity, reduce wait times, expand access to specialized programs and ensure more individuals and families receive timely, consistent support.



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