



2012-2013
ANNUAL REPORT

CELEBRATING
30
YEARS



Message From The President

I would like to thank the staff of BANA for a very successful and productive year. It has been my pleasure to work with people so knowledgeable and dedicated to such a worthwhile cause.



In 2013, BANA's board has been strengthened by the addition of three new members bringing their experience as a valuable contribution to the governance function. Thank you to Sarah Woodruff, Diana Sarkis and Elizabeth Dutka.

Under the exceptional leadership of Luciana (Lucy) Rosu-Seiza, 2013 saw the BANA team beginning to build a strong new collaborative partnership with the Windsor Essex Community Health Centre (WECHC) and significantly raise the profile of Eating Disorders (ED) with the Erie St. Clair Local Health Integration Network (ESCLHIN).

Lucy and her team have undertaken an extensive initiative in developing a new integrated approach for BANA and the WECHC to serve those affected by Eating Disorders.

The undertaking is being accomplished with the collaboration and cooperation of the staff of both the WECHC and the ESCLHIN. During this process, we feel confident that the LHIN is gaining a greater appreciation of the issues affecting the treatment and service delivery to individuals suffering from EDs. All this was accomplished while expanding the clinical services available to a growing list of clients and enhancing the scope of health promotion activities and capping the year with a welcome relocation of BANA's offices to Ouellette Ave in Windsor.

We look forward to taking on even greater challenges in the coming year.

- Stephen Richards, CPA, CA



2012-2013

BOARD MEMBERS

President

Mr. Stephen Richards, CPA, CA

Vice-President

Dr. Sarah Woodruff

Treasurer

Mr. Philip M. Laurie, CMA

Directors

Dr. Debbie Wilkes-Whitehall

Ms. Sue McKinnon

Dr. Connie Kvarfordt

Ms. Diana Sarkis

Ms. Elizabeth Dutka

STAFF

Interim Executive Director

*Luciana Rosu-Sieza, Hons Psych.

Interim Health Promotion Manager

*Mia Tannous, BA

Masters Candidate

Health Promotion Educator

*Amanda Raffoul

Special Projects

Co-ordinator, Administration & IT

*Patrick Kelly, Adp. Adv-Business

Book keeper-Finance

*Chandima Weeratura, BBS

Dip. Business Admin. Accounting

Clinical Manager

*Jenni Hotte, BA, MSW, RSW

Doctoral Candidate

Clinical Therapists

*Leta Marchand, BSW, RSW

*Dana Dupuis, BA, B-MSW, RSW

Michael Kong, BA, MA

Shalini Lakshminarayan, MSW, RSW

Psychological Consultants

*Dr. Josée Jarry, Ph.D. C. Psych

*Dr. Rosanne Menna, Ph.D. C.Psych

Medical Consultant

*Dr. Alexandra Figaro-Acle, M.D.,
C.C.F.P.

Student Interns

Ciandra Syms

Lauren Moss

Alyssa Schenk

Joyce Yu

Caitlyn Bell

Stefanie Gauthier

(*) Indicates Current Staff

Message From the Interim Executive Director



Welcome to our 2012/13 Annual Report, in which we seize the opportunity to report back to you on the highlights of the year. We are guided by our mission, vision and values and we are truly fortunate that every working day provides us with opportunities to give of ourselves to the community.

This year marks the Bulimia Anorexia Nervosa Association's (BANA) 30th year of service.

In 1983 a group of concerned parents and community members founded an organization that would positively impact the lives of thousands of people in our community for years to come. This milestone anniversary presents a unique occasion for BANA to celebrate its history of extraordinary service delivery, growth, compassion and dedication in our region.

BANA is fortunate to have a strong and vibrant Board of Directors that provides excellent leadership, led by our President, Mr. Stephen Richards. I continue to be impressed and proud of the skill, compassion, and dedication staff members demonstrate when carrying out their responsibilities. We also rely heavily on the very important and long lasting relationships with our students, volunteers and partners, as well as the generosity of our funders.

In an increasingly complex society, building connections and collaborative relationships becomes ever more important in our efforts to address Eating Disorders. No single answer or approach will create the change that we need. Only by working together can we develop programs that are client centred to create the best outcomes for those we serve.

- Luciana Rosu-Sieza, Interim Executive Director

Year in Review

Here are some exciting highlights from 2012-2013.



Rise Up Music Video

In August of 2012, thanks to funds obtained by Kennedy HS Students Devon Paolini, Taylor O'Halloran and Breanne Dunbar from the Dare to Dream project at CHEO; BANA in partnership with Artist Nicole Barron, Dante Media and Iron Street Productions filmed a music video called "Rise Up" to promote positive body image and self-esteem. The video is available on our website at www.bana.ca

Children's Fest

On September 15-16, 2012, BANA joined the Safety Village and the Rotary Club of Windsor (1918) as organizers/hosts of the 18th Annual Children's Fest. This wonderful weekend was filled with spectacular live entertainment and an array of exciting hands-on activities that were geared towards promoting fun and healthy lifestyles for children and families.



Caboto Club Charities Together Pasta Nights

In November of 2012, BANA hosted one of the 12 monthly Caboto Charities Pasta Nights. This year we were pleased to present our very special guests, The Windsor Express Basketball team, during their first week in town. Thank you to team Owner, Dartis Willis and the players who stayed all evening and signed autographs for hundreds of eager fans.

BANA on the Move

In late February 2013, BANA left its home of eight years at the Market Square Building and re-located its offices to 1500 Ouellette, Suite 100. The new location continues to be a great opportunity for us. Our proximity to the downtown core and higher traffic flows have allowed for increased visibility, easier access, a more functional workspace, and a more inviting environment.



BANA.ca

In March 2013, BANA with the support of Jeff Boulton and the Dante Media Group launched their new website, (www.bana.ca). This fresh and attractive format has not only allowed BANA to interact with the community on a more regular basis, but to receive on-line donations, communicate through social media platforms (Facebook and Twitter) and host our own news blog called AppleBytes.

BANA would like to acknowledge the following community partnerships:

Mental Health Connections
University of Windsor Psychology Department
University of Windsor School of Social Work
University of Windsor Health Services
University of Windsor Department of Kinesiology
University of Windsor Faculty of Nursing
St. Clair College of Arts and Media
Southwestern Ontario *in motion*
Worldwide Charter for Action on Eating Disorders
Go For Health
Community Partners for Multicultural Health
Windsor Essex Association for Volunteer Administration
Ontario Non-Profit Network
Academy for Eating Disorders
Service Alliance For Equality (SAFE)
Ontario Community Outreach Program for Eating Disorders
Leadership Windsor Essex
Rotary Club of Windsor (1918)
ESC Regional Cancer Program Community Advisory Committee

National Eating Disorder Information Centre
Big Brothers Big Sisters Windsor-Essex
Multicultural Council of Windsor-Essex
Sandwich Neighbourhood Council
New Beginnings Child and Youth Services
Windsor Feminist Theatre
School Boards in the Tri-County
Student Support Leadership Initiative
Windsor Essex Community Health Centre
City of Windsor Parks and Recreation
Windsor Public Library
Leamington Kinsmen Recreation Centre
New Canadian Centre for Excellence
Windsor Pride
Leadership for the Advancement of Women in Sport
The Safety Village
Providers of Addiction Treatment of Windsor-Essex
Sandwich Teen Action Group (STAG)
Studio Kelani

The golden opportunity you are seeking is in yourself. It is not in your environment, it is not in luck or chance, or the help of others; it is in yourself alone.

- Orison Swett Marden



Snap Shot of Clinical Service Recipients

Non-Service Recipient Seeking Support:	147
Service Recipient Seeking Support:	247 (18 Males, 229 Females)
Total Number of Individuals Served:	394
Average Age of Service Recipients:	28.2 Years
Age Range:	11-65 Years
<24 Years of Age:	85 or 34.4 %

Summary of BANA Clinical Services 2012-2013

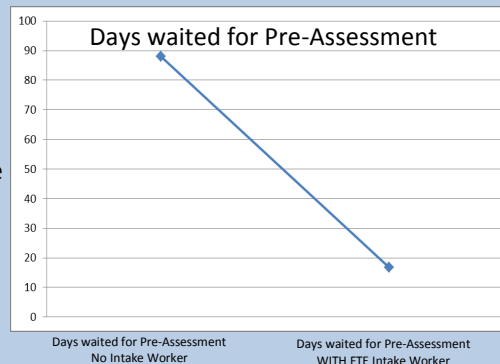
Initial Contact:	Averaging 15 new calls a month
Pre Assessments:	Averaging 10 a month
Specialized Diagnostic Assessments:	107 completed
Clinical Rounds:	31 meetings
Psychotherapy and Education:	2 groups (12 weeks long)
Cognitive Behavioural Therapy Level 1:	2 groups (10 weeks long)
Cognitive Behavioural Therapy Level 2:	1 group (20 Weeks long)

Wait Times

In 2012-2013 BANA allocated funds over a 3 month period to explore the effects of adding a full-time intake worker with the goal of reducing wait times.

Prior to this, the number of days waited from Intake to Pre-Assessment without an Intake worker was **88 days**.

During the trial period, the number of days waited from Intake to Pre-Assessment with a FULL TIME Intake worker dropped to **16.76 days**.



That's an 82% decrease in days waited!

Commitment to Ongoing Training

In 2012-2013, BANA Staff continued to explore industry best practices through a variety of training and educational opportunities including:

OCOPED – Annual Training and networking meeting (December 2012)

2 days of training and panel discussions regarding:

Community care for adolescents

Treatment gaps for individuals transferring from adolescent to adult treatment facilities

Telepsychiatry – who is using it and is it effective?

Treating clients with Binge Eating Disorder: do we offer them separate treatment?

ASIST – Applied Suicide Intervention Skills Training (January 31st and February 1st 2013)

Webinar – Treatment of Obsessive Compulsive Symptoms (March 12th, 2013)

BANA attended the 8th Annual Consuming Kids Summit, hosted by the Campaign for a Commercial Free Childhood, in Boston, on March 21st-23rd, 2013. This year's summit offered a wealth of knowledge and networking around how to help combat the issue of negative media influences on youth.



Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish.

- Sam Walton

I was always looking outside myself for strength and confidence but it comes from within. It is there all the time.

- Anna Freud



Health Promotion

Since its inception, BANA has provided services to thousands of individuals of all ages, genders and socioeconomic backgrounds. We are happy to offer presentations at no cost to your organization on various topics including *Self Esteem, Body Image, Nutrition, Physical Activity, Size Acceptance, Body Based Harassment, Media Influences* and more.

Summary of Health Promotion Services 2012-2013

Self-Esteem and Body Image Workshops	64
Sizing-Up the Media Workshops	43
Be Yourself Workshops	32
Windsor Public Library Workshops	20
STAG Dinner Program Sessions	13
French Self-Esteem and Body Image Workshops	4
Total Number of Presentations	176
Total Number of Workshop Participants	8, 500
Health Fairs	30

Dinner Program Partnership

This weekly after school dinner program, funded by the Green Shield Canada Community Giving Program, was offered in partnership with New Beginnings, the Sandwich Teen Action Group, and the Windsor Essex County Health Unit. Participants learn skills that will assist them in cooking healthy meals, such as proper hand-washing, preparation of ingredients, and how to maintain a sanitary cooking space. They are provided with recipes from a cookbook created by the Windsor-Essex County Health Unit called "The Basic Shelf Cookbook". Youth engage in food preparation, the cooking process, kitchen cleaning, and of course, meal enjoyment.

Health Promotion News

BANA said farewell to Health Educator Danielle MacIntyre. We thank her for her dedication to the organization and wish her the best in her future endeavours. We would also like to welcome Amanda Raffoul to the Health Promotion Team. Her energy and commitment serve as an invaluable asset to BANA and our service recipients.

Health Promotion Was Invited...

To speak in April 2012 at Central Senior Public School in Lindsay, Ontario to 200 grade 7 and 8 students. BANA was well received and praised for our targeted prevention programming.

To present in June 2012, at the Ontario Community Outreach Program for Eating Disorders (OCOPED) Prevention Professional Rounds in Toronto, describing our unique health promotion initiatives to the network.

To present in February 2013, at the open house for London Health Science Centre's Eating Disorder Program, inviting our partners to job shadow and learn more about the intricacies of how the program operates.

To present in February 2013 to over 60 women at Correction Service Canada's Grand Valley Institution for Women in Kitchener. Participants were engaged and inquisitive to learn more about how to build their self-esteem and body image.

Evolution of the BANA logo



2012-2013 Financial Review

Bulimia Anorexia Nervosa Association - Can-Am

Statement of Financial Position

March 31, 2013

	2013	2012
Assets		
Current		
Cash	\$ 51,387	\$ 62,099
Investments - held for trading	65,561	64,029
Accounts receivable	3,128	6,776
Government revenue receivable	11,976	-
HST receivable	7,315	6,444
Prepaid	4,171	8,754
	<u>143,538</u>	<u>148,102</u>
Capital (Note 2)		
Furniture and equipment	88,930	88,930
Computer equipment	35,224	35,224
Leasehold improvement	20,985	20,985
	<u>145,139</u>	<u>145,139</u>
	<u>\$ 288,677</u>	<u>\$ 293,241</u>
Liabilities and fund balances		
Accounts payable and accrued liabilities	\$ 23,984	\$ 20,707
Deferred revenue (Note 3)	10,556	18,393
	<u>34,540</u>	<u>39,100</u>
Fund balances		
General fund	33,338	18,644
Capital reserve fund (Note 4)	75,660	90,358
Equity in capital assets (Note 2)	145,139	145,139
	<u>254,137</u>	<u>254,141</u>
	<u>\$ 288,677</u>	<u>\$ 293,241</u>

Message from the Treasurer



I am privileged and honoured to have been the Treasurer of the Bulimia Anorexia Nervosa Association for the past 4 years and look forward to continuing this truly inspiring relationship.

The professionals who run this very worthwhile organization are to be commended for meeting their goals and objectives on many changing fronts. What is worth special mention is their ability to meet strict mandates for clinical attention and public awareness of eating disorders, exceeding their goals and doing so all within their ever-tightening budgets.

I want to thank BANA for allowing me to contribute to this commendable organization.

- Phillip M. Laurie, CMA

Bulimia Anorexia Nervosa Association - Can-Am

Statement of General Fund Operations and Fund Balance

Year ended March 31, 2013

	Community Mental Health 2013	Institutional Health 2013	Other Revenue 2013	Total 2013	Total 2012
Revenue					
Erie St. Clair LHIN/Ministry of Health & Long Term Care	\$ 209,512	\$ 280,992	\$ -	\$ 490,504	\$ 490,504
Donations and memberships	-	-	6,616	6,616	7,615
Relocation	25,000	-	11,210	36,210	-
Other income	-	-	8,895	8,895	11,932
Legal, advocacy, computers	-	-	-	-	26,225
Fundraising revenue	-	-	9,280	9,280	22,184
Grant revenue	-	-	19,324	19,324	22,529
	<u>234,512</u>	<u>280,992</u>	<u>55,325</u>	<u>570,829</u>	<u>580,989</u>
Expenses					
Insurance	2,162	-	-	2,162	2,175
Advertising and promotion	-	2,001	69	2,070	2,115
Professional fees	-	3,432	-	3,432	3,026
Wages and benefits	149,572	267,240	12,310	429,122	454,025
Office supplies	-	-	6,550	6,550	7,351
Computer maintenance	2,207	532	2,429	5,168	5,581
Telephone	-	5,469	-	5,469	5,774
Rent	44,214	-	-	44,214	48,271
Staff education	8,763	-	-	8,763	2,692
Travel	2,594	-	-	2,594	4,292
Legal, advocacy and computers	-	-	-	-	26,225
Fundraising expenses	-	-	1,048	1,048	19,649
Relocation expenses	25,000	-	11,210	36,210	-
Grant expenses	-	-	9,333	9,333	6,391
	<u>234,512</u>	<u>278,674</u>	<u>42,949</u>	<u>556,135</u>	<u>587,567</u>
Excess of revenue over expenses	-	2,318	12,376	14,694	(6,578)
Fund balance beginning of year	-	(2,318)	20,962	18,644	25,222
Fund balance, end of year	\$ -	\$ -	\$ 33,338	\$ 33,338	\$ 18,644

Gordon B. Lee, Chartered Accountants

This independent auditors review was conducted by the firm of Gordon B. Lee, Chartered Accountants.

The enclosed statements of the Bulimia Anorexia Nervosa Association CAN-AM reflect the financial position as of March 31, 2013, and the statement of general fund operations and fund balance for the year then ended.

A complete Financial Statement and Auditor's Report are available through BANA upon request.



Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

- Judy Garland

Healthy emotions come in all sizes. Healthy minds come in all sizes. And healthy bodies come in all sizes..

-Cheri K. Erdman



Moving Forward

"If everyone is moving forward together, then success takes care of itself." - Henry Ford

As we look back on the last 30 years, it is evident that we have had many accomplishments worth celebrating and now facing forward, we are eager to use the knowledge acquired over the years to help us build an even stronger organization for the future.

Looking ahead into the next year, it becomes imperative that our overarching goal is to develop new partnerships, strengthen our existing ones and work together to create a better, more vibrant community. We are eager to work towards clinical integration with our partner Windsor-Essex Community Health Centre- Teen Health. We believe that having one point of entry for eating disorder treatment in the community will help clients better navigate the system, resulting in reduced wait times and better clinical outcomes for service recipients of all ages. We are excited to explore future partnerships with various community agencies in order to better serve the multifaceted needs of our population.

We strongly believe in the value of the specialized training required to work within the field of disordered eating. We are continuously seeking out new tools and resources to better educate ourselves on the very complex issues at hand. In addition to receiving eating disorder specific training, it is also essential for staff to engage in their own personal growth and development in order to provide the best service delivery.

We are anxious to create and implement a new strategic plan for the organization, one that will be a vehicle through which we carry out our mission and progress toward the realization of our vision. We look forward to the ability to meet the increasing demands for the expansion of the health promotion program across the ESC LHIN. Our goal is to sustain a fully-funded comprehensive prevention program, targeting youth beginning in Junior Kindergarten and reaching up into adulthood. We hope to engage our stakeholders in the development of this strategic plan and vision for the future. We are a community based organization and thus highly value feedback from our service recipients, partners and the community as a whole. We are committed to the continued use of current, evidence-based practices in all that we do. It is our continued goal to remain transparent and accountable to our stakeholders.

We look forward to the growth and expansion of our programs and services. We have high hopes and ambitions for the future state of the organization and greatly appreciate your support as we turn the page to our next chapter.

Here's to the next 30!

SLATE OF BOARD DIRECTORS FOR 2013-2014

Dr. Sarah Woodruff	2012—2014
Mr. Phillip Laurie, CMA	2010—2016
Dr. Connie Kvarfordt	2011—2014
Ms. Elizabeth Dutka	2011—2014
Dr. Debbie Wilkes-Whitehall	2011—2014
Ms. Diana Sarkis	2011—2014
Ms. Jen Allard	2013—2016
Mr. Stephen Richards, CPA, CA	2007—2014

Please join BANA in recognizing the following groups and individuals for their support of our agency:

Moriarty Leadership Award
DR. MARGE HOLMAN

Outstanding Volunteer
NICOLE STERGIU

Outstanding Business
DANTE MEDIA GROUP

Outstanding Individual
BEN IRWIN

Outstanding Non-Profit
SANDWICH TEEN ACTION GROUP

Our Mission Statement

BANA is committed to the provision of specialized treatment education and support services for individuals affected directly and indirectly by eating disorders.

Our Vision

- To be recognized in the community as the primary source for the prevention and treatment of eating disorders.
- To be the leader in promoting the acceptance of diverse body shapes and sizes through the adoption of a healthy, balanced lifestyle.

BANA would like to acknowledge the support from the following:

- Erie St. Clair Local Health Integrated Network
- Ontario Ministry of Health and Long Term Care
- Green Shield Canada Community Giving Program
- Private Donors and Members including CAW Local 200
- Ontario Community Outreach Program for Eating Disorders
- The Members of BANA including our clients, board, staff and volunteers.

BULIMIA ANOREXIA NERVOSA ASSOCIATION

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