



Bulimia Anorexia Nervosa Association

*Leading the way in prevention
and comprehensive care*

2014-2015
ANNUAL
REPORT



2014-2015

BOARD MEMBERS

President

Sarah Woodruff, Ph.D

Vice-President

Connie Kvarfordt, Ph.D

Secretary

Ms. Elizabeth Dutka

Treasurer

Mr. Philip Laurie, CPA, CMA, CFP
(Through September 2014)

Treasurer

Ms. Anna Levonyan, CMA
(As of October 2014)

Directors

Ms. Jen Allard

Ms. Robin Brown



STAFF

Interim Executive Director

Luciana Rosu-Sieza, Hons Psych.

Interim Health Promotion Manager

Mia Tannous, MA

Health Educator

Shauna Sciacca, BA, B.Ed.

Special Projects, IT and Administration Co-ordinator

Patrick Kelly, Adp. Adv-Business

Accounting/Finance

Chandima Weeratinga, BBS
Dip. Business Admin. Accounting

Clinical Intake Specialist

Dana Dupuis, BA, B-MSW, RSW

Clinical Manager

Leta Marchand, BSW, RSW

Clinical Therapist

Jaclyn Brown, BA(H), MA, MSW, RSW

Registered Dietitian

Nicole Gullette, RD CDE

Medical Consultant

Alexandra Figaro,
M.D., C.C.F.P.

Psychological Consultant

Josée Jarry, Ph.D. C. Psych

Student Interns

Jean Kim

Elizabeth Di Paolo

Chad Pierozynski

Alexsandra Stevkovski

Jordan Girard



Message From The President

Thank you to all the staff, students, volunteers, and supporters of BANA for a very successful year! This year the board welcomed Anna Levonyan as our treasurer and said goodbye to Phil Laurie. Thank you to you all and I appreciate all the hard work and commitment!

Under the strong leadership of Luciana Rosu-Sieza, this past year BANA embarked on a new strategic plan. Cultivating the expansion of services, expanding knowledge exchange, and aligning our brand identity are the three main priorities that will focus our efforts. Several community events and partnerships (e.g., Say Yes to the Prom Dress, Children's Fest, Eating Disorder Awareness Week (EDAW), the Dressing Room Project, and many more) continue to raise the profile of BANA.

Although BANA has always been successful in fundraising; this past year the Murder Mystery dinner was a HUGE HIT; events like this shouldn't be missed!

I look forward to building on and continuing our successes next year!

Sarah Woodruff, PhD

President, BANA Board of Directors

Message From the Interim Executive Director

Happiness... consists in giving, and in serving others. — Henry Drummond

This is my third report as Interim Executive Director. It has been an amazing learning experience for me both personally and professionally. I have grown and continue to increase my knowledge in various areas including finance, clinical practice, board governance and so much more. This year we were able to accomplish many goals; the Dressing Room Project became a reality, our clinical staff attended the Academy for Eating Disorders Conference, we held our first Murder Mystery Dinner which sold out a month prior to the event, the Educational Toolkit got under way and we completed a robust advertising campaign.

BANA continues to value, cultivate and enhance our partnerships within our community. We recognise the importance and positive impact of working together in order to meet the needs of the clients we serve. Our overarching principle is to continue to advocate, empower and support all of those impacted by eating disorders. We are excited to explore future partnerships with various community agencies in order to better serve the multifaceted needs of our population.

It is with great pride in our accomplishments and optimism for the future that BANA looks forward to our 32nd year of service to the community.

Moving Forward

BANA is privileged to be governed by such a tremendous group of board of directors. Under the strong leadership of our President, Sarah Woodruff-Atkinson the board is proficient, dedicated, caring and inquisitive. It is a pleasure to work directly with such incredible individuals who openly bring their experiences and knowledge to the table. We said farewell to Phil Laurie (Treasurer) in September 2014 - I am grateful for all that he taught me. Phil is intelligent, thorough and thoughtful.

I would like to thank our staff for their hard work, commitment, enthusiasm, reliability, creativity and PASSION! I cannot imagine accomplishing what we have without each and every one of you. You make it easy to come to work with a smile.

We are thankful for our student interns and volunteers who enlighten us each year with fresh ideas and countless hours of service.

The Windsor/Essex Eating Disorders Program, BANA and Windsor Essex CHC Teen Health Center underwent a Value Stream Mapping on April 10, 2015 facilitated by the ESC LHIN. This day was extremely productive, informative and valuable. BANA is committed to improving the client experience by reducing wait times for clinical diagnosis, enhancing our mental health and medical service model, and streamlining transitions between BANA and Teen Health.

Our goal for the future is to offer medical services at BANA to, offer intensive treatment for our clients and expand all of our programs regionally. There is no seamless journey in reaching our destination, however we remain committed to building connections and collaborative relationships in our efforts to address Eating Disorders. We know that it cannot be done alone.

I look forward to the challenges and opportunities that 2015/2016 will bring. I am excited to continue working with our board, staff, students, volunteers, funding bodies and our community partners in order to regionally expand our health promotion program and provide more comprehensive clinical treatment.

The future looks promising.

Luciana Rosu-Sieza, Hons. Psych.
Interim Executive Director

BANA would like to acknowledge the following community partnerships:

Mental Health Connections	Windsor Public Library
University of Windsor Psychology Department	Leamington Kinsmen Recreation Centre
University of Windsor School of Social Work	New Canadian Centre for Excellence
University of Windsor Health Services	Windsor Pride
University of Windsor Department of Kinesiology	Leadership for the Advancement of Women in Sport
University of Windsor Faculty of Nursing	The Safety Village
St. Clair College of Arts and Media	Providers of Addiction Treatment of Windsor-Essex
Southwestern Ontario <i>in motion</i>	Sandwich Teen Action Group (STAG)
Worldwide Charter for Action on Eating Disorders	ESC Regional Cancer Program Comm. Advisory Committee
Go For Health	Multicultural Council of Windsor-Essex
Community Partners for Multicultural Health	Sandwich Neighbourhood Council
Windsor Essex Association for Volunteer Administration	Conseil scolaire Viamonde
Ontario Non-Profit Network	New Beginnings Child and Youth Services
College Boreal	Windsor Feminist Theatre
Academy for Eating Disorders	Withdrawal Management
Service Alliance For Equality (SAFE)	Hotel-Dieu Grace Health Care Regional Children's Centre
Ontario Community Outreach Program for Eating Disorders	Windsor Essex Community Foundation
Leadership Windsor Essex	University of Windsor Faculty of Education
Rotary Club of Windsor (1918)	Green Shield Canada-Community Giving Program
National Eating Disorder Information Centre	Windsor Essex Catholic District School Board
Big Brothers Big Sisters Windsor-Essex	Greater Essex County District School Board
Student Support Leadership Initiative	Windsor Essex County Health Unit
Windsor Essex Community Health Centre - Teen Health	The Conseil scolaire catholique Providence
City of Windsor Parks and Recreation	





Clinical Program

Snap Shot of Clinical Service Recipients 2014-2015

Number of Individuals Served at Intake:	338
Number of Unique Service Recipients Seeking Support:	409 (individuals)
Number Individuals Accessing Dietitian Services	57
Average Age of Unique Service Recipients:	31.4 years old

Summary of BANA Clinical Services 2014-2015

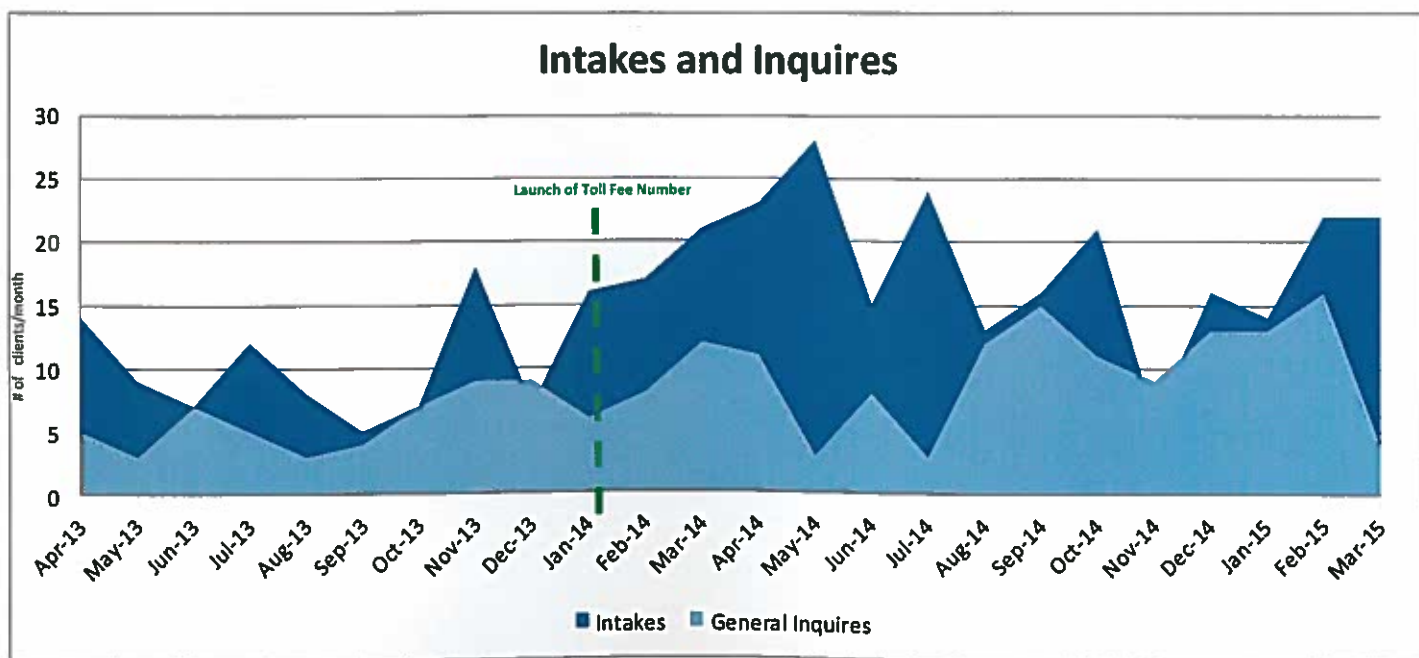
Initial Contact Average Wait Time:	7.6 days
Specialized Diagnostic Assessments:	116
Clinical Rounds:	48 Adult & 9 Child
Non-Unique Service Recipient Interactions (face to face visits/phone/e-mail):	1217
Unique Service Recipient Interactions (face to face visits/phone/e-mail):	3530
Total Group sessions (PTE & CBT):	170
Total Group Participants, Registered Client Attendances:	275 (Individuals)

Commitment to Ongoing Training

- April 2014 - Essentials of DBT (Online course)
- Sept 2014 - Program Evaluation conference call
- Oct 2014 - 2nd Annual Conference on Eating Disorders. Changing the Conversation: Innovation in the Treatment and Prevention of Eating Disorders
- Oct 2014 - HIV Education for Service Providers
- Nov 2014 - Harm Reduction Forum
- Dec 2014 - OCOPEP Workshops
- Feb 2014 - CBT for Eating Disorders Workshop

In a continued effort to provide streamlined services to the residents of Windsor Essex County, BANA and the Teen Health-Windsor Essex Community Health Centre, have partnered together to provide centralized intake for new client inquiries and referrals for Windsor and Essex County. This service is provided to all ages and is free of charge (for Ontario residents), streamlines access to treatment, and provides a continuum of care while answering questions and requests for assistance.

As part of this initiative we invested in advertising our new central intake number in the form of billboards, bus ads and bus bench ads in various locations around the city. As a result the number of calls to our office have increased. This increase in demand is illustrated in the graph below.



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 2014-2015

Self-Esteem and Body Image Workshops	71
Sizing Up the Media Workshops	59
Dressing Room Project Workshops	6
New Beginnings and STAG Dinner Program	40
Total number of participants	9,654
Total number of sessions	176
Health Fairs	46

BANA's Health Promotion team provides services to groups throughout the community in an effort to promote health and reduce stigma around eating disorders. We conduct presentations and workshops which cover a variety of topics, including self-esteem, body image, media literacy, nutrition, body-based harassment, and more. We endeavour to use a shared prevention strategy, which minimizes the potential development of eating disorders and obesity by promoting health and wellness at every size.

What's New?

Eating Disorder Awareness Week (EDAW):

BANA's health promotion team, in collaboration with You Beauty Moment, encouraged participants to create, "What Would You Say?" picture stories to increase positive self-esteem during EDAW 2015!

The Dressing Room Project:

In June 2014, BANA was successful in receiving a grant from Green Shield Canada's Community Giving Program in support of "The Dressing Room Project (DRP)."



The DRP is an initiative of the Emerging Women Projects, which began in the United States and has spread to several other countries. BANA, as an action team, has been hosting the DRP workshops throughout the Windsor-Essex region, and has supplemented the program's materials with activities that teach girls about self-esteem, body image, assertiveness, body-based harassment, and media literacy. These skills have been shown to be effective barriers against the development of eating disorders.



Like other DRP workshops, our workshops offer girls the opportunity to design 3x5 cards with affirming messages which are

made into decals. These decals are distributed to and posted on mirrors of dressing rooms throughout our community to help individuals feel more comfortable with their appearance and increase their self-esteem. Keep your eye out for them!

Windsor-Essex Community Foundation:

In November 2014, BANA also received a grant from the Windsor-Essex Community Foundation which helped fund the development of a toolkit for educators in Windsor and Essex County. In collaboration with the Greater Essex County District School Board and the Windsor Essex Catholic District School Board, BANA created a comprehensive resource package to enhance and compliment the effectiveness of our existing prevention programming. The project will be complete by the end of summer 2015, and ready to roll out to schools in the fall...stay tuned!





Message from the Treasurer

It is my honour and privilege to have been BANA's Treasurer. I was elected to become a Treasurer in September of 2014 and since then I have received tremendous support and help from Phil Laurie, our retiring Treasurer, the Board and especially BANA's staff.

I would like to express my thanks to all BANA employees who not just embrace change, but willingly initiate it by constantly improving every aspect of the organization's mandate. BANA brings invaluable benefits to our community - the funds are efficiently allocated to providing services to our clients and the community partnerships are directly related to enhancing the organization's outreach.

I invite the readers to review the enclosed fiscal 2015 audited Statement of Financial Position and the Statement of General Fund Operations and Fund Balance. I am pleased to advise that we have achieved a small surplus in fiscal year 2015 while increasing the frontline services and remaining focused on our operational budget.

Anna Levonyan, CMA

Treasurer, BANA Board of Directors

Bulimia Anorexia Nervosa Association - Can-Am

Statement of Financial Position

March 31, 2015

	2015	2014
Assets		
Current		
Cash and term deposits	\$ 155,196	\$ 112,156
Accounts receivable	5,758	6,605
HST receivable	8,760	7,641
Prepaid	8,472	3,410
	<u>178,186</u>	<u>149,812</u>
Capital (Note 2)		
Furniture and equipment	88,910	88,910
Computer equipment	35,224	31,224
Leasehold improvement	20,983	20,983
	<u>145,117</u>	<u>141,117</u>
	\$ 323,325	\$ 294,951
Liabilities and fund balances		
Accounts payable and accrued liabilities	\$ 45,875	\$ 37,098
Deferred revenue (Note 3)	29,858	7,177
	<u>75,733</u>	<u>44,275</u>
Fund balances		
General fund	30,564	28,648
Capital reserve fund	71,889	76,889
Equity in capital assets (Note 2)	145,117	145,117
	<u>247,570</u>	<u>250,654</u>
	\$ 323,325	\$ 294,951

Approved on behalf of the Board of Directors:
Bulimia Anorexia Nervosa Association - Can-Am

Constance Krupnik Director *A. Levonyan* Director

See accompanying Notes to the Financial Statements
Gordon B. Lee, Chartered Accountants

Bulimia Anorexia Nervosa Association - Can-Am

Statement of General Fund Operations and Fund Balance

Year ended March 31, 2015

	Community Mental Health 2015	Institutional Health 2015	Other Revenue 2015	Green Shield Grant 2015	Total 2015	Total 2014
Revenue						
Program funding (Note 6)	\$ 339,312	\$ 280,992	\$ -	\$ -	\$ 620,304	\$ 554,904
Donations and memberships	-	-	7,697	-	7,697	8,343
Relocation	-	-	-	-	-	4,489
Other income	-	-	14,261	-	14,261	6,373
Medical consulting fees (Note 3)	750	-	-	-	750	-
Fundraising revenue	-	-	18,869	-	18,869	6,522
Grant revenue	-	-	6,555	23,009	29,564	3,472
	<u>340,062</u>	<u>280,992</u>	<u>47,382</u>	<u>23,009</u>	<u>691,445</u>	<u>584,103</u>
Expenses						
Insurance	2,131	-	-	-	2,131	2,104
Advertising and promotion	-	-	6,656	-	6,656	3,264
Professional fees	6,694	-	-	-	6,694	7,292
Wages and benefits	300,517	248,865	-	17,624	567,006	454,731
Office equipment/supplies	4,497	-	8,094	-	12,591	10,570
Computer maintenance	2,212	-	3,000	-	5,212	4,418
Telephone	6,126	-	-	-	6,126	6,203
Rent	13,178	32,127	-	-	45,305	47,407
Staff education	2,136	-	14,239	-	16,375	10,885
Re-allocation	-	-	-	-	-	33,644
Travel	2,571	-	-	-	2,571	1,935
Fundraising expenses	-	-	6,922	-	6,922	30
Relocation expenses	-	-	-	-	-	2,838
Grant expenses	-	-	6,555	5,385	11,940	3,472
	<u>340,062</u>	<u>280,992</u>	<u>45,466</u>	<u>23,009</u>	<u>689,529</u>	<u>588,793</u>
Excess (deficiency) of revenue over expenses for the year	-	-	1,916	-	1,916	(4,690)
Fund balance beginning of year	-	-	28,648	-	28,648	33,338
Fund balance, end of year	\$ -	\$ -	\$ 30,564	\$ -	\$ 30,564	\$ 28,648

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, 2015, 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.



French Resource—Ressources-en-français

As part of BANAs ongoing commitment to diversity and accessibility we have recently started the process of translating several of our health promotion and resource materials into French.

All of these materials, including our agency brochure are currently available on our website at www.bana.ca

In addition, our Dietitian, Nicole Gullette has recently completed an Advanced level French language training course at College Boreal.

BANA'S Strategic Plan

We completed our three year Strategic Plan in April 2014 for the organization. It serves as a vehicle in carrying out our mission and progress toward the realization of our vision. We look forward to the growth and expansion of our programs and services. It is our continued goal to remain transparent and accountable to our stakeholders.

As part of this plan, three directives were established.

- (1) Cultivate the expansion of services:** Facilitating formal partnerships and expanding pathways into comprehensive services.
- (2) Expand knowledge exchange:** Diversify and strengthen the acquisition and dissemination of knowledge.
- (3) Align brand identity:** Create a brand identity that will better reflect BANA's core values of prevention, education and treatment of eating disorders.

Our staff and board continue to diligently work on the best methods to implement these directives and we look forward to sharing details with you in the near future.

Year in Review

Here are some exciting highlights from 2014-2015.

Children's Fest

On September 20th-21st, 2014, BANA once again joined the Rotary Club of Windsor (1918) as organizers/hosts of the 20th 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.

BANA's 30th Annual General Meeting

In June BANA hosted our 30th AGM, recognizing the following groups and individuals for supporting our agency: Moriarty Leadership Award - DR. ANDREA STEEN, Outstanding Volunteer - CHRIS ILIOU, Outstanding Business - WINDSOR FAMILY CREDIT UNION, Outstanding Individual - JUDI WILSON and Outstanding Non-Profit—UNIFOR LOCAL 200.

Unifor Local 200 Supports BANA

In October BANA was once again honored to be one of 8 recipient charities of the Unifor Local 200 annual Frank McAnally Golf tournament. Thank you to the local and all the golfers and groups that support this event.

Murder Mystery Dinner

SOLD OUT! From the outstanding food at Ambassador Golf Club to the outrageously funny entertainment by Theatre Ensemble and Walkerville's WCCA program, the rave reviews are still coming in. Thank you to all our attendees, sponsors and raffle donors for making our inaugural event one to remember.

Health and Safety

In 2014, all BANA staff completed either Supervisor or Worker classification Health and Safety Awareness Training.

Say Yes to the Prom Dress

As part of our community outreach and as an extension of our Dressing Room Project, BANA participated in the New Beginnings 2015 "Say Yes To the Prom Dress" event; a popular program that pairs young women with the dress of their dreams. This program has helped more than 700 young women in the area find beautiful dresses that have been donated by local individuals and retailers.

Farewell and Welcome

We said goodbye to Health Educator Amanda Raffoul and welcomed new Health Educator Shauna Sciacca.

SLATE OF BOARD DIRECTORS FOR 2015-2016

Sarah Woodruff, Ph.D	2012—2016
Ms. Anna Levonyan, CMA	2014—2017
Connie Kvarfordt, Ph.D	2011—2016
Ms. Elizabeth Dutka	2012—2016
Ms. Jen Allard	2013—2016
Ms. Robin Brown	2014—2017

Thank you to our departing Board Member:
Mr. Phillip Laurie, CPA, CMA, CFP 2010—2014

Our Mission

BANA is committed to providing specialized treatment of eating disorders and health promotion.

Our Vision

Leading the way in prevention and comprehensive care.

BANA acknowledges support from the following:

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

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

Moriarty Leadership Award
DR. MARY BROGA

Outstanding Volunteer
DEVON PAOLINI

Outstanding Business
627444 ONTARIO LIMITED
O/A 1500 OUELLETTE

Outstanding Individual(s)
CARLY NICODEMO & ERIKA HARNISH
(#YOUBEAUTYMOVEMENT)

Outstanding Non-Profit
NEW BEGINNINGS, CHILD AND YOUTH SERVICES

BULIMIA ANOREXIA NERVOSA ASSOCIATION

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1-855-969-5530

Services for all ages provided through partnerships with the Windsor Essex Community Health Centre - Teen Health and Hotel Dieu Grace Health Care Regional Children's Centre

www.bana.ca

