



Bulímia Anorexia
Nervosa Association

2015-2016

Annual Report



BE YOURSELF

2015-2016
BOARD MEMBERS

President
Sarah Woodruff-Atkinson, Ph.D

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Administration Co-ordinator
Patrick Kelly, Adp. Advertising Business

Health Educator
Shauna Sciacca, BA, B.Ed.
Rachelle Stimac, BA Hons Psych.

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Clinical Intake Specialist
Dana Dupuis, BA, B-MSW, RSW

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Leta Marchand, BSW, RSW

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

Psychological Consultant
Josée Jarry, Ph.D. C. Psych

Student Interns
Lexi Stathis
Danielle Blanchet
Rayan Haider
Martina Quindolin



Sarah Woodruff-Atkinson
President, Board of Directors

PRESIDENT'S REPORT

This is my third report as the President of the Board of Directors at BANA and I am so proud to be part of this wonderful and much needed community organization. It never ceases to amaze me when I hear about all the great things that BANA is doing from colleagues, friends, and community members!

BANA has had an exciting year with another successful Murder Mystery event, Children's Fest (which was followed by a kickoff event with the Windsor Express for this fall), pasta nights, EDAW Campaign and events, several media and awareness opportunities (including an amazing response to the A4 Challenge), Say Yes to the Dress, and many more within this Annual Report.

BANA received several accolades this year including a nomination for the first annual Accessibility Awards (through Assisted Living Southwestern Ontario) and the Southwestern Ontario *in motion* Outstanding Community Partner Award. The clinical staff has been busy with creating a new body image group, friends and family days, revamping resource materials, being trained with CBT-E, and trying to continually improve by reducing wait times. The prevention staff has created a new toolkit for the school presentations, increased the French language presentations, secured an OTF grant for the Adult Influencer project and website, worked with the Teen Empowerment and Development Group, and attended numerous health fairs.

Thank you to all the staff, board, students, volunteers, and supporters of BANA for a very successful year! I look forward to building on and continuing the successes next year!

Sarah Woodruff, PhD



Luciana Rosu-Sieza
Interim Executive Director

INTERIM EXECUTIVE DIRECTOR'S REPORT

It gives me great pleasure to highlight this year's successes with you, celebrating not only our 2015/2016 accomplishments, but also 33 years of service and achievements in this community. It is so important for us to have these opportunities to connect with our community; after all – that's what it is all about for us: successful community inclusion.

BANA is a leader in the field of prevention and treatment of eating disorders. We are proud of our reputation, and have worked hard to establish it. Each year we enter the year with a rejuvenated purpose in hopes of inspiring our clients, our staff and the community to push for more. A refocused passion that reflects the needs of today's community: this means new goals, new ideas and enhanced collaborations with community partners. Our success is all because of one important element 'REMARKABLE TEAMWORK' this includes board, staff, students and volunteers who contribute endless hours to make BANA prosper. Our board is compassionate, transparent, committed and supportive of BANA. It is with their openness and guidance that we have been able to thrive. Our staff is one of a kind. I cannot begin to express the level of passion, dedication and loyalty that each one of them upholds. We are grateful for our students and volunteers, without all of these individuals we would not be able to do all that we do.

The success for the agency is more than just the coordination we have found within these walls, it is much more than that. This is about the success that we have witnessed in the lives of our clients and their families, the remission diagnosis, their smiling faces, and the tales of how their lives have changed forever. It is about the ongoing community partnerships we continue to nurture because we recognise the importance and positive impact of working together in order to meet the needs of the clients we serve.

The future is bright. BANA is thriving; stronger than ever before and ready to push the limits. We are looking forward to accomplishing our goals in this next year by creating more efficiencies and reducing wait times.

Luciana Rosu-Sieza

Other News

The accomplishments of this year can be added to a long line of achievements in the history of this organization:

- The adult influencer website www.positiveinfluencer.ca was launched in order to reach and educate parents, teachers, youth workers, medical professionals, coaches etc. on various important topics related to youth.
- BANA, in partnership with the school boards (WECDSB & GECDSB), compiled a tool kit to enhance learning for elementary students which link directly with the curriculum. We updated all of our handouts, materials and presentations to reflect current research based data.
- Clinical Staff were trained and certified in CBT-E (Cognitive Behavioural Therapy-Enhanced specific for eating disorders).
- Time and resources were dedicated for translation of materials in French. The revitalization of the French presentations available to the francophone community was a priority this year. Staff completed a French language course through College Boreal.
- New Formal partnerships with two Methadone clinics were created as a response to a need that was identified. Since January 2016 intakes are completed onsite at the Erie St. Clair Clinic.
- Interim Executive Director, Luciana Rosu-Sieza was selected to be the Keynote speaker for the 2015 WECHC Gord Smith Healthy Workplace Awards in recognition of the steps BANA has implemented in creating a healthy workplace environment.

We didn't stop here, though!

In addition to exceeding the program and service delivery targets that we set for ourselves at the beginning of the year, BANA surpassed its fundraising goals. This allowed us to purchase a new network Server, 2 bariatric chairs and a bariatric scale with a handrail to better accommodate our clients.

We continued to brand our tagline "Be Yourself" with new kids and youth t-shirts, temporary tattoos and a new table cloth. A strong commitment to staff education and training continues to be a responsibility that BANA values and encourages. Staff attended a number of training opportunities ranging from LGBTQ Diversity training, Finance for Non-Profit, Social Media and Networking, to Emotion-Focused Family Therapy.



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
College Boreal
Academy for Eating Disorders
Service Alliance For Equality (SAFE)
Ontario Community Outreach Program for Eating Disorders
Leadership Windsor Essex
Rotary Club of Windsor (1918)
National Eating Disorder Information Centre
Big Brothers Big Sisters Windsor-Essex
Student Support Leadership Initiative
Windsor Essex Community Health Centre - Teen Health
City of Windsor Parks and Recreation
Erie St. Clair Clinic

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)
ESC Regional Cancer Program Comm. Advisory Committee
Multicultural Council of Windsor-Essex
Sandwich Neighbourhood Council
Conseil scolaire Viamonde
New Beginnings Child and Youth Services
Windsor Feminist Theatre
Withdrawal Management
Hotel-Dieu Grace Health Care Regional Children's Centre
Windsor Essex Community Foundation
University of Windsor Faculty of Education
Green Shield Canada-Community Giving Program
Windsor Essex Catholic District School Board
Greater Essex County District School Board
Windsor Essex County Health Unit
The Conseil scolaire catholique Providence
Sexual Assault Crisis Centre
Ontario Addiction Treatment Centres



Snap Shot of Clinical Service Recipients 2015-2016

Number of Individuals Serviced at Intake:	303
Number of Individuals served by Organization:	561
Number Individuals Accessing Dietitian Services:	57
Average Age of Unique Service Recipients:	35.1 years old

Summary of BANA Clinical Services 2015-2016

Initial Contact Average Wait Time:	8 days
Specialized Diagnostic Assessments:	129
Clinical Rounds:	41 Adult/10 Child
Non-Unique Service Recipient Interactions (face to face/phone/e-mail):	1294
Unique Service Recipient Interactions (face to face visits/phone/e-mail):	4276
Total Group sessions (PTE & CBT):	120
Total Group/Presentations Participants, Registered Client Attendances:	687

CBT-E

Cognitive Behaviour Therapy Enhanced, for Eating Disorders refers to a "transdiagnostic" personalised psychological treatment for eating disorders. It was developed as an outpatient treatment for adults but is an intensive version for day patient and inpatient settings (Dalle Grave, 2012), and a version for younger people.

In 2015, four staff members received training in CBT-E and we have begun to integrate the treatment into our clinical practice.

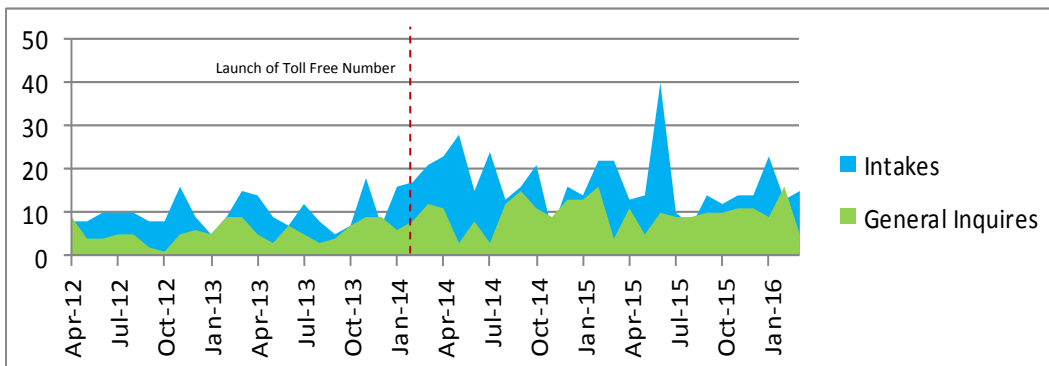
Friends and Family Workshops

BANA hosted two free Friends and Family events in 2015/2016 (July, March) with the goal to offer support and education to care givers and supporters of those affected by an eating disorder.

Program Evaluation

As part of BANA's ongoing commitment to providing best practices we have established an on-going review of our clinical programs and services. Under this process, we will be taking a critical snapshot of our wait times, group versus individual therapy programs, shifts in symptoms, and client satisfaction.

4 year Intake and Inquiry Comparison



Commitment to Ongoing Training

- April 2015 - International Eating Disorder Conference (Academy of Eating Disorders)
- CBT-E Certification (Chris Fairburn)
- June 2015 - Setting the stage for tomorrow Symposium (WECAS)
- July 2015 - Choices and Change Workshop (WECHC)
- Aug 2015 - CBT-E Webinar (Academy of Eating Disorders)
- Sept 2015 - Eating After Bariatric Surgery (Ontario Telehealth Network)
- Eating Disorder Rounds- Concurrent Disorders (Ontario Telehealth Network)
- Ontario Community Outreach Program for Eating Disorders - Adult Retreat
- Suicide Prevention - Erie St. Clair LHMN
- Oct 2015 - LGBTQ Diversity Training Windsor Pride
- Dec 2015 - Ontario Community Outreach Program for Eating Disorders Conference
- Mar 2016 - Gains SS Training

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.

What's New?

Dressing Room Project (DRP) Wrap up

In November 2014, BANA's Health Promotion team began delivering The Dressing Room Project (DRP) around Windsor-Essex County and has since received a very positive feedback from the hosts of the groups.

In the DRP, girls were given a self-esteem and body image workshop where they were given the opportunity to decorate 3x5 inch cards with encouraging messages. They were then made into decals and distributed around their local community to be displayed in dressing rooms. As we wrap up this successful and well received campaign we want to thank Windsor-Essex for being a part of it and we look forward to continue working together on future projects promoting the overall health and wellness of our community.

EDAW

This year BANA set up interactive information booths at the University of Windsor, St. Clair College, Tecumseh Mall and Devonshire Mall. BANA created a "365 days of positivity calendar" where community members added a positive message to the day of their choice! Every day a message is posted to our Instagram (edaw365). We also had a fun photo-booth with a #FilterFree campaign to encourage natural beauty and fewer photo enhancements on social media.

Toolkit

BANA, along with a representative from the WECDSB and two champion teachers from the GECDSB, have compiled a toolkit to enhance student's education on topics such as self-esteem, body image, media, and gender stereotypes. The toolkit consists of a series of pre and post activities or lesson plans that directly link to curriculum and that are recommend for use by the classroom teacher before and after the one hour BANA presentation.

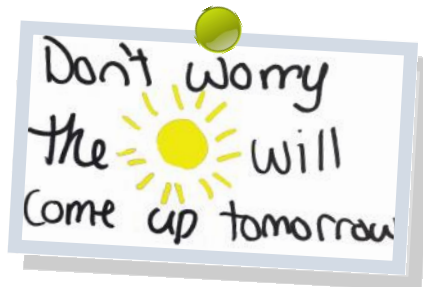
Trillium Grant and Website

BANA is pleased to announce that through the support of the Ontario Trillium Foundation we are able to provide a new website dedicated, but not limited to; providing resources to Parents, Educators, Fitness Trainers, Health Care Professionals or anyone who has a primary interest in supporting youth. As part of the site's ongoing development, webinars will continue to be recorded with industry leaders in the areas of risk management, body image, stress, problem gambling, LGBT health, eating disorders, nutrition and more. Please check out the site at www.positiveinfluencer.ca.

Summary of Health Promotion Services 2015-2016

Self-Esteem and Body Image Workshops	94
Sizing Up the Media Workshops	69
Dressing Room Project Workshops	39
New Beginnings Dinner Program	14
Parent Panel Presentations	3
BANA Information Presentations	21

Total number of participants	12,115
Total number of sessions	240
Health Fairs	33





Anna Levonyan, CPA, CMA
Treasurer, Board of Directors

My time spent so far at BANA has not only been pleasant and enjoyable, but it has also been extremely rewarding. I was elected as treasurer back in September of 2014, and have since then had the privilege of seeing BANA blossom into the magnificent organization it is today.

I would like give thanks to everyone involved with BANA. This association would not be able to function the same way it does without the endless amount of hard word and dedication that these employees put in every day. BANA has been devoted to making our community a better place since day one, and the services they provide to our clients are invaluable.

I encourage everyone to review the enclosed fiscal 2016 audit Statement of Financial Position and the Statement of General Fund Operations and Fund Balance. I am pleased to announce that we have produced a small surplus in fiscal year 2016 while increasing the frontline services and remaining focused on our operational budget.

-Anna Levonyan, CPA, CMA



Bulimia Anorexia Nervosa Association - Can-Am

Statement of Financial Position

March 31, 2016

	2016	2015
Assets		
Current		
Cash and term deposits	\$ 164,682	\$ 155,196
Accounts receivable	5,822	5,758
HST receivable	6,223	8,760
Prepaid	7,606	8,472
	<u>184,333</u>	<u>178,186</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>\$ 329,472</u>	<u>\$ 323,325</u>
Liabilities and fund balances		
Accounts payable and accrued liabilities	\$ 32,743	\$ 45,875
Deferred revenue (Note 3)	48,367	29,858
	<u>81,110</u>	<u>75,733</u>
Fund balances		
General fund	31,334	30,564
Capital reserve fund	71,889	71,889
Equity in capital assets (Note 2)	145,139	145,139
	<u>248,362</u>	<u>247,592</u>
	<u>\$ 329,472</u>	<u>\$ 323,325</u>

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

Conrad Kozaj 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, 2016

	Community Mental Health 2016	Institutional Health 2016	Other Revenue 2016	Green Shield Grant 2016	Trillium Grant 2016	Total 2016	Total 2015
Revenue							
Program funding (Note 6)	\$ 338,312	\$ 280,992	\$ -	\$ -	\$ -	\$ 619,304	\$ 620,304
Donations and memberships	-	-	7,098	-	-	7,098	7,697
Other income	-	-	4,869	-	-	4,869	14,261
Medical consulting fees	-	-	-	-	-	-	750
Fundraising revenue	-	-	32,509	-	-	32,509	18,869
Grant revenue	-	-	2,181	17,591	13,884	33,656	29,564
	<u>338,312</u>	<u>280,992</u>	<u>46,657</u>	<u>17,591</u>	<u>13,884</u>	<u>697,436</u>	<u>691,445</u>
Expenses							
Insurance	2,275	-	-	-	-	2,275	2,131
Advertising and promotion	-	-	5,243	-	-	5,243	6,656
Professional fees	3,825	-	-	-	-	3,825	6,694
Wages and benefits	298,160	249,293	-	14,977	5,312	567,742	567,006
Office equipment/supplies	3,758	-	11,204	-	-	14,962	12,591
Computer maintenance	2,212	-	1,671	-	-	3,883	5,212
Telephone	5,976	-	-	-	-	5,976	6,126
Rent	13,178	31,699	-	-	-	44,877	45,305
Staff education	5,411	-	5,787	-	-	11,198	16,375
Travel	3,517	-	-	-	-	3,517	2,571
Fundraising expenses	-	-	12,824	-	-	12,824	6,922
Grant expenses	-	-	2,181	2,614	8,572	13,367	11,940
Extraordinary item - replace computer server	-	-	6,977	-	-	6,977	-
	<u>338,312</u>	<u>280,992</u>	<u>45,887</u>	<u>17,591</u>	<u>13,884</u>	<u>696,666</u>	<u>689,529</u>
Excess of revenue over expenses for the year	-	-	770	-	-	770	1,916
Fund balance beginning of year	-	-	30,564	-	-	30,564	28,648
Fund balance, end of year	<u>\$ -</u>	<u>\$ -</u>	<u>\$ 31,334</u>	<u>\$ -</u>	<u>\$ -</u>	<u>\$ 31,334</u>	<u>\$ 30,564</u>

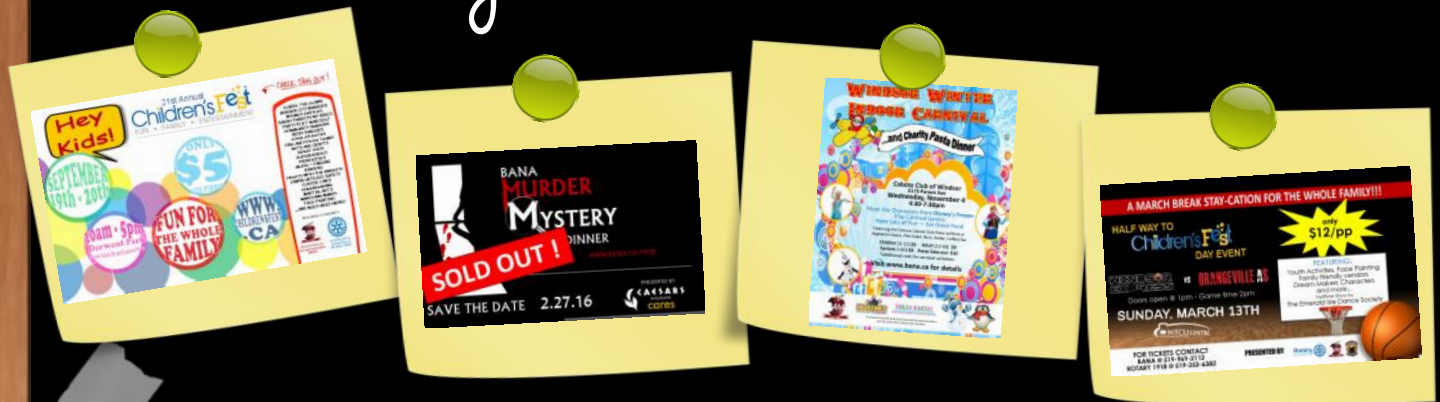
Gordon B. Lee, Chartered Accountants

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.

Year in Review



Here are some exciting highlights from 2015-2016.

Walk for BANA

On May 24th, 2015, we once again joined the City of Windsor Mayor's Walk and thanks you for your generous donations. We raised over \$3100 for our programs and services.

BANA's 31st Annual General Meeting

In June, BANA hosted our 31st AGM, recognizing the following groups and individuals for supporting 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 and Erika Hamish and Outstanding Non-Profit - New Beginnings, Child and Youth Services.

Pita Pit

On July 31st and August 1st, the Pita Pit (Windsor) shared their 12th Anniversary (6711 Tecumseh Rd E) and 1st Anniversary (4141 Walker Rd) with BANA and donated a portion of sales from both days to a total of \$3000.00!

Children's Fest

On September 19th-20th BANA once again joined the Rotary Club of Windsor (1918) as organizers/hosts of the 21st 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. Proceeds from the event supported programs from both host charities.

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 200 and all the golfers and groups that support this event.

Caboto Club Charities Together Pasta Night

On November 4th, BANA held their pasta fundraiser at the Caboto Club by hosting an indoor youth carnival that attracted over 600 attendees. Special thanks to our vendors and Dream Makers Costumer Rentals for a great night!

Murder Mystery Dinner

SOLD OUT AGAIN! Year 2 for our MMD Event found us moving to Caesars Windsor and the outrageously funny entertainment of Michelle Mainwaring and friends. Thank you to all our attendees, sponsors and raffle donors for making this annual gala one to remember.

1/2 Way to Children's Fest Day

In March, along with the Rotary Club of Windsor (1918) we hosted our first 1/2 Way to Children's Fest Day Event at the WFCU in partnership with Windsor Express Basketball Team. Thank you to Dartis and the whole organization for a great afternoon.

Farewell and Welcome

We said goodbye to Health Promotion Manager, Mia Tannous and welcomed new PT Health Educator and former volunteer of the year, Rachele Stimac. Shauna Sciacca was promoted from PT to FT Health Educator. We were also pleased to welcome back another former clinical intern to the staff as Shannon Mercer joined the team to cover a maternity leave.

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

*Moriarty Leadership Award
Mr. Stephen Richards, CA*

*Outstanding Volunteer
Mr. Patrick Moriarty*

*Outstanding Business
Biz X Magazine*

*Outstanding Individual
Ms. Janet Kelly*

*Outstanding Non-Profit
Rotary Club of Windsor (1918)*

SLATE OF BOARD DIRECTORS FOR 2016-2017

Sarah Woodruff, Ph.D	2012—2017
Connie Kvarfordt, Ph.D	2011—2017
Ms. Anna Levonyan, CPA, CMA	2014—2017
Ms. Jen Allard	2013—2017
Ms. Robin Brown	2014—2017
Ms. Melissa Nakhavoly	2016—2019
Dana S. Levin, LMSW, Ph.D	2016—2019

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
- Ontario Trillium Foundation
- The Members of BANA including our clients, board, staff and volunteers.



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Toll Free: 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