



**Bulimia Anorexia
Nervosa Association
2016-2017
Annual Report**

BE YOURSELF



Who Are We?

2016-2017 BOARD MEMBERS

President

Sarah Woodruff-Atkinson, Ph.D

Vice-President

Connie Kvarfordt, Ph.D

Secretary

Ms. Robin Brown

Treasurer

Ms. Anna Levonyan, CPA, CMA

Directors

Ms. Jen Allard

Dana Levin, LMSW, Ph.D

Ms. Melissa Nakhavoly

STAFF

Executive Director

Luciana Rosu-Sieza, BA Hons Psych

Special Projects, IT and Administration Co-ordinator

Patrick Kelly, Adp. Advertising Business

Health Educator

Shauna Sciacca, BA, B.Ed

Rachelle Stimac, BA Hons Psych

*Kaila Seguin, BA, CNP

Accounting/Finance

Chandima Weeratunga, CPA, CGA

Clinical Intake Specialist

Dana Dupuis, BA, B-MSW, RSW

Clinical Manager

Leta Marchand, BSW, RSW

Clinical Therapist

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

*Shannon Mercer, MSW, RSW

Registered Dietitian

Nicole Boulanger, RD CDE

*Cindy Fajardo, RD, MScFN

Medical Consultant

Alexandra Figaro, M.D., CCFP

Psychological Consultant

Josée Jarry, Ph.D. C. Psych

Student Interns

Kendra Nespoli, M.A.

Bahar Haji-Khamneh, M.A.

Anna Millerman

* Covering maternity leave



Sarah Woodruff, PhD
BANA Board President

Another successful year at BANA thanks to the amazing staff and Board of Directors! I am most pleased that after almost 5 years as Interim Executive Director, the Board of Directors and current BANA staff was extremely supportive of solidifying Luciana Rosu-Sieza in the position of Executive Director. Additionally, BANA's board welcomed Melissa Nakhovoly and Dana Levin and will say good-bye to current Vice-President Connie Kvarfordt. The commitment, drive, and passion of BANA's people is what makes this organization a true success!

BANA has had an exciting year with the introduction of CBT-E, Positive Influencer website, Children's Festival, our first paid social media campaign, numerous media engagements, fundraising efforts that surpassed our expectations, and many more within this Annual Report. My own personal success saw BANA's *Sizing up the Media* presentation be evaluated and published in Media Education Research Journal along with Sara Santarossa (PhD candidate). BANA is always at the forefront of research and committed to ensuring that best practices inform all their work. Lastly, BANA was bestowed several community awards/accolades this past year including the Gord Smith Workplace Award and the University of Windsor Clark Award.

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
BANA Executive Director

I am honoured to present the 2016-2017 Annual Report. This is my first report since being appointed Executive Director in October 2016; it is with great pride that I share this overview of the many accomplishments, thank you for making this fiscal year yet another remarkable year for Bulimia Anorexia Nervosa Association (BANA)! Our dedicated board, staff, students and volunteers have done an incredible job at expanding our outreach while strengthening our programs and services.

Our staff has worked tirelessly to raise the voice and profile of our organization in our community and beyond. In October of 2015, BANA changed its treatment modality to CBT-E (Cognitive Behavioural Therapy- Enhanced) from the CBT (group format). The outcomes have been extraordinary with 42 partial/ full remissions in the past year compared to the average 14 partial/full remissions in past years. The Health Promotion team was extremely successful during Eating Disorder Awareness Week (EDAW) with an innovative campaign called BE YOURSELFIE. BANA was proud to be the recipient of the Gord Smith Workplace Wellness Award (WECHU).

BANA is fortunate to be governed by such an incredible group of board of directors. Under the vigorous leadership of our President, Sarah Woodruff-Atkinson the board is accomplished, devoted, and compassionate. This year we say farewell to Connie Kvarfordt (Vice-President) who served on the board for 6 years. I am grateful for all of her support, expertise and willingness to assist in any way she could. Connie is intelligent, kind, insightful and will be missed on the board.

Personally, I am truly humbled to lead the incredibly talented and dedicated people who work for BANA. I would like to thank our staff for coming to work each day with a passion and dedication that most work places do not have the privilege of experiencing. Our vision, mission and goals are realized because of their continuous drive and ambition. We are thankful for our student interns and volunteers who share with us their innovative ideas and countless hours of service.

We are very proud of the achievements highlighted in this report. We invite you to spend time browsing through the pages. 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. Our community is strong and vibrant, and together we will continue our efforts to eliminate the stigma around Eating Disorders (Mental Health) by having open dialogue to increase awareness. We are excited to continue to nurture and enhance our current partnerships, and explore future partnerships with various community agencies in order to better serve the multi-layered needs of our population.

In 2018, we celebrate our 35th Anniversary; stay tuned for information on BANA's biggest, most exciting fundraiser yet!

- Luciana Rosu-Sieza

Other News

OCOPEd

The Ontario Community Outreach Program for Eating Disorders (OCOPEd) is a network of regulated Provincial Eating Disorders service providers whose purpose is to collaboratively increase involvement of the existing health care system in the provision of specialized services to people with eating disorders. BANA is a proud member of this group and this year we are happy to report that our staff have taken active roles in various OCOPEd initiatives and programming including the Adult System Working Group, Concurrent Eating Disorder and Substance Abuse, Prevention & Education and Steering Committee.

Staff Professional Development

Throughout the year, in addition to supporting causes like the Soul Focus Project and Bell Let's Talk; BANA staff participated in Professional Development Days with the intent to provide an opportunity for Social Responsibility/Consciousness and Team Building exercises.

Some of community activities over the past year have included:

- Volunteering at the Downtown Mission, offering meal prep and serving lunch.
- Collecting donations for Hiatus House's Family Christmas Gift program and volunteering to wrap gifts for their families.
- At the Unemployed Help Centre, BANA staff prepared meals (in the kitchen) and bagged produce for the food bank.
- Attended an information session and tour at the HDGH Problem Gambling Services Program.

Some of Team Building activities over the past year have included:

- A canoeing expedition on River Canard
- Completing the Enigma Escape Room challenge
- Increasing our wellness program activities to include walking meetings

RBC Day of Service

RBC sees volunteering as a fundamental act of citizenship. They encourage employee volunteerism through initiatives such as the RBC Day of Service Grant where their staff can select volunteer opportunities in their community and by participating RBC will also make a donation. BANA is very appreciative to have not only received the precious time of local RBC staffers but \$2000.00 in donations as well.



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
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
Hotel-Dieu Grace Healthcare Withdrawal Management
Hotel-Dieu Grace Healthcare Regional Children's Centre
Hotel-Dieu Grace Healthcare Problem Gambling Services
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
Canadian Mental Health Association

Clinical Program



Commitment to Ongoing Training

April 2016
CAMH Training
Effective Presentation Skills

May 2016
ASSIST Training
CBT Webinar
CPR-C/First Aid
Developing Emotional Intelligence

August 2016
Webinar
Dealing with Difficult People

September 2016
Suicide Prevention

November 2016
Digital Dependency
Awareness Conference

December 2016
OCOPED Conference

January 2017
Webinar BED: Treatment,
Research and Recovery

March 2017
DBT Skills Training
Sexual Violence and Youth
Symposium

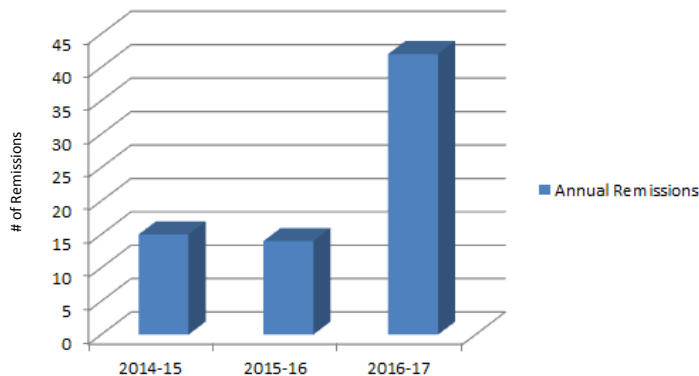
Snap Shot of Clinical Service Recipients 2016-2017

Number of Individuals serviced at Intake:	324
Number of Individuals served by Organization:	654
Average Number of Clients see per month	35
Average Age of Unique Service Recipients:	26.6 years old
Number of Clients Offered Individual Treatment	62

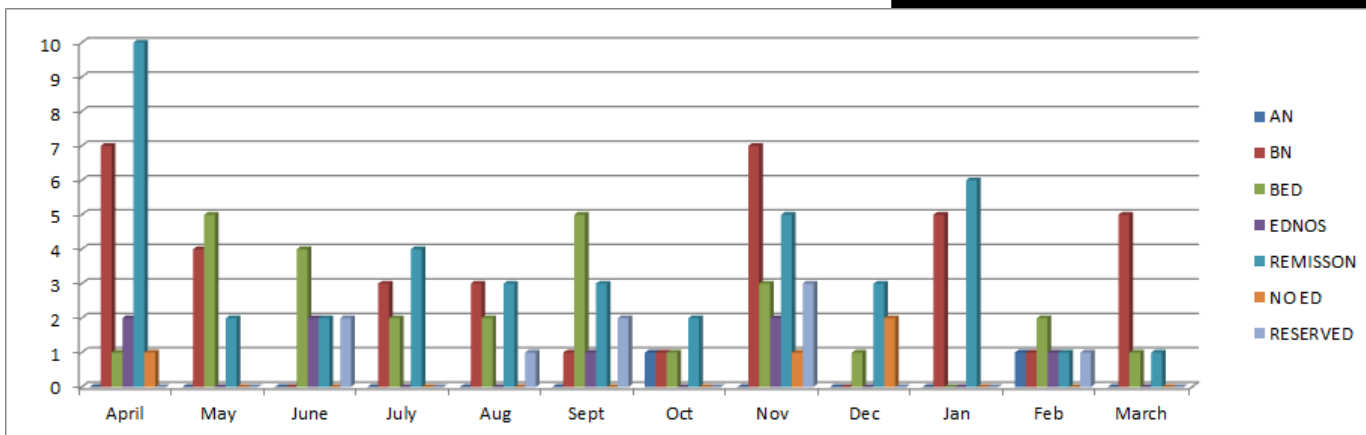
Summary of BANA Clinical Services 2016-2017

Specialized Diagnostic Assessments:	128
Clinical Rounds:	52
Intake Interactions (face to face/phone/e-mail):	2058
Unique Service Recipient Interactions (face to face visits/phone/e-mail):	3530
Community Events:	7
Total Participants:	470
Pre-treatment workshops:	24
Body Image Group:	1

3 year cross comparison of remission diagnosis



2016-17 snapshot of diagnosis given



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 in French and English on various topics including Self-Esteem, Body Image, Nutrition, Physical Activity, Size Acceptance, Body Based Harassment and more.

What's New?

Positive Influencer

Positiveinfluencer.ca officially launched in March 2016! It was the result of a funding grant from the Ontario Trillium Foundation in response to a need for resources for Adult Influencers of youth in regards to health and wellness. This specific website is an outlet for any adult influencers (including teachers, coaches, parents, educators, medical professionals, etc.) seeking information for youth. Various topics are covered through downloadable resources and webinars. Visitors also have the ability to post questions to our online forum for discussion.

We are pleased to currently offer webinars on: Positive Parenting Techniques, Youth & Opioids, Self-Harm, Dieting Myths & Facts, Depression, The Power of Social Media, Internet & Gaming Addiction, Healthy Eating, LGBT Gender Types and Related Health Issues, Self-Esteem & Body Image. BANA will be sustaining this website to continually add new webinars and helpful resources.

EDAW

Eating Disorder Awareness Week (EDAW) is a national campaign to promote eating disorder awareness in hopes of ending the stigma. Every year from February 1-7 BANA participates by hosting fun and engaging information booths around the city. This year's campaign took BANA's ongoing message of "Be Yourself" to a whole new level! BANA's Health Promotion team set up booths across Windsor-Essex in locations such as: Devonshire Mall, University of Windsor and the Windsor Express game at the WFCU Centre and challenged individuals in the community to take a selfie using a Polaroid camera. The whole idea behind this challenge is that you cannot edit or filter a Polaroid picture because it prints instantly! You also cannot see what you're taking a picture of, which forces participants to truly "be themselves" in the moment. This campaign was a huge success with over 300 selfies taken and several media interviews throughout the week.

Puppet Program

The Be Yourself's Puppet Project is an interactive health promotion program that is set to launch in September 2017. Our team at BANA created three different videos addressing the topics of self-esteem, societal influences, body based harassment, nutrition and physical activity. Two different sets of videos have been designed to take into account language differences between ages: one set targeting grades JK-Grade 1, and the other targeting grades 2-4. The health promotion team plans to bring the pre-recorded puppet video(s) to classrooms, camps or group settings, which will be followed by a debriefing session. There will be a Q&A session and interactive activities following the videos, to ensure understanding and resolution of the topics.

Summary of Health Promotion Services 2015-2016

Self-Esteem and Body Image Workshops	90
Sizing up the Media	70
Parent Presentations	13
BANA Information Presentations-	85
TOTAL	258

Total number of participants 12,238

Health Fairs 29





Anna Levonyan, CPA, CMA
Treasurer, Board of Directors

I feel very fortunate to have had the opportunity to work with BANA for the past 3 years.

The Bulimia Anorexia Nervosa Association is an exceptional organization that strives to help those struggling with eating disorders, all while doing their best to educate Windsor Essex community on the importance of mental health.

The dedicated professionals who work for this cause have overcome a number of challenges in order to provide their much needed services to the community, and they are always ready to adapt to the ever changing mandate they are faced with.

I am pleased to announce that in 2017 BANA produced a small surplus while remaining lean and efficient, and continued delivering outstanding services to its clients.

I would like to congratulate BANA on another successful year, and I look forward to continuing our relationship.



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, 2016, 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.

Bulimia Anorexia Nervosa Association - Can-Am

Statement of Financial Position

March 31, 2017

	2017	2016
Assets		
Current		
Cash and term deposits	\$ 140,293	\$ 164,682
Accounts receivable	10,616	5,822
HST receivable	4,714	6,223
Prepaid	5,423	7,606
	<u>161,046</u>	<u>184,333</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>\$ 306,185</u>	<u>\$ 329,472</u>
Liabilities and fund balances		
Accounts payable and accrued liabilities	\$ 41,354	\$ 32,743
Deferred revenue (Note 3)	16,351	48,367
	<u>57,705</u>	<u>81,110</u>
Fund balances		
General fund	31,452	31,334
Capital reserve fund (Note 2)	71,889	71,889
Equity in capital assets (Note 2)	145,139	145,139
	<u>248,480</u>	<u>248,362</u>
	<u>\$ 306,185</u>	<u>\$ 329,472</u>

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

Abodatto Director *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, 2017

	Community Mental Health 2017	Institutional Health 2017	Other Revenue 2017	Trillium Grant 2017	Total 2017	Total 2016
Revenue						
Program funding (Note 6)	\$ 338,276	\$ 280,992	\$ -	\$ -	\$ 619,268	\$ 619,304
Donations and memberships	-	-	17,445	-	17,445	7,098
Other income	-	-	7,070	-	7,070	4,869
Fundraising revenue	-	-	11,221	-	11,221	32,509
Grant revenue	-	-	-	43,116	43,116	33,656
	<u>338,276</u>	<u>280,992</u>	<u>35,736</u>	<u>43,116</u>	<u>698,120</u>	<u>697,436</u>
Expenses						
Insurance	2,022	-	-	-	2,022	2,275
Advertising and promotion	-	-	3,739	-	3,739	5,243
Professional fees	-	3,534	8,098	-	11,632	3,825
Wages and benefits	279,143	265,874	-	39,984	585,001	567,742
Office equipment/supplies	-	3,713	14,267	-	17,980	14,962
Computer maintenance	-	-	1,517	-	1,517	3,883
Telephone	-	7,871	2,768	-	10,639	5,976
Rent	47,548	-	-	-	47,548	44,877
Staff education	5,522	-	5,170	-	10,692	11,198
Travel	4,041	-	-	-	4,041	3,517
Fundraising expenses	-	-	59	-	59	12,824
Grant expenses	-	-	-	3,132	3,132	13,367
Extraordinary item - replace computer server	-	-	-	-	-	6,977
	<u>338,276</u>	<u>280,992</u>	<u>35,618</u>	<u>43,116</u>	<u>698,002</u>	<u>696,666</u>
Excess of revenue over expenses for the year	-	-	118	-	118	770
Fund balance beginning of year	-	-	31,334	-	31,334	30,564
Fund balance, end of year	<u>\$ -</u>	<u>\$ -</u>	<u>\$ 31,452</u>	<u>\$ -</u>	<u>\$ 31,452</u>	<u>\$ 31,334</u>

Gordon B. Lee, Chartered Accountants

Year in Review



Walk for BANA

On May 22th, 2016, we once again joined the City of Windsor Mayor's Walk and thank you for your generous donations. We raised over \$1900 for our programs and services.

BANA's 32st Annual General Meeting

In June, BANA hosted our 32rd AGM, recognizing the following groups and individuals for supporting our agency: Moriarty Leadership Award - Mr. Stephen Richards, Outstanding Volunteer - Patrick Moriarty, Outstanding Business - Biz X Magazine, Outstanding Individual - Janet Kelly and Outstanding Non-Profit - Rotary Club of Windsor (1918).

Yoga 4 Hope

On August 27th, we were pleased to be part of the Pajama Angel's Yoga for Hope event at the LaSalle Vollmer Complex which raised \$40,000 for local charities, including \$5,000 for BANA.

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 4 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 that attracted over 300 attendees. Special thanks to everyone that came out to support us.

1/2 Way to Children's Fest Day

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

Gord Smith Healthy Workplace Award Recipient

Our first year entering the Windsor Essex County Health Unit's Gord Smith Healthy Workplace Awards and BANA is a Bronze Award Winner in recognition of our "outstanding leadership role in developing and implementing programs and policies that promote and support health and well-being of our employees, retirees and their families".

Colour Me Blind Challenge

BANA partnered with Excideo.com to launch a unique awareness campaign—Color me Blind. We believe that BEAUTY IS ON THE INSIDE and we challenged our community to help us prove it to the world! Staff, past and current Board members, joined local celebrities like AM 800's Mike Kakuk and Lisa Williams and the community at large and had friends put on blindfolds while applying makeup to them for 1 minute straight and post the video online.

Congrats and Welcomes

This past year we had 3 staff Jaclyn, Rachelle and Nicole all have healthy BANA babies and we welcomed Shannon, Kaila and Cindy who continue to cover their maternity leaves.

SLATE OF BOARD DIRECTORS FOR 2017-2018

Sarah Woodruff, Ph.D	2012—2018
Ms. Anna Levonyan, CPA,CMA	2014—2018
Ms. Jen Allard	2013—2018
Ms. Robin Brown	2014—2018
Ms. Melissa Nakhavoly	2016—2019
Dana S. Levin, LMSW, Ph.D	2016—2019
Ms. Chelsea Romualdi	2017—2020
Ms. Kerri Zold	2017—2020

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

Outstanding Volunteer
Ms. Anna Millerman

Outstanding Business
AM 800 CKLW

Outstanding Individual
Ms. Sara Santarossa

Outstanding Non-Profit
Hotel Dieu Grace Healthcare
Problem Gambling Services



BANA acknowledges support from the following:

Erie St. Clair Local Health Integrated Network
Ontario Ministry of Health and Long Term Care
Private Donors and Members including UNIFOR Local 200
Ontario Community Outreach Program for Eating Disorders
Ontario Trillium Foundation
The Members of BANA including our clients, board, staff and volunteers.

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