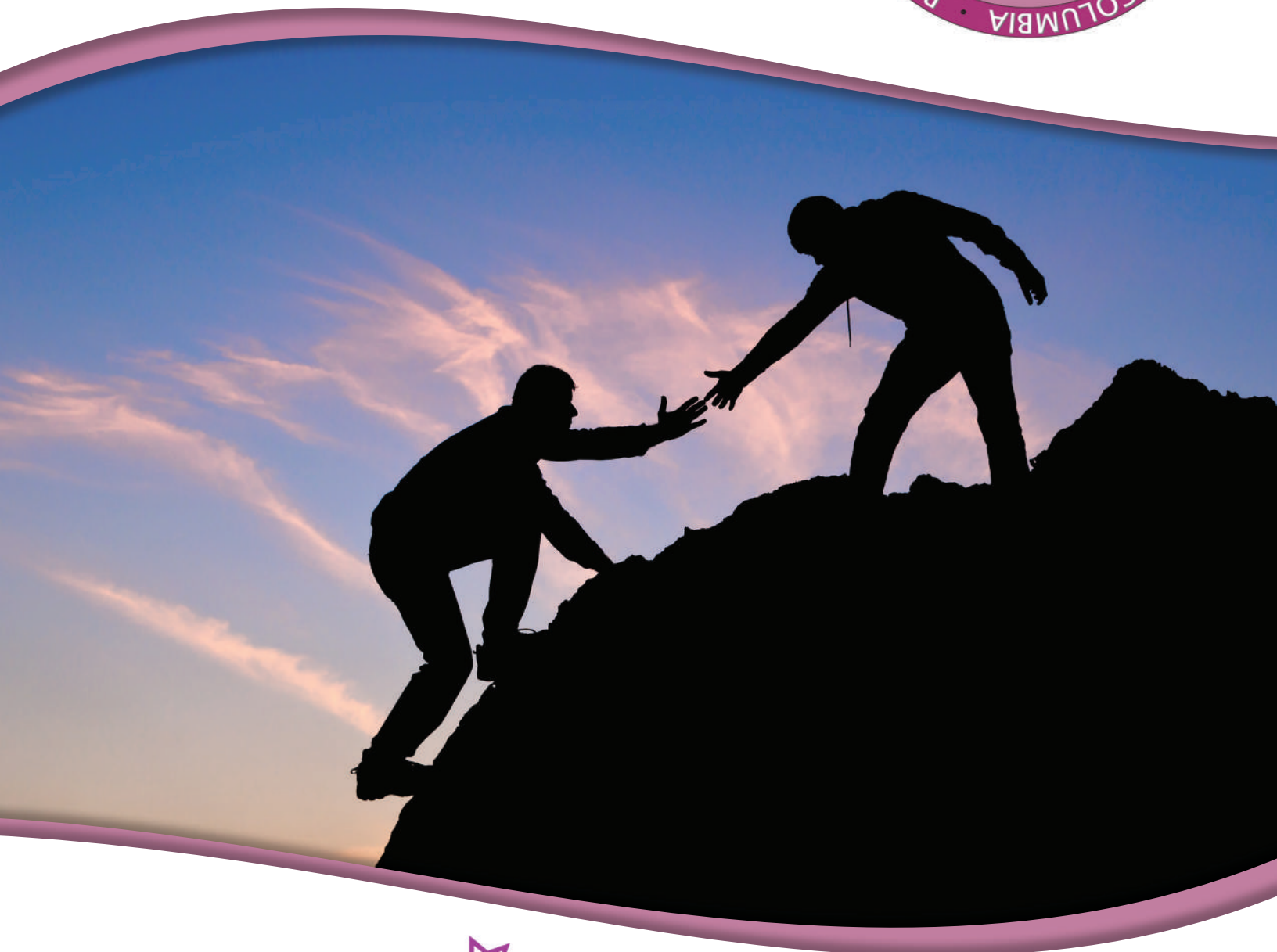


Bipolar Disorder Society of
British Columbia

Annual Report 2014



mental health education
and support

<http://bipolarbabe.com>



The Bipolar Disorder Society of British Columbia (BDSBC)

Our Vision, Mission & Values

VISION:

Creating a world of understanding, empathy and acceptance, where people with mental illness are included as equal contributing members in all spheres of society.

MISSION:

Stomp out the stigma of mental illness through awareness, education and support.



VALUES:

- Knowledge, understanding, education and support
- Respect, dignity and integrity
- Open dialogue
- Community – partnerships and collaboration
- Grass roots leadership
- Facilitating self-empowerment, self- esteem, self-worth and self-determination
- Resiliency
- Transparency, accountability, authenticity and honesty
- Inclusion of lived experiences



President's Report



I'm happy to report that the Bipolar Disorder Society of BC has made terrific progress this past year. We have increased program capacity, developed new strategic partnerships and maintained a solid financial foundation. Most importantly, we continue to make a positive impact in our community and the workplace by changing attitudes about mental health and helping people to lead productive and fulfilling lives.

Internal victories include completion of our Policies and Procedures Manual, refinement of our Strategic Plan, inauguration of our Advisory Board and the addition of new members to the Board of Directors.

We added a new Peer Support Group in the West Shore and increased the number of school presentations to reach over 1800 youth during the 2013/14 school year.

In particular, I am excited about our collaboration on the new Bipolar Youth Action Project with CREST.BD (The Collaborative **R**esearch **T**eam to study psychosocial issues in **B**ipolar **D**isorder) from the University of British Columbia. It is a multi-year project generously funded by the Vancouver Foundation. This combined effort is a demonstration of effective partnership and presents a unique opportunity to make a difference in the lives of our youth living with bipolar disorder, their families and the community at large.

In closing, I would like to thank our Donors, Board of Directors, Advisory Board and Staff for their much appreciated support. I look forward to the continued development of the Bipolar Disorder Society of British Columbia and the great things we will achieve together in the future.

Sincerely,
Warren Keane

A handwritten signature in black ink that reads "W Keane". The signature is written in a cursive, slightly stylized font.

Executive Director's Report



In January 2010, the Bipolar Disorder Society of British Columbia came to fruition, with many welcomed successes and growth over the years. The concept of the Bipolar Babe Project began as a t-shirt and a catchy logo of a super hero "Stomping out Stigma." I am now Executive Director of Bipolar Disorder Society of British Columbia. I conceptualized the project because I had been diagnosed with bipolar disorder in my mid-twenties and wanted to share my story so others did not suffer needlessly as I did. The launch of bipolarbabe.com ignited the popularity of the cause and inspired support in the local and national communities. With the valuable support of many

talented and amazing individuals, the Board of Directors successfully obtained charitable status very quickly as a demonstration of the need for mental health education and support in the community. The Society set its sights on success by reaching as many people as possible with the "Bipolar Babe: Stomping out Stigma" message.

In 2010, I continued on with community and classroom presentations under the umbrella of the Bipolar Disorder Society of British Columbia and became their very first employee administering all of the program delivery. Over time, we have grown significantly and we now have a staff of five amazing people. The Teens2Twenties Support Group ran out of my basement suite in the early stages and soon became a funded program. The Society, born out of a grassroots environment, has stayed true to its humble beginnings.

The society now hosts five programs: Stigma Stomp Classroom Presentations, Mental Health Awareness Community Presentations, Teens2Twenties Support Group, Women's Support Group and, the newest addition, the West Shore Support Group, which began in January 2014. In December 2013, the Society partnered in a successful research grant of \$159,520.00 from the Vancouver Foundation to work with CREST.BD, a research network located at the University of British Columbia, to engage youth as peer researchers in the local Victoria community, while focusing on self-management strategies and research with youth having lived experience.

As Executive Director of the Bipolar Disorder Society of British Columbia, I personally witness the immense impact that we are having in the lives of countless individuals, both for the persons with lived experience and their loved ones. The testimonials from the youth in the classrooms have been equally as impactful as we share about stigma and mental health, mental wellness and reaching out. We are always moved, touched and inspired by the glowing feedback.

The Society continues to grow and is changing negative perceptions and attitudes with an authentic and honest approach from people who truly care about the lives of those that live with mental health challenges. This past year has been truly inspiring for us and we look forward to continuing to make this a world free of stigma, while instilling the values of understanding, empathy and acceptance.



Program Report



The Stigma Stomp Classroom Program for youth grades 7-12 has a presenter with lived experience offer a presentation to students in an intimate, classroom setting. Students learn about myth-busting, stigma and societal attitudes toward mental illness. Our presenter shares their personal story of living with a mental health condition and highlights both the challenges and successes of their life. The presentation also includes a focus on mental wellness and how to take care of your mental health. The presentation is concluded with a chat about reaching out and a question and answer period.

Mental Health Awareness Community Presentations have been a great success for The Society as the presentations mirror a similar approach to the classroom program by educating about mental health and stigma. The Society has presented to groups of teachers at various schools, non-profits, post-secondary institutions and a number of Rotary Clubs. The Society has also reached out to many workplaces and have given presentations to Ledger House for Island Health, TELUS, the Royal Bank and the British Columbia Government, among many others.

Teen2Twenties Peer Support Group is a unique program that provides peer support for those living with a mental illness aged 15-25 years. The program has been in existence since 2010 and remains a constant place of hope for youth struggling with a mental health condition. The program is led by a lead and co-facilitator and the group has offered a place of a listening ear, comfort and encouragement. The group naturally creates friendships and ensures that nobody suffers in isolation. We have reached over 96 youth since the inception of the program and will continue to support this important work in the youth community.

The Bipolar Babe Women's Support Group began as there was a need for adult support in the local community for those that have a mental illness. The group was originally intended to include all genders but the only participants that attended during its infancy were women. The participants have flourished in this atmosphere and they arrange events, dinners and social outings with each other creating friendships and support. We have reached over 60 women so far with the numbers increasing weekly.

West Shore Peer Support Group is located in Victoria's western communities and is a much needed service in this area. The group is all ages and co-ed and a number of men attend the group who have voiced that they feel more open about their mental illness and supported. Our group hosts an average of 10-12 people with weekly sessions and these numbers have been strong since the program's beginnings.

Activities and Achievements

The Bipolar Youth Action Project is the brainchild of the Bipolar Disorder Society of British Columbia in partnership with CREST.BD. We have recruited 12 youth aged 19-25 who are diagnosed with bipolar disorder and they are now researchers in the 2 year long project funded by the Vancouver Foundation.



Bipolar Babe Website bipolarbabe.com continues to flourish and has 1400 unique visitors a month. We continue to provide inspiring blogs, sharing of personal stories, media highlights and a forum for mental health information and connection.

The Bipolar Disorder Society of British Columbia – Board of Directors



Warren Keane – President

Warren joined the board of directors in February 2013 and was appointed President later that same year. Prior to coming to The Society, Warren was President of the Victoria-based Vancouver Island Entrepreneurs Toastmasters Club and Chairman of the Christmas Spirit Community Dinner Society. Warren brings both managerial and operational expertise to our Board. He has more than 25 years of experience with information technology including project management, software development, sales and marketing.



Taylor Norman – Treasurer

As the Treasurer for the Bipolar Disorder Society of British Columbia, Taylor is currently completing his Bachelor of Commerce Degree at the University of Victoria where he's specializing in accounting. After graduation in December of 2014, he will continue his accounting education by pursuing a Chartered Professional Accountant designation. "I am excited to be part of such a great organization that is doing so much good for the communities it serves. Working with all the members of The Society has been a pleasure and a terrific learning experience."



Kari Magnusson – Secretary

Kari Magnusson has been the Secretary and a member of the board of directors for the Bipolar Disorder Society of British Columbia since September 2013. Kari has always had a keen passion and interest in learning and promoting mental health awareness in the hopes of eliminating the harsh stigma surrounding mental illness. She believes strongly in being an advocate and a supporter for people who may be struggling. Kari joined the Society in the hopes of making a positive difference in the lives of others.



Natasha Tracy – Board Director

Natasha Tracy is an award-winning writer and speaker for The Society. She specializes in bipolar disorder, depression and other mental health issues. Her expertise has been sought after by academics and the media and she has been a speaker at the National Council Mental Health and Addictions conference. Natasha has written the award-winning blog the [Bipolar Burble](#), detailing life with bipolar disorder, for more than a decade. She was named the fourth most influential social HealthMaker in mental health by Sharecare.com. Natasha is also a social media consultant and is the recent winner of a very prestigious mental health award called the Beatrice Stern Media Award by Didi Hirsch.



Gurpreet Rwanda – Board Director

Gurpreet joined the board of directors of The Society back in September of 2009, even before The Society obtained charitable status. Gurpreet has volunteered for various organizations in Victoria from the time she was 14 years old. She is particularly interested in being involved with organizations that promote and advocate for individuals who deal with mental illness, whether directly or indirectly. She is excited to be contributing her knowledge and experience to The Board with the hopes of making a positive impact in the community and stomping out the stigma associated with mental illness even today.



Andrea Paquette – Ex-officio

Andrea is also known as “Bipolar Babe” in the community and is the Executive Director of the Bipolar Disorder Society of British Columbia. She plays a significant role in service delivery as a classroom and community presenter for mental health, including being a support group facilitator for the West Shore Support Group and the Teens2Twenties Support Group. Andrea holds extensive experience in the provincial government in policy, communications and research in the areas of education, mental health and social development. Andrea has also been named the 2013 Citizen of the Year in Victoria, British Columbia, and was given the 2013 Award for Mentorship from the National Council for Behavioral Health.

Bipolar Disorder Society of British Columbia Advisory Council

Dr. Mary Kay Nixon, Youth Psychiatrist, Island Health

Dr. Wei Song, Psychiatrist and Director for the Mood Disorders Clinic, Island Health

Cindy Player, Director, Equity and Human Rights, University of Victoria

Sheldon Kitzul, Social Worker and Life Coach

Philip Bisset-Covaneiro, Financial Consultant

Robin Holden, Charity Advisor, Source Group

Bipolar Disorder Society of British Columbia - Society Staff

Andrea Paquette, Executive Director

Julia Wilkes, Lead Facilitator, Women’s Support Group

Jasmine Philip, Co-Facilitator, Women’s Support Group

Helen Wale, Co-facilitator, West Shore Support Group

Jamie van Gessell, Youth Co- Facilitator, Teen2Twenties Peer Support Group

Natasha Tracy, Classroom Presenter



Community Supporters

The Bipolar Disorder Society of British Columbia has garnered a significant amount of support over the years including:

Umbrella Society for Addictions & Mental Health
The BC Schizophrenia Society
The Mood Disorders Society of British Columbia
University of Victoria's Mental Health Task Force
Victoria Cool Aid Society
The Canadian Mental Health Association
NEED2 Suicide Prevention, Education and Support
CREST.BD



There are several additional organizations that support the Society's work beyond measure, and we have had the opportunity to work with many on a number of initiatives including a Stigma Stomp Day event with Leadership Victoria and Clara's Big Ride sponsored by Bell Canada. The Society is eager to partner with community organizations to further the cause of mental health awareness, support and education. These partnerships have been enhanced through program referrals and presentation opportunities, while offering and promoting our services in the community. In the spirit of true partnership, The Society deeply values the contribution and collaboration with all organizations aiming to stomp out the stigma associated with mental illness.

The Future for the Bipolar Disorder Society of British Columbia

Our Goal is to prepare a three year plan for 2015-2018 that will provide a sustainable platform to operate and flourish. Content will include the following:

- Milestones:
 - Planned evolution of our programs in response to community needs and expectations
 - Developing program delivery capacity
 - Performance measurement of programs and personnel
- Evaluation and response to community needs and expectations
- Operational management, governance, policy and regulation
- Resources - Funding, availability of staff and community partners
- Marketing opportunities and resources:
 - Website and social media; local and national media opportunities
 - The Bipolar Disorder Society of British Columbia newsletter
 - Classroom educational materials
 - Print and promotion tools such as rack cards, DVDs and poste



We have identified our priorities to connect with those who care and those we wish to reach:

- Approach and maintain personal contact
- Goal-oriented meetings with consistent follow-up
- Presentations/public speaking including schools, workplaces, community and new opportunities
- Messaging and program content clearly defined and consistently presented
- Media, social media, website, newsletter and telephone contact
- Events and public activities – annual general meeting, fundraisers, etc.
- Reporting and transparency, such as the annual report
- Promotional support materials for schools and community distribution such as rack cards and information kits
- Direct contact with current and potential funders at every level



We have identified our current target population:

- Community at large
- Participants
- Loved ones of participants
- All youth, including those with lived experience
- People living with mental illness
- Schools, educators, boards
- Health organizations
- Non-profits and charities
- Various levels of government
- Current and potential funders
- Business/workplace staff/employers
- Insurance Companies
- Media
- Researchers
- Medical professionals
- Medical support work



Student Testimonials

“Because of your presentation, I feel less nervous about meeting my biological father who has bipolar disorder.”
~ **Grade 11 Student, Edward Milne Community School**



“I thought your presentation was really awesome, particularly because I could understand the depression and suicide experiences as I battled anorexia 3 years ago. I thought that you aided in creating the ability for people to think more critically about the idea of mental illness. I think that your presentation and ones like it are very important in order to rid of mental illness stigmas.” ~ **Grade 11 Student, Stelly's Secondary School**

“I thought the presentation was great because I have taken a few courses on mental illness because my mom has it and she found out at the age of 11. It is really hard for my mom because she dealt with a lot of depression but now she is 53 and getting back into things. I love seeing her smile and I love seeing her happy. I really hope you come back. Thank you very much! ☺” ~ **Grade 7 Student, Lansdowne Middle School**

Teacher Testimonials

“Andrea and Natasha are the most engaging and charismatic speakers I have had into my classroom in the past 10 years. Mental health is such an important topic to discuss with youth because a great number of disorders start in the late teens. There is great worth having a first-person account of someone living with a mental illness as it has a lasting impact on the students, and I have no doubt that my class will remember this experience for years to come.” ~ **Scott Gordon, Planning and Psychology Teacher, Stelly's Secondary School**

“We’ve had the privilege of hosting Andrea at our school three times now. The purpose was to not only inform, but to continue developing a sense of awareness and compassion for those who struggle with mental illness in its various forms. Andrea’s ability to engage the staff was impressive and her presentation surpassed my expectations. Her willingness to vulnerably and charismatically share her story was both disarming and inspiring.” ~ **Lyn Suderman, Counsellor, Pacific Christian Secondary School**

Support Group Participants' Testimonials

“Every week I am blessed with the opportunity to go and have a chance to share my ups and downs, my confusion and frustrations, and my joy and happiness. It is a place for laughter and tears, a place where you never have to edit your feelings or hide who you truly are or what you are struggling with. It is a place of pure empowerment and respect.” ~ **Bridget, Participant with Lived Experience, Women's Support Group**

“Bipolar is a big deal, and putting the time aside every week to talk about it is extremely necessary. This group showed me that I wasn't alone, and it continues to offer me support, encouragement, and advice. I am very grateful for its existence and the help I receive.” ~ **Kyle, Participant with Lived Experience, Teen2Twenties Support Group**

Treasurer's Report



First, I would like to thank our Bookkeepers at Cheques and Balances for all the hard work they have done for us this past fiscal year and Albert Zalazar of Grant Thornton who completed The Society's year-end financial statements.

This has been another successful year for The Society. We have again reached record growth with revenues of \$110,325. The Society did have a small deficit in our fiscal year's operating income. This deficit was due to a time lag in receiving a grant to cover the costs of establishing the new West Shore Support Group. However, we did receive a grant that covered the cost and the deficit which was accrued from the new West Shore program.

We are very excited to be partnering in a two-year project with CREST.BD, a research network located at the University of British Columbia, researching self-management strategies for youth with bipolar disorder. The funding is specifically dedicated to the project and has been generously donated by the Vancouver Foundation for \$159,520.00.

We continue to remain financially stable. The following graphs show our revenues and our past and forecasted projections for the upcoming years. I look forward in contributing to the continued success and growth of the Bipolar Disorder Society of British Columbia for years to come.

Thank you,

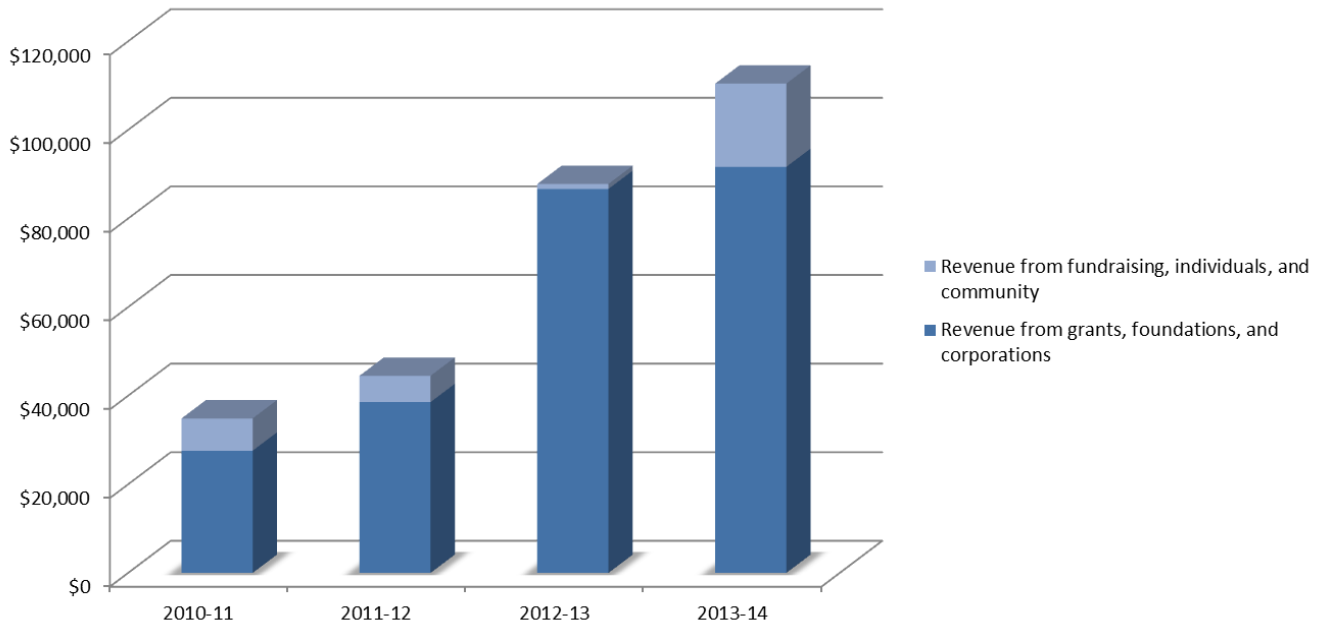
Sincerely,

A handwritten signature in black ink, appearing to read "Taylor Norman", followed by a horizontal line.

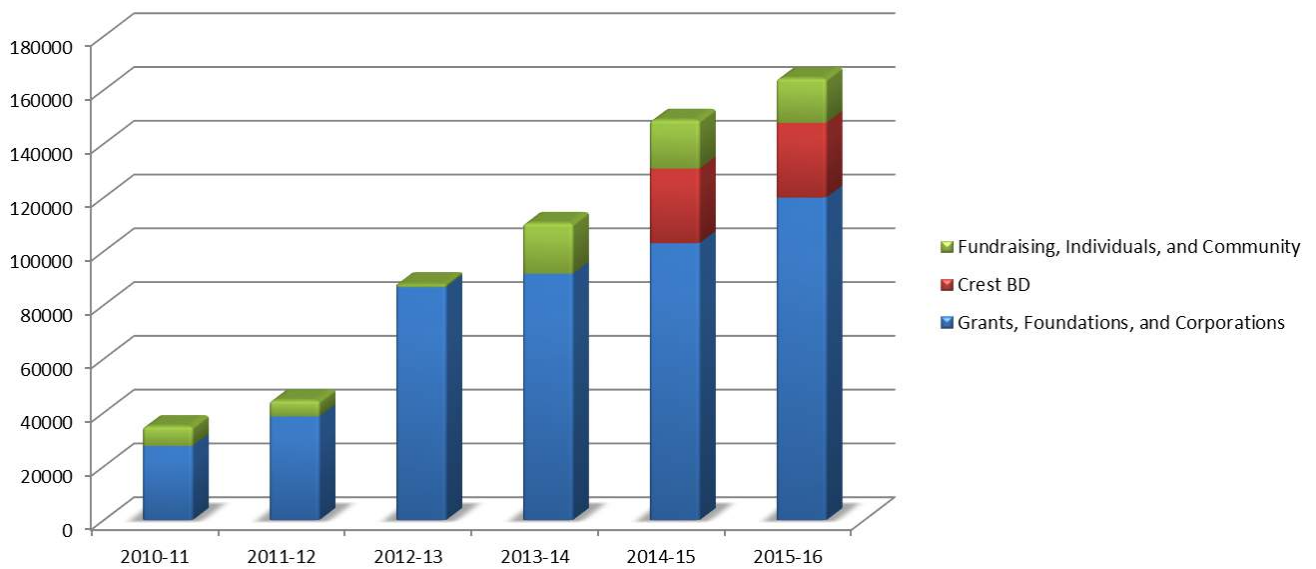
Taylor Norman

Treasurer

BDSBC Revenue



BDSBC Past & Forecasted Revenues



Thank you to our generous funders for making such an impact in the community.



Provincial Employees Community Services Fund



RBC
Royal Bank



CHRIS SPENCER FOUNDATION



Edith Lando
Charitable Foundation



vanosouver
foundation



"We acknowledge the financial assistance of the Province of British Columbia"



Grant Thornton

Financial Statements

(Unaudited - see Notice to Reader)

Bipolar Disorder Society of British Columbia

March 31, 2014

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Notice to Reader

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On the basis of information provided by the organization, we have compiled the statement of financial position of Bipolar Disorder Society of British Columbia as at March 31, 2014 and the statements of operations and changes in net assets for the year then ended.

We have not performed an audit or a review engagement in respect of these financial statements and, accordingly, we express no assurance thereon.

Readers are cautioned that these statements may not be appropriate for their purposes.

Victoria, Canada
August 22, 2014

Grant Thornton LLP

Chartered Accountants

Bipolar Disorder Society of British Columbia

Statements of Operations and Changes in Net Assets

(Unaudited - see Notice to Reader)

Year ended March 31

| | 2014 | 2013 |
|---|-------------------|------------------|
| Revenues | | |
| Donations, individual and corporate | \$ 110,310 | \$ 86,662 |
| Interest | 15 | 25 |
| Internal, events | - | 687 |
| Program income | - | 328 |
| Memberships | - | 90 |
| | 110,325 | 87,792 |
| Expenses | | |
| Program expenses (Schedule 1) | 86,385 | 57,658 |
| Operating expenses (Schedule 2) | 31,339 | 25,680 |
| | 117,724 | 83,338 |
| (Deficiency) excess of revenues over expenses | \$ (7,399) | \$ 4,454 |
| | | |
| Net assets, beginning of year | \$ 11,374 | \$ 6,920 |
| (Deficiency) excess of revenues over expenses | (7,399) | 4,454 |
| Net assets, end of year | \$ 3,975 | \$ 11,374 |

Bipolar Disorder Society of British Columbia

Statement of Financial Position

(Unaudited - see Notice to Reader)

March 31

2014

2013

Assets

Current

Cash

\$ 28,685

\$ 30,674

Liabilities

Current

Payables and accruals

\$ 6,710

\$ 1,300

Deferred revenue (Note 3)

18,000

18,000

24,710

19,300

Net Assets

3,975

11,374

\$ 28,685

\$ 30,674

On behalf of the Board


_____ Member


_____ Member

Bipolar Disorder Society of British Columbia

Notes to the Financial Statements

(Unaudited - see Notice to Reader)

March 31, 2014

1. Purpose of the Society

The Society aims to increase awareness among the general population, local and provincial governments, educators, youth and others about bipolar disorder.

The Society is incorporated under the Society Act of British Columbia. As a Canadian Registered Charity, the Society is exempt from income tax and may issue receipts for charitable donations.

2. Significant accounting policy

Donations-in-kind

The Society records donated materials, services and facilities in those cases where:

- the Society controls the way they are used;
- there is a measurable basis for arriving at fair value; and
- the services are essential services, which would normally be purchased and paid for if not donated.

The Society would not be able to carry out its activities without the services of the many volunteers who donate a considerable number of hours. Because of the difficulty of compiling these hours, contributed services are not recognized in the financial statements.

3. Deferred revenue

Included in deferred revenue is funding received in the amounts of \$18,000 (2013: \$18,000) from British Columbia Gaming Commission towards programs for the 2014-2015 fiscal year.

Bipolar Disorder Society of British Columbia Schedules to the Financial Statements

(Unaudited - see Notice to Reader)

Year ended March 31

2014

2013

Schedule of program expenses

Schedule 1

| | | |
|---------------------------------|------------------|------------------|
| Delivery | \$ 70,641 | \$ 39,349 |
| Design and development | 1,159 | 9,667 |
| Handouts and education material | 179 | 1,712 |
| Office expense | 1,674 | 1,126 |
| Program Insurance | 1,030 | 1,000 |
| Promotion | 6,219 | 2,926 |
| Refreshments | 571 | - |
| Room rental | 3,338 | 1,173 |
| Technology and website | 1,574 | 705 |
| | <u>\$ 86,385</u> | <u>\$ 57,658</u> |

Schedule of operating expenses

Schedule 2

| | | |
|---------------------------|------------------|------------------|
| Accounting and legal | \$ 4,427 | \$ 1,300 |
| Interest and bank charges | 78 | 32 |
| Office | 200 | 348 |
| Personnel | 26,634 | 24,000 |
| | <u>\$ 31,339</u> | <u>\$ 25,680</u> |



Bipolar Disorder Society of British Columbia (BDSBC)

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Thank you to our Annual Report Sponsors for all of their support.



Philip Bisset-Covaneiro
Financial Consultant



Sean Dhillon

Senior Manager, Mobile Mortgage Specialist