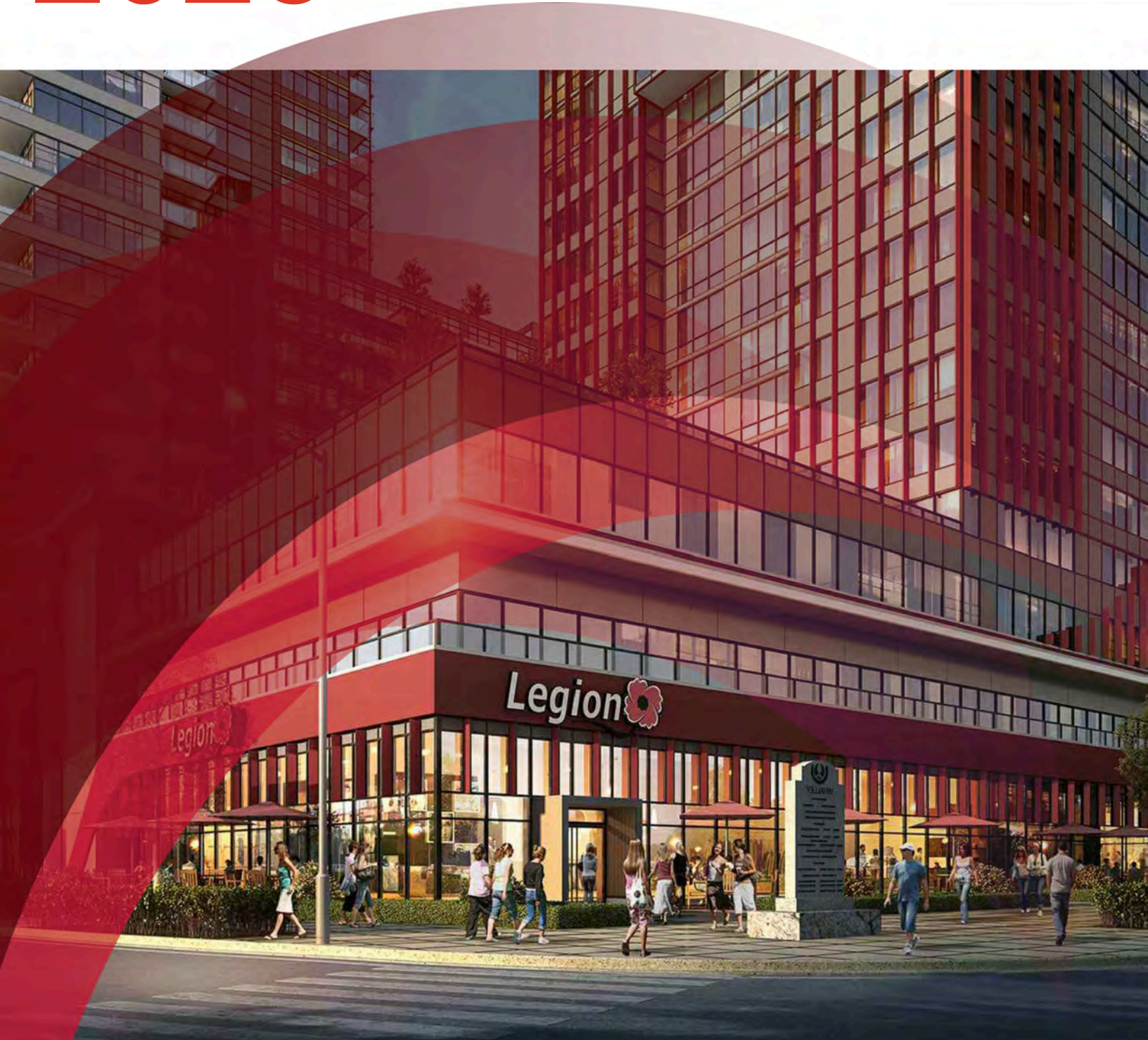


ANNUAL REPORT 2023



**LEGION
VETERANS VILLAGE**
RESEARCH FOUNDATION



lvresearchfoundation.com

The Legion Veterans Village Research Foundation is a driving force in pioneering and implementing cutting-edge mental health treatments for veterans, first responders, and their families.

MESSAGE FROM OUR BOARD CHAIR



Debbie Greene, Board Chair

As Chair of the Legion Veterans Village Research Foundation, it is my honour to present our 2023 annual report, which highlights the significant achievements and milestones we have reached this year.

This has been a truly remarkable period for our foundation as we strive to honour the sacrifices of our heroes and advance our mission. This year we established a robust foundation for our work and embarked on two incredible projects that support veterans and first responders dealing with mental health issues, PTSD, and neurological conditions.

I am thrilled to announce the launch of our inaugural research projects, marking a pivotal moment in supporting veterans and first responders facing mental health challenges, which have significantly impacted their quality of life.

By investing in innovative research, we aim to improve treatment outcomes and accessibility for those who have served. Our goal is to translate research into actionable insights, amplifying the impact of our efforts and fostering positive change.

A core priority is the seamless integration and delivery of programs and services tailored for veterans and first responders. We also contributed to advancing new practices, interventions, and technologies in mental health, counseling, engineering, robotics, and neuroscience.

Looking ahead, we are excited about our upcoming inaugural fall fundraiser. With your support, together we can develop advanced treatments

and technologies, providing the most efficient and effective care for veterans and first responders.

Through the hard work of our team and partners, we are positioning the Foundation as a leader in supporting the well-being of veterans and first responders.

In closing, I want to express my gratitude to BC/Yukon Command of the Royal Canadian Legion, Veterans Affairs Canada (VAC), multiple legion branches, and others for their unwavering commitment to our mission.

Together, we have made remarkable progress, and I am confident that we will continue to positively impact the lives of veterans, first responders, and their families across Canada.

Thank you for your ongoing support and belief in our mission.

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OUR MISSION

Our mission is to support the rapid acceleration of some of the most advanced and innovative technologies and therapeutic interventions to benefit veterans, first responders and their families.

Let us know how we are doing! We would love your feedback on our work in the community, our annual report, and most importantly, how we can build a relationship with you.

Reach out to us at admin@lvvresearchfoundation.com.



TRANSFORMING CARE FOR VETERANS AND FIRST RESPONDERS

Every day, thousands of Canadians confront life-altering situations, particularly our veterans and first responders who put themselves in harm's way daily to protect our communities.

Mental health issues are a major cause of disability and death among veterans, active military, and first responders. Many struggle to get life-saving treatments.



Even when treatments are available, only about half of the participants complete the treatment protocol due to medication side effects and inadequate follow through. First responders regularly encounter stressful situations like fires, violence, trauma, and death. They also face daily workplace pressures such as heavy workloads and rotating shifts. They suffer from PTSD nearly twice as much as the general population, causing increased work absences, burnout and addiction, as well as a high turnover rate.

While there are therapeutic interventions, many individuals don't seek help, or the assistance they receive does not result in sustained long-term health benefits.

Frequently, the severity of these issues remains unrecognized or unaddressed until significant impairments become evident.

For veterans in BC, it is estimated that between 4,000 and 6,000 struggle with various mental health conditions, and most of them lack access to comprehensive, evidence-based services.

Technological and scientific advances over the last decade have targeted neuroplasticity, precision treatments, and remote/home care as effective therapies but research is needed to advance these technologies into mainstream clinical practice. Access remains limited due to high costs and lack of coverage from medical service plans and insurers.

The Legion Veterans Village Research Foundation was founded to bridge this gap, ensuring that veterans and first responders receive the

comprehensive, evidence-based care they deserve, through a comprehensive care model that addresses biological, psychological, social and spiritual aspects.



OUR ACCOMPLISHMENTS

VAC Brain Fog Program

In 2023, LVVRF was awarded a \$500,000 grant from VAC's Veteran and Family Well-Being Fund for a personalized therapeutics program targeting brain fog and long-COVID symptoms in veterans.

In partnership with Veterans First Responder Health, we offer tailored care pathways depending on level of severity and include group education, digital tools, enhanced primary care, cognitive training, and individualized treatments.

Our research partner, Centre for Neurology Studies (CNS), will evaluate mental health, cognitive function, and overall well-being to ensure the program's effectiveness and scalability. Recruitment began in 2023, with the first cohort starting in April 2024.

Mitacs Project

This year, we launched a groundbreaking research project exploring the effects of mental health on cognition. The project is a partnership with Simon Fraser University and Mitacs, a national, not-for-profit organization that facilitates collaboration between academia and industry to drive innovation and economic growth.

Exploring new EEG methods for first responders, the study aims to understand how mental health challenges, such as Generalized Anxiety Disorder, depression, and PTSD, impact cognitive function.

By identifying thresholds where mental health issues affect cognition, we aim to develop practical tools to enhance the cognitive abilities of first responders, improving their overall wellness.



MITACS
\$30k
Investment with
1:1 Matching



MITACS
30
First
Responders



VAC
100
Veterans with
Brain Fog



\$500k
VAC PROGRAM

MITACS
1 + 1
PhD Student +
Intern

FINANCIAL REPORT

Statement of Financial Position as of December 31, 2023

	2023	2022
Assets	\$	\$
Current		
Cash	64,037	135,653
Restricted cash	163,553	25,000
Short term investments	352,000	350,000
Restricted short term investments	100,000	-
GST and interests receivable	9,674	4,804
Prepaid expenses	1,808	1,538
	<u>691,072</u>	<u>516,995</u>
Capital assets	2,823	
	<u>693,895</u>	<u>516,995</u>
Liabilities and Net Assets		
Current Liabilities		
Accounts payable and accrued liabilities	51,737	23,040
Deferred contributions	263,553	25,000
	<u>315,290</u>	<u>48,040</u>
Net Assets		
Unrestricted	378,605	468,955
	<u>693,895</u>	<u>516,995</u>

2023 and early 2024 focused on building capacity for growth and impact.

Statement of Operations for the year ended December 31, 2023

	2023	2022
Revenue	\$	\$
Grants	24,947	-
Contributions	314,876	589,536
Interests	4,632	2,232
Total Revenue	<u>354,455</u>	<u>591,768</u>
Program Expenses		
Research - mental health	255,697	-
Administrative expenses		
Education and awareness	15,000	15,000
Wages and salaries	37,916	-
Professional fees	67,368	30,407
Marketing and social media	20,519	6,663
Rent	22,823	-
Hiring expenses	20,483	-
Computer system maintenance	568	-
Office supplies	674	-
Education and training	298	395
Travel	197	-
Insurance	845	-
Bank charges	138	295
Fundraising	1,902	50,870
Amortization of capital assets	377	-
Total Expenses	<u>444,805</u>	<u>103,630</u>
Excess (deficiency) of revenues over expenses	(90,350)	488,138
Net assets (deficiency), beginning of year	468,955	(19,183)
Net assets (deficiency), end of year	<u>378,605</u>	<u>468,955</u>

THE FOUNDATION INITIATIVES

We are profoundly grateful to our partners, donors and collaborators for your unwavering support



**INITIATIVE
Raise Funds**

We will build and execute our inaugural Fall Fund Development campaign in 2024.

We are creating infrastructure to effectively engage with our communities and sustainably manage and grow our funds.



**INITIATIVE
Infrastructure & Governance**

We are building an investment road map and soliciting rigorous applications for funds that will drive impactful research and program development.



**INITIATIVE
Build Community**

We are working hard to build relationships with our veterans, first responders, philanthropists, researchers, and community leaders.



**INITIATIVE
Power the Research**

These relationships have been instrumental in advancing our mission to innovate, deliver and disseminate effective treatments for health issues plaguing veterans, first responders, and their families. Through your generous contributions and collaboration, we have made significant strides in transforming the landscape of mental health and wellness for those who have bravely served our country.

Your commitment to our common cause is the fuel that moves us forward. Together, we are making a meaningful impact in the lives of those who have given so much and those who continue to serve us every day.

- BC/Yukon Command of the Royal Canadian Legion
 - Earl Hague Society
 - Veteran's Affairs Canada
 - The Legion National Foundation
 - Veterans and First Responder Health
 - Mitacs
 - Great Canadian Health
 - Royal Canadian Legion National Foundation
 - CIMVHR
 - Individuals
- Legion Branches:**
- 229 - Whalley & LA
 - 295(280) - Chilliwack
 - 62 - Salmon Arm
 - 240 - Crescent
 - 62 - Kamloops
 - 57 - Mission
 - 257 - Lantzville
 - 189 - Oyama
 - 133 - Port Coquitlam
- LA to BC/Yukon Command**



THE LEGION VETERANS VILLAGE PROJECT **A LEGACY IS BORN**



A decade ago, two visionaries, the late Inga Kruse, former Executive Director of BC/Yukon Command of the Royal Canadian Legion, and Rowena Rizzotti, healthcare executive, resolved to transform health care for veterans and first responders. They identified gaps in care and the lack of evidence-based knowledge in treating the complexities of mental health illness in those communities.

They acknowledged the extreme challenges, including PTSD, neurological disorders, and myriad

physical and mental health issues. Inspired by the challenges of Captain Trevor Greene, Kruse and Rizzotti then sought to bring health care providers together with researchers and community partners. The goal: to establish an integrated centre of clinical excellence combining innovative research with advanced medical treatments and holistic wellness programs. The pair realized a charitable foundation would be needed to raise the funds to conduct the research, swiftly translate the findings and share them with the mainstream health care community. **Thus, the Legion Veterans Village Research Foundation was born,** which has become the bedrock of the entire project.

Located on the former site of Whalley Legion Branch 229 in Surrey, British Columbia, Legion Veterans Village is Canada's first Centre of Clinical Excellence for veterans and first responders, focusing on PTSD and mental health.

Designed to resemble the forms of the Canadian National Vimy Memorial in France, the facility features PTSD and mental health clinics, an Innovation centre for rehabilitation, social and affordable housing, and a state-of-the-art community centre for the Whalley Legion run by President Tony Moore.



Inga Kruse, LVV Co-founder

ON THE HORIZON



Strategic Planning

The Board of Directors will lead a strategic planning session to begin to chart the long-term vision and key priorities.



Fund Development Strategy & Campaign Work

The Board is developing a fund development strategy and setting targets and budgets.



Identifying Community Needs and Research Opportunities

LVRFR will be accepting requests from researchers and other interested groups through new application process.

2024: Building capacity by expanding community reach, leadership, and financial strength to achieve great work!

In the coming months, we will prioritize outreach and connection with Canadian communities of veterans, first responders, and their families. Over the next few quarters, our efforts will centre on several key themes to drive our mission forward. We are building anticipation for our upcoming \$10 million fundraising campaign.

becoming a national organization through strategic partnerships and a robust public advocacy campaign focused on veteran and first responder health.

These efforts will enhance our visibility and impact, ensuring we provide the necessary support and resources to those who have served our country.

To prepare, we are planning a comprehensive strategy session to align our goals and streamline our efforts.

Additionally, we are making significant strides toward

Building our Understanding of the Needs of Veterans and First Responders.

Board of Directors and Volunteers

2023/24 Board of Directors

Debbie Greene (Board Chair)
Angela Chen (Treasurer)
Dr. Ashok Krishnamoorthy (Vice Chair, Secretary)
Tony Moore
Reverend Paul Richards
Captain Trevor Greene
Chris Mitchell

Governance Committee

Dr. Ashok Krishnamoorthy (Chair)
Angela Chen

Finance, Audit, and Risk Management Committee

Angela Chen (Chair)
Chris Mitchell

2022/23 Board of Directors

Rowena Rizzotti (Board Chair)
Tony Moore
Debbie Greene
Veronica Brown

Community and Fund Development Committee

Reverend Paul Richards (Chair)
Tony Moore
Captain Trevor Greene



This year, our Board has focused on strengthening our organizational framework and expanding our community impact. We have established key committees—Governance, Community and Fund Development, and Finance, Audit, and Risk Management—to ensure robust oversight and strategic growth. These committees are vital for developing policies, securing funding, and managing risks. Concurrently, we are crafting our strategic vision and plans for the next one to three years and beyond, setting the stage for

sustainable progress. To enhance our board's representation, we are actively recruiting members from first responder groups. We are also expanding our volunteer base and seeking ambassadors to champion our foundation and its mission. These efforts are crucial to achieving our goals and fostering a strong, inclusive community.



3 **Board Committees**
Narrow focus on governance, priority focus on community and funds.

7 **Active Board Directors**
Diverse demographics, backgrounds, skills, experiences, and leadership.

Become a volunteer and make a difference in the lives of those who have served!

Email us: admin@lvvresearchfoundation.com



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VETERANS VILLAGE**
RESEARCH FOUNDATION

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