



**LEGION  
VETERANS VILLAGE**  
RESEARCH FOUNDATION

# 2024 Annual Report

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Transforming Care for Veterans and  
First Responders

Registered Charity #: 774509509RR0001

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# About LVVRF

Founded in 2022 as part of the Legion Veterans Village project in Surrey, BC, the Legion Veterans Village Research Foundation (LVVRF) is a registered charity dedicated to advancing mental health care for veterans and public safety personnel (PSP). Our mission is to turn promising clinical research into accessible, effective therapy programs for operational stress injuries (OSIs) like PTSD and depression.

We work with leading scientists and clinicians to deliver innovative, evidence-informed programs. Our focus is on expanding beyond traditional therapies, which help only about 50–60% of those affected. Many veterans and PSP either don't respond to standard treatments or fail to complete them due to side effects, lack of follow-up, or limited insurance and benefit coverage.

New research highlights the value of emerging approaches, including brain-based therapies and cutting edge psychedelic treatments. These approaches are showing promise, particularly when tailored to individual needs, yet they remain under-researched and often inaccessible. As demand for integrated and personalized care grows, so too must the research that supports it.

That's why LVVRF exists: to bridge the gap between innovation and access.

We are committed to ensuring veterans and public safety personnel have access to cutting-edge treatments - backed by evidence, driven by research, and tailored to those who serve.





# Mission and Vision

## Mission

To improve the quality of life for veterans, first responders and their families by enhancing translational research and providing access to therapeutic interventions.

## Vision

Our vision is that all veterans and first responders have access to a range of effective, evidence-informed therapies to alleviate, treat and achieve long-term resolution of mental ill health and psychological injuries.



# Message from our Chair

As the spouse of a severely wounded veteran, I've experienced firsthand the long and often difficult path of recovery—physically, mentally, and emotionally. That journey is what drives my commitment to helping veterans, public safety personnel, and their families access innovative, research-informed treatments for operational stress injuries (OSIs). Every day, members of the Canadian Armed Forces, RCMP, municipal police forces, firefighters, paramedics, corrections officers, and other public safety personnel encounter situations most of us never will. These situations take a toll that builds quietly over the years until a crisis emerges.



In conversations with veterans, municipal police, and a paramedic who recently retired after 25 years of service due to an operational stress injury, I've heard a common theme has emerged - PTSD touches every part of their lives. While many manage the symptoms, the underlying damage persists, affecting their health, their relationships, and their careers.

That's why we're focused on advancing care that responds to the full reality of their experience - addressing the personal and professional impact of service.

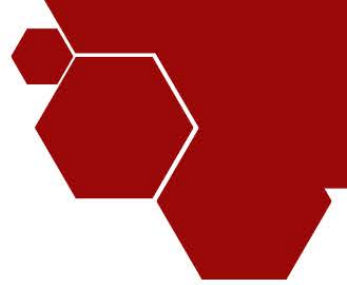
In 2024, we launched our inaugural Brain Fog Program. Originally created to support veterans affected by the lingering cognitive effects of COVID-19, the program was expanded to address the broader impacts of service-related trauma and OSIs. In partnership with the Legion Veterans Village Centre of Clinical Excellence, we welcomed 89 veterans and 11 family members into this transformative program - made possible through the generous support of Veterans Affairs Canada's Veteran and Family Well-Being Fund. As a young and growing charity, we were deeply thankful for that support, which was key to bringing this work to life.

Looking ahead, we're preparing to launch a new initiative in June 2025 to support veterans living with both PTSD and chronic pain. This program will introduce transcranial magnetic stimulation (rTMS), a non-invasive treatment that uses magnetic pulses to stimulate the areas of the brain involved in mood regulation and pain processing.

Thanks to our growing community and dedicated partners, we're building a future where every member of the Armed Forces and public safety community has access to effective, evidence-informed care that improves quality of life.

Debbie Greene





# Meet Our Board

Members of the board team hold senior positions at UBC, Vancouver Coastal Health, Corps of Commissionaires, and include members of the veteran and first responder communities.



## **DEBBIE GREENE**

Debbie Greene is a passionate advocate and champion for her husband, Capt. (ret'd) Trevor Greene, who survived an axe attack while serving in Afghanistan. While raising their young family, she navigated the complexities of Canada's military and healthcare systems. She brings a background in finance, social services, and volunteerism.



## **DR. ASHOK KRISHNAMOORTHY**

Ashok is a leader in BC's public healthcare system, specializing in neuropsychiatric disorders. He is medical director and head of psychiatry at Richmond Hospital as well as Associate Clinical Professor, UBC Department of Psychiatry. Ashok holds the ICD.D designation from the Institute of Corporate Directors.



## **CHRIS MITCHELL**

Chris Mitchell is CEO of Commissionaires BC, a Canadian Armed Forces infantry veteran and certified health executive. A Royal Military College graduate, he holds advanced certifications in health services, human resources, and leadership. With extensive experience in management, security, and public service, Chris is a dedicated advocate for advancing veteran opportunities.



## **ANGELA CHEN**

Angela Chen is a Director at the management consulting firm Nous Group, where she specializes in strategy and implementation. She brings deep expertise in public sector transformation, along with a personal lens as the spouse of a Canadian military veteran transitioning to civilian life. Angela retires from the board in June 2025, leaving a significant legacy.





## **STEVE FARINA**

Steve served for over 30 years as a professional firefighter, retiring in April 2025. He served as Executive VP of the BC Professional Fire Fighters' Association and Vice-Chair of the BCPFFA's Health and Safety and Mental Health Committees. Steve has played a key role in advancing mental health and safety initiatives for first responders.



## **HOWARD TRAN**

Howard brings 27 years of distinguished service with the Vancouver Police Department and is a recognized leader in mental health and community safety. He chairs the BC Association of Chiefs of Police's Mental Health and Addictions Committee and demonstrates a deep commitment to community service through board roles focused on mental health, youth, and public safety.



## **TREVOR GREENE**

Trevor is a retired infantry veteran, journalist, author and advocate who survived a traumatic brain injury while serving as a CIMIC officer with the Canadian Forces in Afghanistan in 2006. His recovery has led to groundbreaking discoveries in neuroplasticity and rehabilitation.



## **TONY MOORE (IN MEMORIUM)**

Tony was president of Whalley Legion Branch 229 for over 10 years. As a co-founder of LVVRF, Tony championed for innovative therapies for mental health. A British Army veteran and proud member of The Royal Canadian Legion for 24 years, Tony's impact on the veteran and first responder community was immense. Tony passed away Sept, 2024.



# Financial Statements

## Statement of Financial Position as of December 31, 2024

|  | 2024              | 2023              |
|--|-------------------|-------------------|
| Assets                                   | \$                | \$                |
| Current                                  |                   |                   |
| Cash                                     | 62,071            | 64,037            |
| Restricted cash                          | -                 | 163,553           |
| Short term investments                   | 230,346           | 352,000           |
| Restricted short term investments        | 179,261           | 100,000           |
| GST and interest receivable              | 5,766             | 9,674             |
| Prepaid expenses                         | 1,397             | 1,808             |
| Capital assets                           | 478,842           | 691,072           |
|  | 2,183             | 2,823             |
|  | <u>\$ 481,025</u> | <u>\$ 693,895</u> |
| Liabilities and Net Assets               |                   |                   |
| Current Liabilities                      |                   |                   |
| Accounts payable and accrued liabilities | 16,293            | 51,737            |
| Deferred contributions                   | 179,261           | 263,553           |
|  | <u>195,554</u>    | <u>315,290</u>    |
| Net Assets                               |                   |                   |
| Unrestricted                             | 285,471           | 378,605           |
|  | <u>\$ 481,025</u> | <u>\$ 693,895</u> |

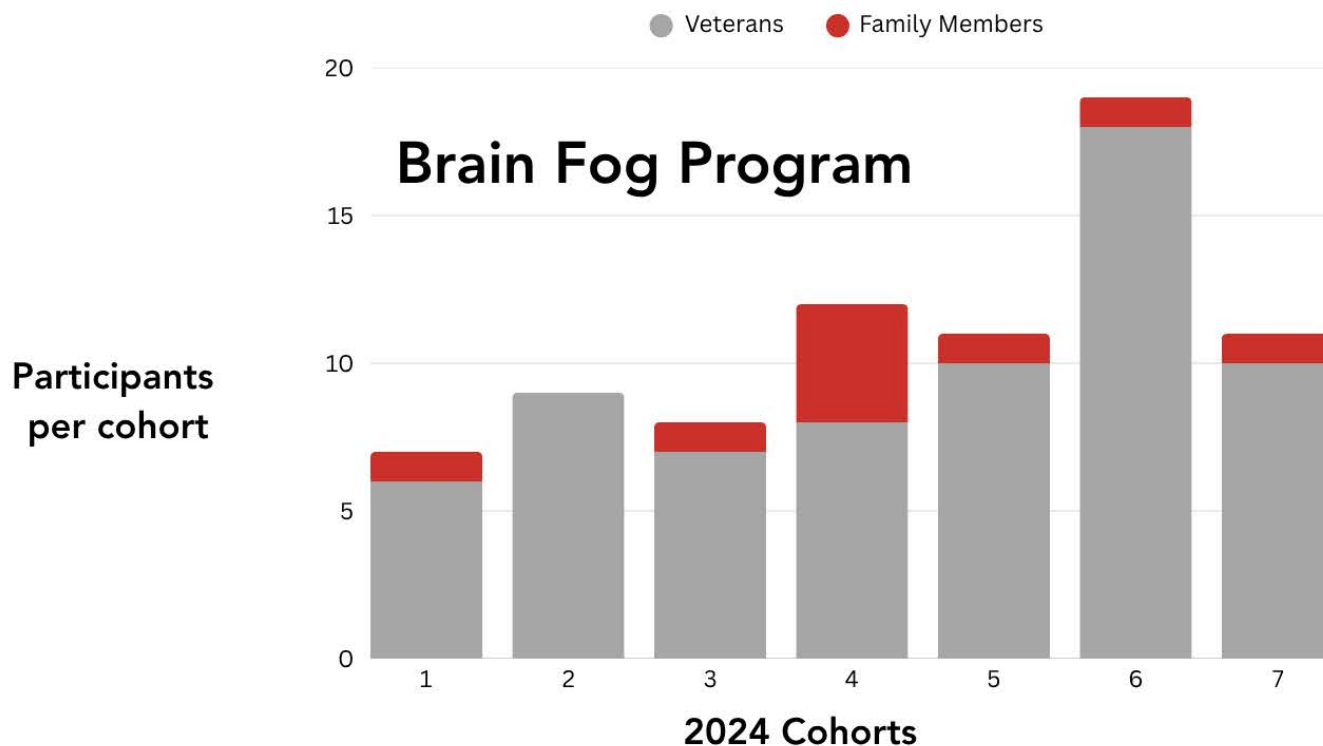
# Financial Statements

## Statement of Operations

For the year ended December 31, 2024

|                                      | 2024       | 2023       |
|--------------------------------------|------------|------------|
| Revenue                              |            |            |
| Grants                               | \$ 385,292 | \$ 24,947  |
| Contributions                        | 19,802     | 314,876    |
| Interest                             | 20,011     | 14,632     |
| Total Revenue Program                | 425,105    | 354,455    |
| Expenses                             |            |            |
| Research - mental health             | 385,292    | 255,697    |
| Administrative Expenses              |            |            |
| Professional Fees                    | 89,933     | 67,368     |
| Rent                                 | 28,175     | 22,823     |
| Marketing and social media           | 9,628      | 20,519     |
| Insurance                            | 1,889      | 845        |
| Fundraising                          | 1,794      | 1,902      |
| Amortization of capital assets       | 640        | 377        |
| Computer systems maintenance         | 406        | 568        |
| Licenses, memberships, dues          | 384        | -          |
| Office supplies                      | 69         | 674        |
| Bank charges                         | 29         | 138        |
| Wages and salaries                   | -          | 37,916     |
| Education and awareness              | -          | 15,000     |
| Hiring expenses                      | -          | 20,483     |
| Education and training               | -          | 298        |
| Travel                               | -          | 197        |
|                                      | 518,239    | 444,805    |
| Deficiency of revenues over expenses | (93,134)   | (90,350)   |
| Net assets, beginning of year        | 378,605    | 468,955    |
| Net assets, end of year              | \$ 285,471 | \$ 378,605 |

# 2024 Highlights



In 2023, we were honoured to receive a \$500,000 grant from Veterans Affairs Canada through the Veteran and Family Well-Being Fund to develop and deliver a Brain Fog Program. Originally designed to address the physical, neurological, and cognitive effects of long COVID, the program was expanded to support veterans and families experiencing other service-related brain fog challenges.

Launched in March 2024 at the Legion Veterans Village Centre of Clinical Excellence in Surrey, BC, the program includes two six-week treatment blocks, with assessments at the end of each to monitor individual progress. Participants receive one-on-one guidance from a multidisciplinary team of allied health professionals — including kinesiologists, exercise physiologists, nutritionists, sleep specialists, and counsellors. Group-based education, peer support sessions, and digital tools were also core components. Testimonials across all cohorts reflect the emotional, cognitive, and physical gains veterans have experienced through the program.

As of December 31, 2024, 77 of the planned 100 participants have completed or are actively participating in the 12-week program, with the final two cohorts beginning in January and February 2025. We're pleased to note an almost equal representation of men and women among participants. Outcomes are being tracked and will be analyzed following the program's completion in May 2025.



# Testimonials

"The Brain Fog Program gave me the tools and support I needed to clear the mental fog, manage my PTSD, and regain control of my life. It's been truly life-changing."

~ George Deursch



"The Brain Fog Program has been life-changing for us—it gave us the tools to understand PTSD, manage brain fog, and truly support each other in ways we never thought possible."

~ Ramona and Gord Sands

"My relationships improved. I'm able to break down tasks and succeed in ways I couldn't before." - SM

"This program gave me the tools to prioritize myself for the benefit of everyone around me." – CM

"The program helped me better understand my challenges and how to deal with them daily." – GD

"This program is a golden opportunity. Take it!" – LH

"The Brain Fog Program provides a safe place to explore why you don't feel like yourself. "I'm no longer reactive to stress. I feel more clear-headed and in control. Learning about what contributes to brain fog and how to adjust even the littlest things was life changing." – MD



# 2024 Highlights

## **MITACS ACCELERATE PROGRAM: Exploring the Threshold of Mental Health Impact on Cognition**

In 2024, we launched a groundbreaking research project in partnership with Simon Fraser University and Mitacs, a national not-for-profit organization that connects academia with partners in the public and private sectors to advance innovation.

The study focuses on public safety personnel, who regularly face highly stressful situations that can impact decision-making, focus, and memory. It investigates how mental health conditions such as generalized anxiety disorder, depression, and PTSD affect cognitive function.

Using portable electroencephalography (EEG) technology, researchers are identifying early changes in brain activity that may signal when mental health challenges begin to interfere with performance.

This work has the potential to enable earlier, more effective interventions which will help frontline workers receive the support they need before their symptoms escalate. By bridging the gap between clinical research and effective treatment, the project is intended to advance both mental health care and scientific understanding of how stress affects the brain.

In 2025 we are expanding the program to include both public safety personnel and military. If you or someone you know is interested in contributing to the advancement of this knowledge, we encourage you to get in touch and learn more about the program.



# THE ROAD AHEAD

In the year ahead, we aim to expand our outreach efforts to raise public awareness about the Foundation's mission as well as meet the urgent need for innovative therapies, stronger community support, and deeper connections with those we serve.

Building on this momentum, we are refining our focus to better support veterans and public safety personnel who require more advanced and personalized treatments. Through meaningful engagement with local communities, we are communicating directly with veterans, public safety personnel, and their families to better understand their evolving needs. Strengthening partnerships with healthcare providers, researchers, and community organizations remains central to delivering more responsive and effective solutions.

A major initiative on the horizon is the launch of a one- to two-year clinical program evaluating the use of non-invasive repetitive transcranial magnetic stimulation (rTMS) as a treatment for veterans living with PTSD and chronic pain. Recruitment for this cutting-edge study will begin in June 2025, offering access to promising new therapies while rigorously assessing their long-term effectiveness.

This groundbreaking work is made possible by the generous support of our funding partners: BC/Yukon Command of the Royal Canadian Legion, BC Legions #20, 32, 35, 52, 57, 60, 62, 133, 137, 171, 173, 189, 192, 229, 240, 257, 280 and Fondation NAVALIS Foundation (formerly Royal Canadian Navy Benevolent Fund). We are sincerely grateful for their commitment to advancing care and innovation.

Together, we are charting a clearer path forward - guided by purpose, grounded in partnership, and focused on delivering lasting impact.



# Acknowledgements

We extend our deepest gratitude to the dedicated individuals, organizations, and communities who have stood beside us in support of our mission to advance research, treatment, and healing for veterans, public safety personnel, and their families. This work would not be possible without your generosity, commitment, and belief in the power of innovation to improve lives. Thank you!

## Strategic Partners:

Veterans Affairs Canada  
The Royal Canadian Legion, BC/Yukon  
Command  
Canadian Institute of Military Health Research  
Simon Fraser University  
Mitacs  
Royal Canadian Benevolent Fund

## Individual Donors:

Whitehead Family  
Megan Kleisinger  
Anne Velemirovich  
Nancy Renaud  
Barb Stegemann  
Geoff Henderson  
Bruce Fleet  
Laurie White  
Lynda Brummitt  
Anne Purves  
Jennifer Gillespie  
Debbie & Trevor Greene

## Royal Canadian Legion Branches:

|                       |                       |
|-----------------------|-----------------------|
| Agassiz (#32)         | Mission (#57)         |
| Armstrong (#35)#      | Naksup (#20)          |
| Campbell River (#137) | Osoyoos (#173)        |
| Chilliwack (#280)     | Oyama (#189)          |
| Crescent Beach (#240) | Port Coquitlam (#133) |
| Kamloops (#52)        | Salmon Arm (#62)      |
| Keremeos (#192)       | West Vancouver (#60)  |
| Ladysmith (#171)      | Whalley Legion (#229) |
| Lantzville (#257)     |                       |

# Contact Us



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lvvresearchfoundation.com



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## Visit us on Social Media



@lvvrf



@lvvrf



@lvvresearchfdn



# How You Can Help

We are actively working with our donors and communities across Canada to encourage and inspire support from individuals, organizations, and groups for the continuum of care for veterans, public safety personnel, and their families. We welcome you to join us in our mission.

## Donate

### Online:

- [lvresearchfoundation.com/donate](http://lvresearchfoundation.com/donate)
- [Canadahelps.org](http://Canadahelps.org)

### Mail:

101 - 10626 City  
Parkway, Surrey, BC  
V3T 0S3

### Legacy Giving:

Interested in including the LVVRF in your estate planning? Email us!

[admin@lvresearchfoundation.com](mailto:admin@lvresearchfoundation.com)

Registered Charity #: 774509509RR0001

## Volunteer

- We are looking for help with social media and marketing in order to engage the public and increase awareness of our mission
- Board and committee members
- Fundraising campaign support



