

# 2023

## ANNUAL REPORT



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# LETTER FROM LEADERSHIP

The Concussion Legacy Foundation Canada (CLFC) team and our community of dedicated and generous supporters continue to inspire me. As I reflect on our accomplishments in the past year, I am confident that we will look back at 2023 as the pivotal moment when CLFC's impact accelerated dramatically. When we matured from a cute, little try-hard charity that punched far above our weight into a respected national player with global reach. A moment where we can all feel proud that we raised more money than ever to invest in patients and families struggling with the outcomes of brain injury, youth athletes pursuing sports they love, increased education and awareness about brain injury for military service members and first responders, and world class research coming from our own communities here in Canada.

We couldn't have done it without you – our donors, volunteers, supporters, partners and stakeholders. You are the fuel that pushed us to new heights. Because of you, we had:

- The **most ever Team Up visits** - 190 English and 125 French.
- The first-ever **Foster Care** and **Indigenous** Design Challenges.
- The **most ever Canadian inquiries to the CLF HelpLine** - 149.
- Continued engagement with the Canadian Armed Forces (CAF) leadership and military community **on healthcare education, prevention, and research for brain injuries**.
- CTE Awareness Month **recognized on the Canada Health Promotion Days Calendar**.

At CLFC, we value and emphasize teamwork. Our team is comprised almost exclusively of former team sports athletes and Canadian Veterans who understand the value of working together. Together with you, the power of our collective efforts is now surging. The impact of our work is becoming fully defined, our understanding of how to drive that impact is improving rapidly, and the possibility of delivering that impact in an unprecedented manner is within reach.

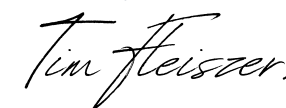
Buckle up.

A huge heartfelt "Thank You!" to all of you for your belief in our young, upstart organization with big dreams of making the world a better place - a world without Chronic Traumatic Encephalopathy (CTE) and a world with concussion safety without compromise.

On the following pages, you will read how CLFC is helping Canada lead the world in the prevention, study, and treatment of brain injuries and their associated consequences. I hope our progress inspires you and that all the hard work makes you feel a part of a community doing something to change the status quo. I hope you will reach out to me with your own stories of love, fear, trauma, or success. We are in this together.

I look forward to an even bigger year in 2024.

Sincerely,



Executive Director,  
Concussion Legacy Foundation Canada

## OUR MISSION

The Concussion Legacy Foundation Canada's mission is to advance the study, treatment, and prevention of the effects of brain trauma and associated mental health implications in Canadian athletes, military personnel, youth, and other at-risk groups.

## OUR VISION

Our vision is a world without CTE, and concussion safety without compromise.

# EDUCATION & ADVOCACY

YOU ARE A MEMBER OF THE TEAM

## TEAM UP CHAPTERS



Our Team Up Against Concussions University Chapter Network continued to deliver innovative grassroots concussion programming nationwide. Together, the dedicated student volunteers at these universities delivered **English-language concussion education programming to over 6,927 Canadians in 190 separate events** and **French-language** concussion education programming to **592 students across 18 separate events**.

The chapters also continued to promote concussion awareness through podcasts with episodes interviewing high-profile guests such as a University of Texas Cognitive neuroscientist, a train crash survivor, and a former OHL player.

The Acadia University Chapter made strides in forming strategic partnerships with **Atlantic University Sport** and the **Acadia University Recruitment Department**.

The McGill Chapter and the McMaster Chapter hosted symposiums which featured guest speakers covering concussion sights from research, military, and sports perspectives.

## DESIGN CHALLENGE

In April, CLFC hosted three Design Challenge events at three locations in Montreal: **Batshaw Family & Youth Prevost Campus, Selwyn House School, and Kahnawà:ke Survival School**. We worked directly with over **95 students** in grades six to eleven.

The Design Challenge events were a huge success. **Nearly 100 students participated in over two hours of live programming**, with select students working upwards of eight hours in a single day. **77 team-based prototypes were submitted** during the workshops.





# INDIGENOUS CAMPS

CLFC hosted a Brains & Brawn Indigenous hockey camp in partnership with Armstrong Hockey, which is a hockey school run for Indigenous youth that celebrates culture and hockey as medicine.

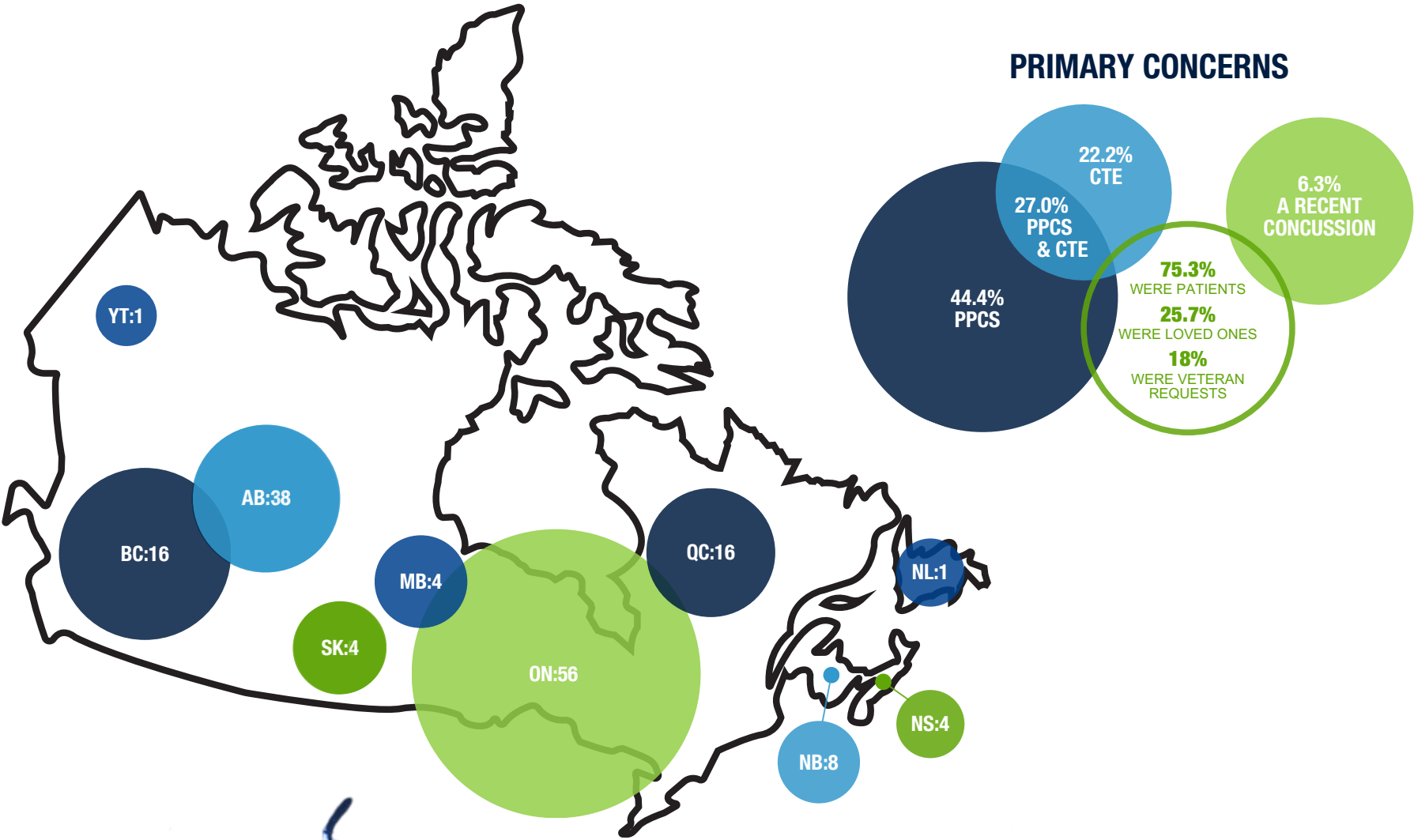
This week-long hockey camp hosted over **50 Indigenous youth** between the ages of 6-15. In an effort to address the importance of concussion awareness and education in sports, the athletes participated in our **Team Up Against Concussions** programming. The camp was a complete success.

The young hockey players developed their skills, concussion awareness was raised, and lasting relationships were built. Over **\$4,000 was raised to go back into the community** to support minor hockey team registration fees for Indigenous youth and Indigenous-led programs that support residential school survivors.

# PATIENT & CAREGIVER SERVICES

## PERSONALIZED HELP IN ALL SHAPES AND SIZES

CLFC Patient & Caregiver Services provides personalized support for anyone struggling with the outcomes of brain injury through the CLF HelpLine and Peer Support programs. Since 2019, we've helped **500 patients and families across Canada** find doctors, educational resources, and peer-support opportunities to help them maintain hope throughout their recovery.



## 2023 HIGHLIGHTS

Served **149** CLF HelpLine clients by email, SMS, and phone in less than an average of 0.4 business days.

Vetted **400+** new healthcare providers, for a total of **1,250**.

**458** doctor recommendations delivered.

**964** links to educational resources.

**377** links to our Peer Support Programs.

Connected **82 patients** with Peer Support Volunteers.

Facilitated **185 Peer Support meetings** attended by **700 participants** from across the globe

Created suspected CTE and Post-Concussion Caregiver Guidebooks.



# PROJECT ENLIST

GIVING BACK TO THOSE WHO SERVE

The mission of Project Enlist is to serve as a catalyst for research on military Veterans with TBI, PTSD and CTE by rapidly increasing the number of Veteran brains donated to brain banks for study.

Brain Bank research is an essential step in developing treatments to help protect and support the heroes who courageously protect our nation. Thanks to our Partners, we are creating a culture of brain donation among Veterans that will lead to greater support for Veterans fighting CTE and a greater investment in research focused on a cure.



STATS

106  
NEW MILITARY  
BRAIN PLEDGES

113  
NEW CIVILIAN  
BRAIN PLEDGES

27  
PEOPLE HELPED  
THROUGH THE  
SUPPORT LINE

## OPERATION BRAIN HEALTH

More than 130 individuals have enrolled in the Operation Brain Health virtual program, which consists of six phases spread 2 to 3 weeks apart and covers the four pillars of exercise, nutrition, sleep, and building cognitive reserve.

- We teamed up with **Dave Morrow Personal Training** and supported **ten veterans** in his 30-day program, which sets daily habits based on the four pillars of Operation Brain Health.
- We collaborated with **Canadian bobsled Olympic Gold Medalist Alex Kopacz** to provide a program for Veterans who wish to train like a bobsledder with the intent of an in-person event to push a bobsled for time on dry land.
- Created OBH content with **Dr. Stephanie McLellan**, an optometrist from Komoka Optometry, to educate people about the effectiveness of a multidisciplinary approach to treating brain injury and to help provide resources for those affected by brain injury.

## OPERATION BRAIN HEALTH APP

In 2023, we developed and deployed the MVP of the app consisting of the core features enabling users to create, edit, and track their habits, as well as a means to provide feedback on their experience very easily. At its core, the app tracks Veterans' habits and behaviours to encourage and motivate them to adopt healthy habits.



# GLOBAL BRAIN BANK

In April, the **Canadian Concussion Centre (CCC)** became the sixth member of the CLF Global Brain Bank, an international collaboration of researchers studying CTE across the globe. With this collaboration, we now have research teams in Canada, the United States, Australia, Brazil, New Zealand, and the United Kingdom. Internationally renowned neuropathologist **Dr. Gabor Kovacs** leads the brain bank.



● Canada ● US ● UK ● Brazil ● Australia ● New Zealand

# HENRI RICHARD DIAGNOSED WITH CTE

In June, we released a press release in partnership with Denis Richard, the son of 11-time Stanley Cup legend and Montreal Canadiens legend Henri Richard.

The press release announced the diagnosis of **stage three CTE** found in a post-mortem brain autopsy of Richard by Canadian pathologist Dr. Stephen Saikali at Univeristé Laval in Québec City. The release raised awareness about a legend of his sport, having suffered from a traumatic injury for years, and showcased further that CTE can be found in any sport.





## RACE TO END CTE

On May 28th and 29th, nine runners participated in three events (5km, 10km, and Half-Marathon) at the **Ottawa Race Weekend** in support of the Race to End CTE Canada.

Our runners raised **\$9,586.10** for CLFC to support initiatives like Project Enlist Canada, CLF HelpLine, and research. Thank you to everyone who donated, shared posts, and supported our runners!



## A DECADE OF IMPACT



On June 20th, we hosted our Decade of Impact event at KPMG's Ottawa office. The event featured keynote speaker **Ken Dryden** and brought leaders in sports, military, and philanthropy together. It highlighted CLFC's mission to address brain injuries in athletes, military personnel, and youth, emphasizing the need for concerted efforts to prioritize concussion prevention and treatment and foster safer environments for all.

Attendees included **federal Sports Minister Pascale St-Onge**, **Olympic medalist Adam van Koeverden**, now a parliament member and parliamentary secretary to the Minister of Health and the Minister of Sport, **MPP Lisa MacLeod**, and retired **Major General Denis Thompson**, CAF's surgeon general, **Major General. Marc Bilodeau**, CANSOFCOM Command **Chief Warrant Officer Gary Grant**, **Edmonton Oilers player Cody Ceci**, former Olympic skiers **Patrick Biggs** and **Ryan Semple**, and former CFL player **Darren Joseph**.



# OUR STAFF

- Kalley Armstrong**  
Director of Partnerships
- Keely Barnes**  
Outreach Coordinator
- Edina Bijvoet**  
Director of Concussion Education Programming
- Samantha Bureau, PhD**  
Assistant Executive Director
- Ryan Carey**  
Senior Director of Military Engagement
- Tim Fleiszer**  
Executive Director
- Mack Hancock**  
Team Up Program Manager
- Taya Leforte**  
Director of Patient & Caregiver Services
- Simon Poulin**  
Director of Francophone Operations
- Mike Terry**  
Director of Military Engagement

## BOARD OF DIRECTORS

- Caroline Desmarais**  
*Executive Coach & Mothersphere Co-Founder*
- Dr. David Fleiszer**  
*Physician, McGill University Health Centre*
- Tim Fleiszer**  
*Principal, Fleiszer Consulting, Inc.*
- Leigh Harris**  
*Lead Partner, Management Consulting, Federal Government Practice KPMG Canada*
- John Macfarlane**  
*Partner, Osler, Hoskin & Harcourt LLP*
- Patrick McEntyre**  
*Managing Director, Electronic Trading & Services at National Bank Financial*
- James Moore**  
*Senior Business Advisor, Denton's, Chancellor, University of Northern British Columbia*
- Dr. David Mulder**  
*Physician, McGill University Health Centre*
- Dr. Chris Nowinski**  
*Co-Founder & CEO, Concussion Legacy Foundation*
- Gil Scott**  
*President, Gil Scott Sports Management*
- Gordon Stringer**  
*Concussion Awareness Advocate, Father of Rowan Stringer*
- Samantha Sykes**  
*Senior Investment Advisor & Financial Planner at Raymond James*
- Denis Thompson**  
*Major General (Retired) Canadian Armed Forces, Colonel of The Royal Canadian Regiment*

# FINANCIALS

## PUBLIC SUPPORT & OTHER REVENUE

CONTRIBUTIONS	\$297,786
PROGRAM REVENUE	\$99,704
GRANTS FROM PRIVATE ORGANIZATIONS	\$507,750
PROVINCIAL GOVERNMENT FUNDING	\$93,750
<b>TOTAL REVENUE</b>	<b>\$998,990</b>

## EXPENSES

ADMINISTRATION	\$14,665
ADVERTISING AND PROMOTION	\$51,997
DOCUMENTARY PRODUCTION	-
INSURANCE	\$10,180
INTERNATIONAL RESEARCH LIAISON	\$61,575
PROFESSIONAL FEES	\$42,559
RESEARCH DONATION	\$33,900
SALARIES AND BENEFITS	\$319,847
SUBCONTRACTORS	\$91,783
TELECOMMUNICATIONS	-
TRAINING	-
TRAVEL	\$33,474
VIRTUAL PLATFORMS	\$104,487
<b>TOTAL EXPENSES</b>	<b>\$764,467</b>

## STATEMENT OF FINANCIAL POSITION

CASH & CASH EQUIVALENTS	\$340,342
GRANTS RECEIVABLE	\$43,759
PREPAID EXPENSES	\$143,642
<b>TOTAL ASSETS</b>	<b>\$527,743</b>