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children's
HEALTH FOUNDATION
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You're giving kids like Gracie a brighter future.

Mark and Lisa brought their daughter Gracie home from an orphanage in China when she was 16 months old. She was suffering from pneumonia, bronchitis and a severe ear infection. She also had one of the most challenging cases of bilateral cleft lip and palate that local specialists had ever seen.

But all Mark and Lisa saw were Gracie's bright and shining eyes.

They knew Gracie could get the expert medical care she needed at the Queen Alexandra Centre for Children's Health.

Today, after five intricate surgeries, Gracie is a laughing, smiling, talkative seven-year-old girl. She loves running, swimming and dancing. And, when she grows up, Gracie wants to be a veterinarian!

Gracie's future could have been a lot less bright. But, thanks to her caring parents – and your generous support of Children's Health Foundation of Vancouver Island – her life has been transformed. Gracie has access to all the specialized medical services she needs, close to home.

In addition to the cleft lip and palate clinic, families can access other rehabilitation services at the Queen Alexandra Centre. Clinics offer help with difficulties in feeding and swallowing, spinal and

neuromuscular issues and visual impairment.

Gracie still has a long way to go, with more surgeries in her future. As Dr. Rebecca Morley, who has been treating Gracie, says, "Children with bilateral cleft lip and palate sometimes have up to 12 operations by the time they reach the age of 16."

Mark and Lisa aren't worried. They know that we'll be with them, supporting them the entire way. **You'll be there with us too! And that makes all the difference.**

Thank you for your generous support of Island kids and families!

Gracie and friends.





Zoe and her dog.

Ledger House: A Safe Place for Youth Mental Health

There's a youth mental health crisis across Canada.

It's no different here on Vancouver Island. One in five youth are currently dealing with mental health challenges, and only 20% of them are getting the help they so desperately need.

Youth like Stuart, who hid his feelings of

depression and anxiety until he entered Grade 10. Then, the feelings exploded to a point where he had to be hospitalized.

Youth like Zoe, whose mental health struggles in high school led to a diagnosis of bipolar disorder, obsessive compulsive disorder and anxiety. But not before she reached a crisis situation and was admitted to hospital.

Thankfully, both Zoe and Stuart were able to stay at Ledger House. As the first dedicated mental health centre for youth in Victoria, Ledger has been a safe haven for over 30 years.

Residents continue a regular routine while learning essential tools to help manage their mental illness and cope in day-to-day life. They go to school, eat, sleep and exercise together. And when they leave, they're better equipped to carry on with their lives.

Today, Stuart is attending Ryerson University in Toronto, while Zoe is in her first year of University.

Zoe says, "I'm living one hundred times better than I ever thought I could."

Thanks for giving youth in mental health crisis somewhere to go – Ledger House and our new Mental Health HUB.

Meet Your Foundation Team



Jessica and her daughter

☞☞ I'm inspired daily by beautiful demonstrations of parents, caregivers and passionate supporters who live as fierce advocates for the health and well-being of our island kids. I want to be that for my daughter, and all the kids of our community who deserve every opportunity their future holds. ☞☞ - **Jessica Bell, Director of Development**

☞☞ Team work is dream work!! I am inspired every day working alongside good people who support the health of our Island kids. Parents, caregivers, health care professionals, donors, educators, funders - we are all part of the team that cares deeply about improving health outcomes for our Island kids. ☞☞ - **Anita Brassard, Community Investment Manager - Central/North Island**



Bronwyn and Anita, Community Investment Managers



Veronica and her son

☞☞ Children are 100% of our future and I want to leave the world a better place for them. I want the children of our community – including my son – to feel proud of the work we have done to give them a future filled with promise. ☞☞ - **Veronica Carroll, CEO**

☞☞ I love working for the Foundation because it enables me to help Island kids and their families thrive, and receive the support and services they need to reach their full potential regardless of their health challenges. ☞☞ - **Charlene Smith, Donor Relations & Engagement Officer**



Charlene and her mom

Your Impact on Remote and Rural Health Care

Gold River Health Hub: Bringing Care to the Community



The look on Samuel's face when he put the hearing aid on for the first time. That's what makes it all worthwhile.

- Megan Williams



At 10 years of age, Samuel's hearing issue was finally treated. Although Megan Williams, audiologist, had assessed Samuel at his school in 2016, his family wasn't able to make it to booked appointments in Courtenay.

It wasn't until Megan saw Samuel and his mother together at the Gold River Health Hub, that she could introduce the idea of hearing aids.

The Gold River Health Hub opened in September 2017 – thanks in part to your generous

support of Children's Health Foundation of Vancouver Island. Located right on the local school property, the Hub provides a place for children living in rural and remote communities to meet with a range of care providers. This includes occupational therapists, nutritionists, physiotherapists and audiologists – like Megan.

Without the Hub, families had to travel to Campbell River or Courtenay for what is often a ten-minute appointment with Megan. That meant missed school or work

Megan with Preston, another Gold River patient.

– and an added financial strain on families. Megan found that many families just weren't able to make it. Now that she sees children once a month at the Hub, appointments are rarely missed.

Today, Samuel is doing so much better in school. He's not as frustrated as he used to be – because he can actually hear what people around him are saying!

Thank you for your part in improving remote and rural health care!

Young Children on the Pathway to Healing

You're helping some of the most vulnerable children in Northern Vancouver Island find healing after trauma that has affected their emotional and physical well-being.

Funded by CHFVI, the Pathways to Healing Partnership (PTHP) is an early intervention program working closely with children, under the age of six. First of its kind in British Columbia, the project is based on a neurobiological approach called Neurosequential Model of Therapeutics (NMT) that uses a tool called a 'brain map' to treat childhood

trauma, neglect, and other forms of maltreatment.

PTHP is already successfully changing lives – breaking multi-generational patterns of trauma and addiction. Serving Comox Valley, Port Hardy and Alert Bay, the program is supporting families and creating stronger and healthier family dynamics. This partnership is creating lasting change for children, families and entire communities.

Thank you for your compassionate support of healthier children and families!

Adrian and Tracey D'Silva: Giving Back to Brighten Family Spirits

Adrian and Tracey D'Silva have been brightening children's lives for 12 years through their unwavering generosity to Children's Health Foundation of Vancouver Island.

It all started in 2006. Adrian and Tracey had been working on a challenging job setting up Christmas lights on Oak Bay Avenue in Victoria. When the job was over they were inspired to make their first very generous gift to give meaning to their work. They wanted to support the many Island kids and families that depend on the Foundation.

In 2012, Adrian and Tracey chose to become monthly supporters. They realized how important it is to provide *consistent* support to the Foundation in order to give kids the very best potential to succeed.

For the past four years, this incredibly generous couple has also been responsible for putting up all the Christmas lights at **Jeneece Place**.

Jeneece Place is a "home away from home" for families with children receiving medical care in Victoria. Located on the Victoria General Hospital grounds, it has everything families need, including 10 bedrooms, a kitchen, dining, living and playrooms, and a backyard.

This holiday season, a Jeneece House parent stopped Tracey while she was decorating. The mom thanked Tracey and said how much her family appreciated seeing the lights during their stay every year.



Tracey and Adrian D'Silva

Tracey says she was "overwhelmed with emotion" because she realized this small act was bringing someone true happiness! She was also struck by the fact that **this family was spending their holidays in hospital – instead of being at home celebrating Christmas with their loved ones.**

Tracey and Adrian say they'll continue to support Children's Health Foundation in every way they can. In fact, they've already made a gift in their will to ensure a lasting legacy of children's health.

We're so very grateful – to Tracey and Adrian, and to YOU – for all you do to help children in need of exceptional health care. Thank you!



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