

LOOKING GLASS FOUNDATION FOR EATING DISORDERS

Impact Report 2022 Year in Review

2022



Looking | Glass

FOUNDATION FOR EATING DISORDERS

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*by the
Numbers*

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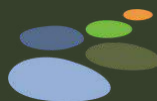
Looking Glass celebrated our **20th anniversary milestone**



Our **3 peer support programs** supported **394 individuals** struggling with disordered eating provided by **250 compassionate volunteers**.



Our programs team provided **160 hours of phone & email support** to individuals looking for resources and program options.



282 individuals have registered for our **Looking Glass Counselling I Bridge the Gap** assessment



Awarded **7 Scholarships**, supporting students who have lived experience with an eating disorder by helping them pursue their academic goals.



Hosted **9 Recovery Conversations**, providing a safe space for our community to come together and reflect on various themes tied to their recovery.

Looking|Glass

FOUNDATION FOR EATING DISORDERS

TO OUR LOOKING GLASS COMMUNITY

2022 was the year Looking Glass Foundation celebrated our 20th anniversary – a milestone we gathered to celebrate at the May 2022 Reflections Gala, which was an extraordinary event! This organization is only where we are today because of the incredible and unwavering dedication of our founders and this community of support that has been built over the last two decades.

2022 was also a year of some key achievements that we are really proud of! We moved to a beautiful new location that allowed us to comfortably provide enough office and meeting space for our team to deliver our peer support programs and to expand the Looking Glass Counselling I Bridge the Gap™ program that was piloted in 2021. We went through a rebranding and website renewal process that honoured our past and helped us look toward the future; and the Province of BC awarded us with new funding to continue to deliver and expand our much-needed programs. It was also a year of some key transitions – our previous Executive Director, Susan Climie retired. While we were saddened to see her go, we were equally excited to welcome Lisa Brooks into the role. We also saw turnover in leadership of our Board - Denise Karkkainen stepped into the role of Board Chair when Cheryl Tobias, our previous Chair reached the end of her tenure in the role.

Every day we hear and share inspiring stories of those who have recovered and are thriving. These people are our inspiration, and they compel us to do all we can to provide impactful programs and services province-wide. Through innovative approaches to early intervention, support, recovery, and relapse prevention, we make a real difference in people's lives. Your support this past year has directly benefitted the hundreds of people who participate in our programs every month.

To each of you, we express our deepest gratitude. Thank you for believing in recovery, thank you for providing hope. Thank you for walking alongside us on this journey. We have so much yet to do, we are excited for the future, and you make it possible!

In gratitude,

Lisa Brooks, Executive Director
Denise Karkkainen, Board Chair



A handwritten signature in black ink, appearing to read 'Lisa Brooks'.

A handwritten signature in black ink, appearing to read 'Denise Karkkainen'.

Mission, Vision & Values

At Looking Glass Foundation™, we support individuals affected by eating disorders and disordered eating. Best known for opening Canada's first residential treatment facility for youth with eating disorders, Looking Glass has evolved to offer several innovative support programs that help people who are affected by this mental illness.

OUR MISSION

Looking Glass Foundation's programs and services decrease isolation, instill hope and sustain recovery for individuals who are impacted by eating disorders.

OUR VISION

A province where everyone who suffers from an eating disorder receives the services they need to support their recovery, and where the stigma of this mental illness is replaced with compassion and understanding.

OUR VALUES

- Compassion
- Hope
- Integrity
- Accessibility
- Collaboration
- Accountability
- Courage



Peer Support Programs



Navigating support and treatment options can be challenging and costly. Plus, lack of access to affordable services and real time support is prevalent. Everyone should have access to the help they need and deserve.

We offer 3 safe, non-judgmental, and inclusive volunteer-enabled in person and virtual peer support programs and resources to those struggling with an eating disorder.



Online Peer Support

An interactive online recovery community providing regular, safe, moderated group chats for individuals aged 14 & older.



Personal Recovery Space

A private digital forum offering 24/7 personalized support for those aged 14 & older, best described as 'a journal that writes back'.



Hand in Hand

A peer mentorship program that provides individuals aged 16 & older with regular in-person or virtual support.

in 2022

Looking Glass Supported:

185 peer matches

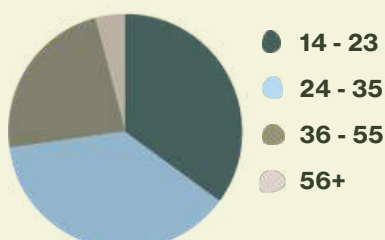
1812 chat engagements

Launched **1** new topic specific chat to those wishing to receive support related to binge eating behaviours, and the thoughts and feelings that accompany them.

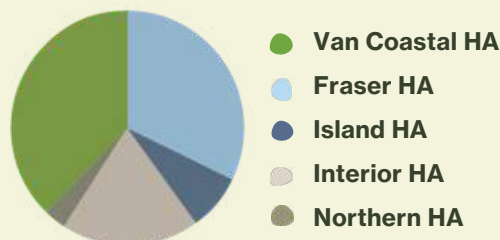
Our compassionate support options are here to help all individuals on their healing journey. The virtual nature of our programs enable those across the province to have access to immediate support.

Participant Demographics:

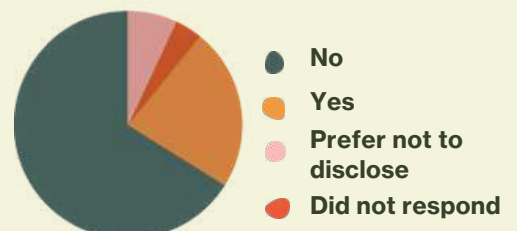
Age Representation:



Health Authority Representation:



LGBTQ2SI+ Representation:





“

**I appreciate the human connection,
the unspoken understanding that this
program offers. It is always a meeting
on my schedule that I look forward to.**

Program Participant

Peer Support Impact

Program Evaluation

When asked about the impact of our peer support programs, out of 110 of participants:

79%

**strongly agreed or agreed
that they saw progress in
their recovery**

89%

**strongly agreed or agreed
that they experienced
reduced feelings of isolation**

73%

**strongly agreed or agreed
that they had expanded their
knowledge of positive coping
skills**

81%

**strongly agreed or agreed
that they felt supported by
their mentor**

Barriers to Care

67% of our program participants report that they are not receiving any other form of eating disorder support, with **81%** identifying that they have experienced some sort of barrier when accessing care.

The most prevalent reported are:

- Lack of Eating Disorder Specialists and Programs
- ◆ Long Waitlists
- Too Costly





Eating disorder recovery is something that I care about very deeply, and I am so grateful to be able to hold space for others while they navigate their own personal journey.

LGF Volunteer

Individual Counselling Program

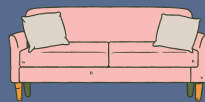


In response to the barriers to care our participants have experienced we launched Looking Glass Counselling | Bridge the Gap™. This program provides accessible and affordable (\$35/hr) one-to-one counselling to those ages 19+. Therapeutic support is provided by dedicated practicum students from accredited B.C. universities, with clinical supervision and program oversight provided by an experienced RCC.

Program Goals:



Bridge the gap in accessible eating disorder counselling in the province



Give people a safe space to process their challenges and gain a sense of hope that recovery is possible



Equip new therapists with specialized skills and experience

Since Program Launch:

Onboarded **10**
practicum students

Partnered with **6**
universities

Supported **182**
participants seeking
recovery focused care

4 students who completed their practicum placement are now RCC's in private practice with a focus on supporting those struggling with an eating disorder

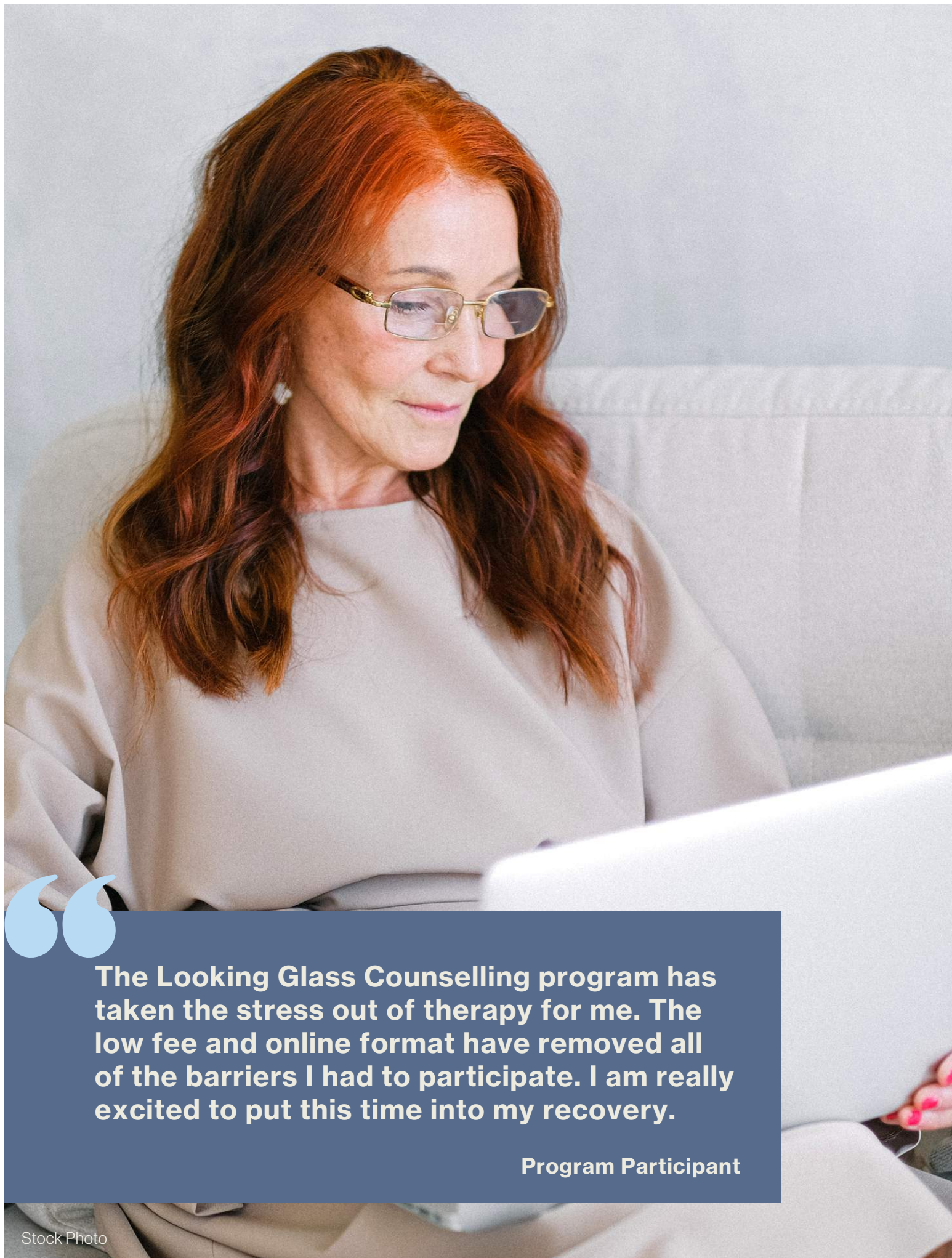
Having had a year to observe the program, we have conducted a robust and ongoing evaluation to inform program needs and impact.

Between 4-6 months of counselling:

80% of clients believe
that recovery is
possible

86% of clients believe
that the things they
do in therapy will
help accomplish the
changes they want

90% of clients are
motivated to
recover



The Looking Glass Counselling program has taken the stress out of therapy for me. The low fee and online format have removed all of the barriers I had to participate. I am really excited to put this time into my recovery.

Program Participant

Looking Glass Residence

The Looking Glass Residence is a residential treatment facility managed by the Provincial Health Services Authority and affiliated with the B.C. Children's Hospital Eating Disorders Program. Each year, our Foundation maintains and/or upgrades the facility, grounds, and equipment of the Looking Glass Residence. **Thanks to the kindness of one long-standing philanthropic donor, we successfully completed a significant exterior project: replacing the roof.** The capital improvements required for the Looking Glass Residence remain a priority. It is imperative that the youth, and the staff who support them, have a safe and nurturing environment that supports care and recovery.

We also provide annual funding to support activities at Looking Glass Residence that encourage self-awareness, a sense of connection, and help the youth develop the life skills and confidence to live a full life without an eating disorder.



Reflections Gala

A Memorable Evening

On May 12, 2022, Reflections presented by Ledcor Group + PCI Developments raised an incredible \$430,000 for Looking Glass Foundation for Eating Disorders. It was the organization's first in-person gala since 2019, and we were overjoyed with the support we received.



Event Highlights

- 290 guests in attendance with approximately 70% being first-time Reflections supporters
- Hosted at the stunning Fairmont Pacific Rim Hotel
- Impactful and vulnerable storytelling shared by the organization's founders, staff, students, volunteers and participants
- Incredible energy from Co-Emcees Fiona Forbes and Fred Lee
- Successful silent & live auction engaged over 120 local businesses and raised over \$65,000
- Live music provided by the talented Side One Band

View our recap video [here](#).





*Save the Date for
Reflections 2023!*

Thursday May 4, 2023

Strategic Goals

Enhance Program & Service Delivery

- Implemented a new digital platform and web-based educational support service called Mentor City. This platform makes our online peer support programs more user friendly, improves security and privacy, informs us on who is accessing our services and enhances reporting and program evaluation capabilities. These enhancements have helped us better understand who we are serving versus who we are missing, while allowing us to address the complexities of this mental illness experienced by so many.
- In the summer we conducted a robust evaluation of our peer support programs and our counselling program. These evaluations provide information on the quality of the programs and their effectiveness in supporting those who access them.



Expand & Diversify Funding

- \$473,583 raised in grant funding
- LGF was the Charity of Choice for 6 corporate employee giving programs
- Launched 2 new community campaigns: Eating Disorders Awareness Week & Be Kind to Your Mind
- Approximately \$75K raised during our holiday appeal
- We increased monthly donors by 67%
- 70% of our Reflections Gala donors were first time supporters

Strategic Goals

Increase Outreach & Awareness

- In May we introduced our new brand, and in July we launched our new website. Ensuring that our mission and vision remained the same, we underwent a website copy and content audit. We produced a more user-friendly, intuitive, visually pleasing, and succinct website. The goal, that those accessing eating disorder resources and services can find them easily and clearly, and that the information we are providing is useful and impactful.



Strengthen Our Organization

- In May we moved to a new and larger office space, allowing us to comfortably provide enough office and meeting space for our team to deliver our programs, more specifically to expand the Looking Glass Counselling I Bridge the Gap™ program.
- At our AGM in June we welcomed 2 new Board members who bring a plethora of knowledge, experience and passion to the team. In December we extended our organization membership beyond Board Directors to enable further funding and partnership opportunities.
- In November we welcomed two new senior leaders to the team in the role of Executive Director and Director of Programs & Operations.
- In November we completed the clean-up of our entire donor database and transitioned to a more efficient donor management software.

Creating Change Together

Our programs are made possible thanks to the dedication and commitment of our inspiring volunteers.

in 2022

Provided in-depth and thoughtful training to

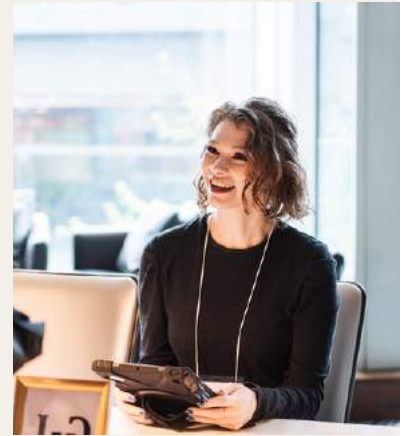
134

new volunteers

Our volunteers contributed

14,260

peer support hours



Giving back is powerful, catalyzing a feeling of generosity and hope that ripples throughout. Through peer-to-peer fundraisers & events, youth philanthropy initiatives, cause marketing campaigns and employee giving programs, our local community raised over **\$37,000** for our vital programs and services.

“

It was such a wonderful evening. Being able to connect with the community, in person, was really special. Everyone had a great time. **I am honoured to partner with Looking Glass, helping bring awareness and shining a light on eating disorders and the importance of accessible services and resources.**

- Christina, Founder of Be Kind To Your Mind

Contact & Organization Information

Board of Directors

Denise Karkkainen – Board Chair
Cheryl Tobias – Vice Chair
Caroline Kenning – Treasurer
Christina Huber – Secretary

Members at Large

Denise Elliott
Andrew Fullerton
Poonam Jassi
Cliff McCracken
Anne Nickerson
Julie Potter
Andrew Young

Honorary Patron

Under the Distinguished Patronage of The
Honourable Janet Austin, OBC Lieutenant
Governor of British Columbia

2022 Operating Revenue

\$ 1,088,876

Emeritus

Linda Bonenfant
Kari Boyle
Marilyn Clayton
Jill Davies
Dolores Elliott
Joanne Gordon
Deborah Grimm
David Holland
Malcolm Leitch
Verna Maggee Shepherd
Debbie Slattery
Andy Stashuk

Contact Us

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& Communications
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