



# The year you made possible

PROGRESS REPORT 2021/22



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Adriana, age 5

# You made advances in child health a reality

Amidst challenges this past year that have affected all of us, children across the province continue to battle devastating illnesses. But this is not a reality we have to accept. What if childhood illness didn't exist? What if we could create a brighter future for children and their families?

We're on a quest to conquer childhood illness, and your generosity fuels that commitment. Your steadfast dedication to this quest has unleashed the ability of world-leading experts to make ground-breaking clinical and research advances that are transforming care for kids and youth, here and across the globe.



**138,000+**  
children received  
care last year



**97,000+**  
donors joined our quest  
to conquer childhood illness

All figures and content in this report refer to the previous fiscal year from April 1, 2021-March 31, 2022 unless otherwise indicated.





DARRELL JONES, CHAIR, BOARD OF DIRECTORS,  
BC CHILDREN'S HOSPITAL FOUNDATION;  
PRESIDENT, SAVE-ON-FOODS (LEFT)  
& MALCOLM BERRY, PRESIDENT & CEO,  
BC CHILDREN'S HOSPITAL FOUNDATION

# Achieving great progress together

A MESSAGE FROM THE PRESIDENT & CEO  
AND CHAIR, BOARD OF DIRECTORS

It is an exciting and momentous time in the world of medicine—nowhere can you see this more clearly than here at BC Children's Hospital, where researchers and clinicians are pursuing innovations once deemed impossible, in areas like robotics, stem cell research and personalized medicine.

Medical professionals on our campus and across the province are on the front lines of researching and applying these innovations to improve health outcomes for children in BC and beyond. And it is your generous support that is making their world-leading work possible.

Thank you for joining our quest to conquer childhood illness. By doing so, you're standing alongside the incredible team of clinicians, researchers, specialists and care teams at BC Children's Hospital who share this commitment with us.

Your support is key in enabling us to deliver specialized care and pioneer new initiatives province wide like the Diabetes Transformation Project, a program spearheaded by Dr. Shazhan Amed and her team to reshape the experience of kids and families living with childhood diabetes.

Donor support also led to COVID-related research breakthroughs from BC Children's Hospital Research Institute, including the development of the kid-friendly gargle test and a study to evaluate mixing and matching COVID vaccines.

“Thank you for joining  
our quest to conquer  
childhood illness.

Each of you have made these strides—and countless others—possible in many ways, from holding your own fundraisers, to participating in our events, to giving monthly.

Together, we have achieved great progress over the past year. And as we continue to pursue the latest advances that hold the promise of hope—for children today and for future generations—we want to express our gratitude for your continued support of BC Children's Hospital.

Thank you for the year you made possible.


*Malcolm Berry*

Malcolm Berry  
President & CEO

*Darrell Jones*

Darrell Jones  
Board Chair





# What if this battle can be won in a lab?

**RESEARCH**—OVER 1,200 RESEARCHERS AT BC CHILDREN'S HOSPITAL RESEARCH INSTITUTE ARE WORKING TIRELESSLY TO TURN IDEAS INTO RESULTS AND CREATE BETTER LIVES FOR CHILDREN WITH SERIOUS ILLNESSES.

DR. QUYNH DOAN, DIRECTOR OF  
CLINICAL RESEARCH; CLINICIAN SCIENTIST,  
PEDIATRIC EMERGENCY MEDICINE,  
BC CHILDREN'S HOSPITAL





# Creating a brighter future for children through research

**BC CHILDREN'S HOSPITAL  
TREATED OVER 138,000 CHILDREN  
LAST YEAR, DIAGNOSING  
SERIOUS ILLNESSES, APPLYING  
LIFE-SAVING TREATMENTS AND  
SUPPORTING PATIENTS' PHYSICAL  
AND MENTAL HEALTH.**

All of this work was built on research, which lays the groundwork for transforming the health of BC's kids—both now and in the years to come.

Researchers at BC Children's Hospital Research Institute are constantly working to turn questions into answers and make scientific discoveries that advance knowledge and improve care for children and families.

Over the past few decades incredible strides have been made in medical science, steadily improving the outcomes for many sick kids, but countless children still face challenges from severe illnesses like cancer and heart disease. Research is the path to progress, eventually leading towards potential cures and better outcomes.

Despite the numerous obstacles caused by the COVID-19 pandemic, researchers launched many new projects and took lead roles in initiatives designed to tackle some of the greatest health challenges facing children. Powered by the generosity of donors, BC Children's Hospital has created an environment where impactful, life-changing research thrives.

# One campus, many possibilities

BC Children's Hospital is a world leader in pediatric health care. One reason why the hospital attracts some of the brightest minds in pediatric medicine is because BC Children's Hospital and its Research Institute are located on a single campus, along with mental health and developmental services and rehabilitation facilities—all together representing one of the few fully integrated medical campuses in Canada.

This allows researchers and clinicians to immediately translate new research insights into hospital care and, conversely, take insights from care back to the research lab. Most experts here work as both clinicians and researchers, allowing them to see the results of their research firsthand and apply them to future studies.



**\$1=\$5**  
**every \$1 received**  
**translates into**  
**\$5 of external**  
**research funding**



HERE ARE JUST THREE  
EXAMPLES OF HOW THIS  
INTEGRATED SYSTEM  
HAS DRIVEN SIGNIFICANT  
PROGRESS IN PEDIATRIC  
MEDICAL RESEARCH  
THIS PAST YEAR.

IMPROVING CARE THROUGH  
TECHNOLOGY

Researchers have been using data and technology to improve patient care, looking for better ways to diagnose and treat serious childhood illnesses. New and innovative technologies are equipping researchers to better prevent and treat illnesses, increase education and improve the quality of life for kids across the province.

For example, stem cell research may lead to the development of life-saving advances and treatments. Thanks to generous support from *Mining for Miracles*, BC Children's is now home to first-of-its-kind technology that will quicken the research and development of new therapies for serious illnesses such as heart disease, diabetes and others (See page 11 for more details). Researchers have also launched studies that use artificial intelligence to more accurately diagnose and classify concussions, and employ virtual reality to reduce the anxiety of children undergoing medical procedures.



TURNING COVID-19 OBSTACLES  
INTO OPPORTUNITIES

When the pandemic first emerged in 2020, BC Children's Hospital Research Institute quickly focused their resources on finding ways to understand and treat the virus. With the disruptions of COVID-19, researchers were forced to rethink their approaches and methods, adjusting and modifying aspects of the research process to better fit into a new normal.

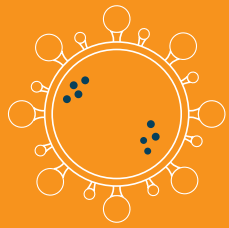
Researchers studied the biology of the virus, its impact on people, how it affected society at large and the benefits of the vaccines.

Among BC Children's Hospital Research Institute's many COVID-related breakthroughs was the development of the COVID-19 gargle test, which has become a global standard for testing for COVID in children without the need for an invasive nasal swab. Another key success involved improvements in patient recruitment and consent processes, which led to much faster progress of studies and results.

“Many of the adaptations we made during all the public health restrictions have been transformative. Our collective experience has taught us an important lesson: just because things have been done a certain way for decades doesn't mean it's the best way.

DR. QUYNH DOAN, INTERIM  
SENIOR EXECUTIVE DIRECTOR  
AT BC CHILDREN'S HOSPITAL  
RESEARCH INSTITUTE





**80+**  
studies on  
COVID-19  
led by our  
world-  
renowned  
researchers



**1,200+**  
researchers are  
affiliated with  
BC Children's  
Hospital

### CREATING BETTER OUTCOMES FOR CHRONIC CHILDHOOD ILLNESSES

From cancer to diabetes to rare diseases—researchers specializing in chronic childhood illnesses are devoted to finding the best ways to prevent, diagnose, treat, and even one day, cure these diseases. Operating in a facility that's just steps away from the hospital, many of these researchers are able to provide direct care to these children and use their experience to advance future research development.

The many research studies assessing complex illnesses conducted over the past year range from developing new tests to diagnose childhood brain tumours to making more accurate diagnoses of severe heart conditions.

## Research is powered by donors

Donor generosity is the engine that drives research forward. With support from donors like the **Jack and Doris Brown Foundation, the James Family Foundation, Mining for Miracles** and many others, researchers are redefining the limits of pediatric medicine, driven by the ultimate goal to improve the lives of children who need help—today and tomorrow.

### DONOR SPOTLIGHT

## A new frontier in modern medicine

**Many of the kids across BC dealing with serious health conditions like heart defects, diabetes and epilepsy have to battle severe health complications for the rest of their lives.**

This is a reality that must be improved, and with initiatives like the Cellular and Regenerative Medicine Centre (CRMC) and the support of generous donors like Mining for Miracles, it will be.

Mining for Miracles is the BC mining industry's long-standing fundraising campaign for BC Children's Hospital. For the past 34 years, this future-facing group of industry leaders has led fundraising for cutting-edge innovations that pushed the boundaries of pediatric medicine at BC Children's. Their latest commitment in 2020 was to raise \$3.385 million to establish the CRMC at BC Children's, and in 2022 that commitment was fully completed.

The CRMC is giving BC Children's Hospital clinicians the tools they need to better understand the genetic causes of conditions such as heart arrhythmias and diabetes. This will eventually lead to more accurate diagnoses, better treatments and possibly even cures to save the lives of children across the province, and maybe even the world. The work done at the CRMC could also improve treatment outcomes for other medical conditions like cancer and epilepsy.




Betty & Buddy the Miner, the Mining for Miracles mascots

One leading-edge medical innovation that has already benefitted from Mining for Miracles' generosity is stem cell research, which could increase understanding of how certain diseases occur and the development of new treatments. The first-of-its-kind stem cell technology at BC Children's Hospital is helping researchers explore these possibilities and creating a brighter future for kids dealing with serious illnesses.

Up until recently, growing stem cells was painstaking work that had to be manually performed by researchers at BC Children's Hospital, limiting stem cell culturing to only two or three patients at a time.

The new stem cell technology has greatly accelerated the entire process—the same work can be done for up to 85 patients simultaneously while ensuring complete accuracy. This can lead to faster progress in discovering what is causing serious illnesses and potentially developing personalized treatments to help more kids across BC.

The visionary support of Mining for Miracles is building the foundation for new standards in pediatric medical care. Thanks to this group of community-focused leaders across the mining industry, kids across BC can look forward to a future where the elimination of severe life-long health complications isn't just a hope—it's a reality.

A man with short, graying hair and a serious expression stands in a laboratory. He is wearing a white lab coat over a light blue button-down shirt. The background is filled with shelves of laboratory equipment and supplies, slightly out of focus. On the right side of the image, there is large white text and a smaller block of text below it. In the bottom left corner, there is a small block of text.

# What if we could cure cancer in children?

**CANCER**—BC CHILDREN'S HOSPITAL HAS THE BEST SURVIVAL RATES IN CANADA FOR CHILDHOOD CANCERS. EXPERTS HERE ARE AIMING TO IMPROVE THEM EVEN MORE, PURSUING A FUTURE WHERE EVERY CHILD WITH CANCER HAS THE CHANCE TO SURVIVE AND THRIVE.

DR. CHRIS MAXWELL, INTERIM  
DIRECTOR, MICHAEL CUCCIONE  
CHILDHOOD CANCER RESEARCH  
PROGRAM, BC CHILDREN'S  
HOSPITAL RESEARCH INSTITUTE

MICHAEL CUCCIONE  
CHILDHOOD CANCER  
RESEARCH PROGRAM





Bishop, age 4

## A brighter future for kids with cancer

**EVERY CHILD WHO IS DIAGNOSED WITH CANCER IN BRITISH COLUMBIA HAS THEIR TREATMENT PLAN DEVELOPED BY EXPERTS IN PEDIATRIC ONCOLOGY AT BC CHILDREN'S HOSPITAL. UNFORTUNATELY, SOME OF THESE KIDS FACE A DIFFICULT FIGHT AGAINST RARE OR TOUGH-TO-CURE CANCERS. OF THE 130 BC KIDS DIAGNOSED WITH CANCER EVERY YEAR, ONE IN FIVE WILL NOT SURVIVE.**

Like each child it affects, childhood cancers are unique and every experience is different. Researchers are increasingly taking a personalized approach to treatment. As home to the Michael Cuccione Childhood Cancer Research Program (MCCCRP), one of the leading oncology research programs in the world, BC Children's is well poised to leverage this personalized approach to improve the odds for the 20 per cent of kids with hard-to-cure cancers.

The dedicated researchers in the MCCCRP are conducting groundbreaking studies, and developing life-saving clinical therapies for children battling cancer. By pushing the boundaries of what's possible, scientists are able to find the best treatment options with the fewest possible adverse effects and complications. All through donor support.

## Research & innovation

With the significant advancements that have been made in oncology care over the last 25 years, researchers have more knowledge and technology available to them to develop highly personalized treatments for patients battling cancer. Dr. Rebecca Deyell, Pediatric Oncologist and Hematologist and Investigator at BC Children's Hospital and Research Institute and her team launched 16 early phase clinical trials in the past year, offering new therapy options for children with relapsed leukemia, hard-to-treat solid tumours and brain tumours.

Significant multi-year research studies have also continued to advance this past year due to donor support. Progress continues to be made on the Canada-wide Precision Oncology for Young People (PROFYLE) initiative, finding new, targeted treatments by profiling the tumours of kids who don't respond to standard therapies. There are currently 60 kids in BC who have been enrolled in PROFYLE to date.

The Better Response through Avatomic Evidence (BRAvE) initiative is making outstanding progress. Before a promising new treatment can be given to a child to fight their cancer, years or even decades of research must be done to ensure it is both safe and effective. The BRAvE team has built a leading precision preclinical test platform,

which aims to uncover new precision therapies and help researchers understand the biology of childhood cancers in order to prevent relapse and prepare a treatment plan that has been tested in the lab, before relapse occurs.

“The research we do in childhood cancer is transformative and groundbreaking, and the only way that it can happen is through donor support.

*DR. KIRK SCHULTZ, PEDIATRIC ONCOLOGIST/HEMATOLOGIST, BC CHILDREN'S HOSPITAL*

Finally, immunotherapies like CAR T-cell therapy have shown significant promise with certain relapsed leukemia, lymphoma and other blood cancers. CAR T-cell therapy uses a patient's own immune system to target and eliminate certain hard-to-treat cancers. During therapy, a patient's T-cells are modified to recognize and kill leukemia cells. To date, six patients at BC Children's Hospital have been treated with CAR T-cell therapy.



# ~130

children in BC are  
diagnosed with  
cancer each year

## The answer is in their genes

Survival rates among children with cancer have dramatically improved over the decades. Despite increased chances of survival, 75 per cent of all kids with cancer experience side effects, some life-threatening or long-lasting, caused by the medications used during cancer treatment.

Dr. Rod Rassekh, Investigator, Michael Cuccione Childhood Cancer Research Program at BC Children's Hospital is leading the progress in pharmacogenomics, the study of how differences in every person's genetic makeup affect their response to certain medications. This emerging area of study helps to explain why one child treated may respond well to therapy, while another patient taking the very same medication may develop a life-threatening adverse reaction. This research provides information to help oncology experts at BC Children's understand the potential harmful side effects of therapeutic drugs. By gaining a better understanding of the patient's genetic makeup, oncologists can better predict and prevent potentially devastating short- and long-term side effects.

## Donors driving innovation

Through the support of compassionate and generous donors, the dedicated experts at BC Children's are driving innovations and allowing more kids to not only survive, but live the fullest lives possible. We would like to recognize the incredible leadership of our donors, including Donald's Fine Foods, Donald and Julia Leung, the Jansen Family, Michael Cuccione Foundation and RBC.

In addition, we would like recognize the generosity of the guests who attended the 35th Annual Crystal Ball, including:

- > Paul Balfour & Cynthia Miles
- > Concord Pacific
- > The Dilawri Foundation
- > The Djavad Mowafaghian Foundation
- > The Greczmiel family
- > The Hudson family
- > The Ilich family
- > Asa & Kashmir Johal & Family
- > Nicola Wealth
- > Desha & Suki Sekhon
- > Lawrence & Sandi Thiessen & family
- > The Wesik family

### DONOR SPOTLIGHT

## One journey ends & another begins

**Fourteen years ago, at the age of seven, Jayden received his first dose of chemotherapy. His leukemia diagnosis meant leaping into an intense treatment plan for over eight months of his young life. He braved the common side effects of the treatment and to everyone's amazement, was in remission within only two weeks.**

With most of the pokes for blood work, chemotherapy and lumbar punctures behind him, Jayden finished the last phase of his treatment in October 2011. Care teams continued to see Jayden for regular check-ups with nurses and doctors who had quickly become family during his time in hospital.

The end of Jayden's journey meant the beginning of a new relationship with the hospital. It was at the height of her son's treatments at BC Children's Hospital that Jayden's mother, Evelyn, made the decision to become a monthly donor. "Being a patient really opened our eyes more to the experiences kids and families go through," said Evelyn. "I feel very grateful to be in a place that we can support such an amazing hospital that we were receiving so much from. The doctors, nurses and the staff...everybody was such a tremendous help."



Evelyn Ko and her son, Jayden

In addition to the past fourteen years of support as a monthly donor, the family found new ways to get involved with the hospital community and their supporters. Jayden, Evelyn and their family dove into events such as Race for the Kids and met many other families facing similar journeys in the oncology ward. It was a great way to get involved in activities to keep Jayden's spirits high and also to meet others going through similar experiences. "I was inspired by other families who were dedicating and devoting their time and energy to helping the hospital," said Evelyn.

Today, Jayden is 20 years old and is currently finishing his third year in the University of British Columbia's Behavioural Neuroscience program. It has been many years since his time as a patient at BC Children's, but Evelyn knows that many kids are still in the middle of their battle. "I always remind myself how grateful we are, now that Jayden is healed, but there are still so many who need the help," said Evelyn. "I want to do my part, just wherever I can."





# What if a cure for diabetes was on the horizon?

**DIABETES**—EXPERTS HERE AT BC CHILDREN'S HOSPITAL ARE LEADING EFFORTS TO TRANSFORM PEDIATRIC DIABETES CARE, EXPANDING RESOURCES TO FAMILIES IN NEED AND FINDING NEW TREATMENTS AND A CURE.

MADY LEUNG, PROJECT MANAGER,  
DIABETES TRANSFORMATION PROJECT,  
BC CHILDREN'S HOSPITAL



## A new era in diabetes care

**EVERY THREE TO FOUR DAYS, A CHILD IS DIAGNOSED WITH DIABETES IN BRITISH COLUMBIA. THERE ARE CURRENTLY MORE THAN 2,500 CHILDREN AND YOUTH LIVING WITH DIABETES ACROSS THE PROVINCE.**

When a child is diagnosed with diabetes, their illness can feel like a life sentence. Their daily routines and family life can be greatly upended with endless requirements such as finger pricks, daily insulin injections and around-the-clock monitoring. Type 1 diabetes affects 90 per cent of kids diagnosed with the disease and requires patients to maintain exact levels of insulin either through injections or an insulin pump. Kids with diabetes can face serious health issues as they age, including heart disease or kidney damage.

Over the last decade, BC Children's Hospital has emerged as a world-leading childhood diabetes care and research centre. With donor support, there have been major breakthroughs in diabetes research and management, as well as initiatives providing critically needed support to more children and families across BC.



## Supporting families across BC

Research shows that the further away a child with diabetes lives from expert care, the worse off they are, adding to the challenges families face with a diabetes diagnosis. Providing resources, support and training to families across BC is critical to the precise care required to manage childhood diabetes.

The Diabetes Transformation Project (DTP) is an innovative initiative that is transforming the experience of kids and families who are living with childhood diabetes.

Through the incredible support of donor funding, the DTP is making significant advancements in these key areas of support.

“This will be the first measurable change for kids across BC & Canada. It will completely transform experiences for kids & families navigating daily life with diabetes.

*DR. SHAZHAN AMED, HEAD,  
DIVISION OF ENDOCRINOLOGY,  
BC CHILDREN'S HOSPITAL*

### VIRTUAL EDUCATION PLATFORM

The virtual education platform is an interactive, customized multimedia platform that provides easy-to-understand education and training that can be tailored to each child's unique needs. It offers the education and tools that children and families need across their entire journey with diabetes, from diagnosis and day-to-day management, to transition out of pediatric care.

### PEER SUPPORT

Having peer support programs for children and families helps to create a sense of community and reduce feelings of isolation and loneliness—which are chronic challenges often faced by families caring for a child with diabetes. This peer support project enables parents and caregivers of children with type 1 diabetes to connect with, learn from and lean on each other when they need support.

### CLINICAL RESEARCH & QUALITY SUPPORT

The BC Pediatric Diabetes Registry houses clinical data on children and youth living with diabetes in BC. Through the DTP, the registry is expanding to more health authorities across the province. The registry aims to capture a complete picture of each child's experience which can lead to key discoveries on how to help them better manage their condition, regardless of where they live.

Diabetes management is no simple feat but with the generous support of donors, families have access to the most current resources and latest research advancements. With support from leadership donors including *Daljit Singh & Pritam Kaur Dhillon and family, Manjit Lit, Peter & Usha Raju, Tony Singh and family, Scotiabank, TD Bank and Thomas & Ida Tait*, BC Children's is transforming diabetes care for all kids across the province.



every  
**3-4**  
**days**  
a child is  
diagnosed  
with diabetes



**2,500**  
children & youth  
in BC currently  
live with diabetes

## The quest for a cure

Diabetes research conducted at BC Children's Canucks for Kids Fund Childhood Diabetes Laboratories has established the hospital as a national leader in pediatric diabetes research.

In the last year, promising new approaches to treating the disease have been examined through stem cell-based therapies. BC Children's is home to first-of-its-kind stem cell research technology. Housed within the hospital's Cellular and Regenerative Medicine Centre, the equipment accelerates and automates stem cell development, unlocking the potential for the discovery of customized therapies for kids and even cures for serious childhood diseases. Made possible through donor funding, this technology will provide support in developing readily available insulin-producing cells for transplantation therapy. These cutting-edge advancements would reduce the need for painful insulin injections for kids living with type 1 diabetes and lessen the long-term health complications of the disease.

## DONOR SPOTLIGHT

### A beacon of kindness & hope

**For more than three decades, Marjorie Anne Sauder was a dynamic force for change, working tirelessly to ensure that the kids and families of BC would have the best health care possible.**

Marjorie Anne was a passionate philanthropist who dedicated her life to helping others. She was a beacon of kindness, hope and compassion, a leader and a visionary. Sadly, this beloved community leader passed away in November 2021—but she left with us all a powerful and inspiring legacy. She is remembered for her incredibly generous spirit, infectious smile and compassion.

A loyal friend to BC Children's Hospital, Marjorie Anne supported the hospital's work in many capacities. She served as a founding member of the BC Children's Hospital Foundation's Board of Directors and the Foundation's Circle of Care program, and was a key supporter of the Crystal Ball Gala for 35 years. Recognizing the importance of research for the future of health, her family also established two research endowments, supporting innovation and advancements at the hospital.



Marjorie Anne & Bill Sauder

On the fifth floor of BC Children's Hospital's Teck Acute Care Centre there is a garden that bears her family's name—a serene, beautiful outdoor space designed for healing. A hospital can be a frightening place for a child and a place of anxiety and stress for parents and caregivers. Marjorie Anne, dear supporter and friend to BC Children's Hospital Foundation, had a vision to create a space in the hospital that was a welcome distraction, a place that naturally encouraged healing while conveying a message of hope and life. The Sauder Family Healing Garden provides this relief, thanks to Marjorie Anne's vision.

Deeply invested in a healthier future for kids across the province, Marjorie Anne was committed to holistic care and understood the importance of creating a healing environment for children—and this commitment is reflected in many ways throughout BC Children's.

At the heart of Marjorie Anne's commitment was hope. She had a bold vision for the future of pediatric health in BC and made a tremendous difference in the lives of children and families.





# What if more kids could get mental health support?

***MENTAL HEALTH***—BC CHILDREN'S HOSPITAL IS DEVELOPING PROGRAMS AND PROVIDING RESOURCES TO HELP THE TENS OF THOUSANDS OF CHILDREN AND YOUTH ACROSS BC FACING MENTAL HEALTH ISSUES.

DR. ROBERTO SASSI,  
PSYCHIATRIST-IN-CHIEF,  
BC CHILDREN'S HOSPITAL





**95,000**  
children in BC are  
living with a mental  
health condition

**~40%**  
of these kids  
get the help  
they need

# Making a difference in mental health

**EVEN BEFORE THE PANDEMIC,  
THERE WAS A STAGGERING  
RISE IN THE NUMBER OF YOUTH  
AND FAMILIES SEEKING MENTAL  
HEALTH SUPPORT. COVID-19  
MADE THIS WORSE, LEADING  
TO A "SHADOW PANDEMIC."**

Over 95,000 kids and youth in BC are impacted by mental health issues each year, with only about 40 per cent of kids with mental health issues receiving services for their condition. This trend has only accelerated during this difficult time.

The stakes are high, but so is the commitment of experts at BC Children's who are working tirelessly to improve the mental health and well-being of kids and youth.

Researchers at BC Children's Hospital have been conducting studies to evaluate the mental health impact of the COVID-19 pandemic on children and youth. Among the many studies launched over the past year, one online survey is seeking to better understand how the pandemic has affected the thoughts, actions and feelings of kids and youth over time and what resources are needed to best support them.

“This research has the potential to transform the lives of children and families across the province who are struggling with unmet mental health care needs.

*DR. S. EVELYN STEWART,  
DIRECTOR OF OCD CLINIC AND  
DIRECTOR OF RESEARCH FOR CHILD  
AND ADOLESCENT PSYCHIATRY,  
BC CHILDREN'S HOSPITAL*

# Meeting kids where they are with virtual care

With the help of technology, mental health experts are giving kids and caregivers the help they need—when and where they need it.

One tool is the Breathr app, which provides a variety of mindfulness practices including guided meditations and breathing exercises that can be used anywhere. Since version 2.0 of the app was launched in May 2021, there have been over 12,000 downloads.

The development of online tools and resources also available through the Kelty Mental Health Resource Centre, including the attention-deficit/hyperactivity disorder (ADHD) webinar series, are reaching parents across the province to revolutionize mental health care.



# Better mental health through mindfulness

Over the past year, the Centre for Mindfulness team has helped over 1,450 patients and caregivers better manage the challenges of their health journey by harnessing the power of mindfulness.

Initiatives include crucial programs like Mindful Awareness and Resilience Skills for Adolescents (MARS-A), teaching youth mindfulness skills to cope with psychological distress, chronic pain and stress. Another program, Mindful Awareness and Resilience Skills for Parents and Caregivers (MARS-PC), offers crucial support, providing families with a framework for coping through self-awareness and unconditional compassion. Mindfulness programs have also been expanded to support health care teams through sessions designed to positively impact clinician well-being.

# Happier, healthier futures through pain care

Kids living with chronic and acute pain have an increased risk of mental health challenges. Support and guidance in pain care can prevent devastating or life-changing impacts, from missing school and important childhood milestones, to depression, or other more serious outcomes. Through the PainCare 360 program, BC Children’s has embarked on a journey to transform pediatric pain care and support youth and their families.

The team continues its work to strengthen standardized approaches to the treatment of children’s pain, and aims to apply for ChildKind certification which will be an important step in recognizing the hospital’s commitment to this focus.

# Providing spaces & tools to make a difference

Over the past year, BC Children’s has been able to increase resources for kids and families in need of emotional and psychological support. In addition to the many donors who have supported the initiatives listed above, we want to recognize the following generous donors:

- > Paul Balfour & Cynthia Miles
- > Patrick & Beryl Campbell Charitable Trust
- > Chan Family Foundation
- > Elsie Jang
- > Garin Josey
- > The Kronier family
- > Simpson Ma
- > Mondivan Developments
- > The O’Sullivan family
- > RBC
- > The River Foundation
- > Sobeys & the Sobey Foundation
- > Summer Split Foundation
- > Lawrence & Sandi Thiessen & family

## DONOR SPOTLIGHT

# A family’s crusade for child health

Since 2003, the Djavad Mowafaghian Foundation (DMF) has been supporting hospitals, research centres and schools around the world, guided by a single, powerful vision: to achieve lasting change in the lives of children.

Founded by philanthropist and business leader Djavad Mowafaghian, the DMF has donated over \$17 million to BC Children’s Hospital Foundation, transforming pediatric healthcare in significant ways. The DMF’s profound impact is felt throughout all of BC Children’s Hospital, especially in the many areas of the hospital that bear its name such as the Djavad Mowafaghian Child Care Centre and the Djavad Mowafaghian Welcome Gallery in the Sunny Hill Health Centre, among others.

The passionate commitment to giving hope to children runs throughout the entire Mowafaghian family, as shown in the DMF’s most recent gift. Under the leadership of Hamid Eshghi, President and Director of the DMF, and Djavad Mowafaghian’s nephew, the DMF made a transformative contribution at the 35th Annual Crystal Ball Gala in 2021.

Co-chaired by Arya Eshghi, Hamid Eshghi’s wife, and Helen Rivero, the Crystal Ball gala raised over \$6.76 million to help conquer childhood cancer. Arya has been instrumental in the



Hamid & Arya Eshghi

success of the gala over the years, having served as chair or co-chair seven times during her 15 years on the Crystal Ball committee.

The highlight of the 2021 gala was the DMF’s incredible contribution in honour of a member of the Mowafaghian family—Mojgan, Djavad Mowafaghian’s eldest daughter.

Mojgan fought a long battle with cancer—years ago she was a proud cancer survivor, but in recent years was diagnosed with pancreatic cancer. Sadly, in 2021, she lost this battle at the age of 53.

"Mojgan was a beautiful woman who was a born caregiver," said Hamid Eshghi, Mojgan’s cousin. "Even when suffering through cancer treatments she was committed to living her best life in service to others."

In Mojgan’s honour, the DMF pledged \$3 million to establish the Mojgan Mowafaghian Hospital Chair in Oncology Research at BC Children’s. This Hospital Chair will be held by a visionary leader who will foster excellence and innovation, catalyze change and strive to ensure BC Children’s is at the forefront of novel treatments and transformational research in childhood cancers.

In a life filled with notable accomplishments and successes, Djavad Mowafaghian never wavers from his mission to improve the lives of children. The Djavad Mowafaghian Foundation reflects the spirit and vision of its founder, embodied through the work of Hamid Eshghi and Arya Eshghi and their pivotal contributions to BC Children’s Hospital.



# What if *heartbroken* only referred to emotions?

**HEART**—AS THE PROVINCIAL HOSPITAL CARING FOR THE MOST COMPLEX AND SERIOUS HEART CONDITIONS IN KIDS, BC CHILDREN'S IS LEADING INNOVATIONS THAT ARE CHANGING THE FUTURE OF PEDIATRIC HEART HEALTH.

DR. SHUBHAYAN SANATANI,  
HEAD, DIVISION OF CARDIOLOGY,  
BC CHILDREN'S HOSPITAL



## The pulse of tomorrow

**IMAGINE AN ACTIVE, PLAYFUL, AND HAPPY CHILD ON VACATION. SHE IS SWIMMING IN THE POOL WITH HER FAMILY CLOSE BY WHEN THE UNIMAGINABLE HAPPENS: OUT OF THE BLUE, THE SEEMINGLY HEALTHY YOUNG GIRL GOES INTO CARDIAC ARREST.**

For Airie and her family, this story was a terrifying reality. Days after this event, Airie's father Amos and mother Keiko brought her to BC Children's Hospital where she was diagnosed with Long QT Syndrome, a heart rhythm condition that can cause erratic heartbeats, resulting in fainting, seizures or even sudden death.

Today, one in every 100 children are born with heart disease. While most children never experience a cardiac arrest, Airie herself requires ongoing monitoring to check her heart health as she grows. Prescribed medications and check-up appointments allow her and her family to live their lives without limiting her potential.

Donor support has provided the best cardiac care possible for kids like Airie through critical equipment, ground-breaking research initiatives, educational resources and family-centred care. Here are just a few ways donors have made a difference in heart care this past year.

“It was a relief to finally know the cause, to know what the effects of the medication are, to know we can live a normal life.”

AMOS, AIRIE'S FATHER

**1 in 100**  
children born in BC has  
a congenital heart defect

## Heart resources at families' fingertips

Many patient families feel lost and overwhelmed when their child is diagnosed with a cardiac condition. Thanks to the support of donors like the **Windsor Plywood Foundation**, the cardiac care team at BC Children's is beginning to develop a new, digital hub that will provide 24/7/365 access to up-to-date resources, geared specifically towards patients and their families.

Once created, this virtual educational hub will house key patient support materials, offer a direct digital connection back to the Heart Centre, and simplify the potentially overwhelming patient journey. In just a few clicks, families will be able to get the information they need about their child's diagnosis and the ongoing care they require in a user-friendly way.

The “heart hub”, still in its early stages, will eventually include custom-created, digitally interactive 3D models of common heart conditions that can be viewed on computers and mobile devices and also explored through virtual reality—offering new ways for patients and families to understand their clinical conditions.



# At the heart of it all

The field of pediatric heart disease continues to evolve in diagnosis, treatment and follow-up care. With the generosity of key donors like *Canadian Pacific, Barb Harris, the Rooks family and the Ticknor family*, the Children's Heart Centre at BC Children's has received support to advance cardiac care, both today and tomorrow. We thank these donors for helping bring along advances in the field that are leading to longer, fuller lives for children receiving cardiac care.

**10%**  
of children with certain heart rhythm disorders are at risk of sudden and unexpected cardiac arrest

## Surrounding children with specialized care

Finding out your child has a heart condition can be stressful. Being diagnosed with a heart condition can be hard on a child. Some of the impacts on the child's health are not physical, but mental. For all of these reasons, the BC Children's Heart Centre staff understand that it's just as important to care for kids' emotional needs as it is for their medical ones.

The department's psychologist, Dr. Winnie Chung, supports the mental health of cardiac patients, their families and the medical teams who treat them. Dr. Chung has cared for over 100 patients and their families, working with them in consultation with their medical teams to provide individualized support.

Access to psychology supports has never been more difficult or more important.

Throughout diagnoses and treatments, there can be lasting impacts on the child, including nightmares, sleep issues and other symptoms that may heighten if they are not addressed. For kids who need ongoing care, they can be fearful about getting an echocardiogram or blood samples.

Dr. Chung works with patients and families to manage the stresses of dealing with a heart condition, including managing a new diagnosis and supporting patients and families in preparing for an upcoming procedure. She counsels patients and families as they adapt to caring for and living with a heart condition, and ensures the needs of youth with pre-existing mental health conditions are met so that they can have healthier futures.

## DONOR SPOTLIGHT

## The power of philanthropy

**At the core of philanthropy is a belief in action. Maire Watson (Shaw) knows firsthand the power of giving and how a vision can become reality when the right people and passion are behind it.**

In the late 1970s and early 1980s, Maire was inspired to get involved in an exciting initiative that was a first for BC, and Canada. A hospital was being built exclusively for children, a place dedicated to the unique care needs of kids and their families. Maire proudly joined the fundraising team, helping to rally support across the province for the building of what is known today as "the 1982 BC Children's Hospital"—the hospital's first facility. She fondly reflects on her involvement in the original logo project, proud to see the provincially recognized emblem still being used today.

"Everyone was so motivated to have a kids-own hospital and to be the first in Canada," Maire recalls.

Exciting change, innovation and long hours characterized the early days of BC Children's Hospital and Foundation, and Maire was on the front lines of the fundraising work, driving to communities across BC and knocking on doors, returning with a briefcase filled with generous contributions. Back in Vancouver, Maire connected personally to the cause as she spent time with patients—enjoying pizza, pool games, and laughter, even as



Maire Watson (Shaw), Legacy Circle member


some of them wore plaster casts. As new initiatives bubbled up, spearheaded by clinicians and healthcare leaders who joined the hospital, Maire was deeply moved to support their work.

Maire's dedication and passion for the hospital meant kids across BC had a hospital to call home, a place designed and dedicated to their specific care needs, as well as their families. It is a fact that remains true today, as BC Children's Hospital is the only hospital in BC devoted exclusively to children, providing a level of specialized care that kids can't receive anywhere else.

As a legacy donor, Maire's passion will continue to provide a bright and healthy future for children across BC. After considering various legacy options, it was an easy next step with the help of a lawyer. Maire and her husband, Duncan, created a future gift in each of their Wills, knowing their foresight rooted in decades past will make a difference for the care of children to come.

"The legacy gift Duncan and I will leave to BC Children's Hospital Foundation represents a profound connection to the hospital for me personally. What BC Children's gave me during my tenure of service was meaning, compassion, fulfillment, fun and teamwork. I have such deep emotional ties to the hospital," says Maire.





# What if the hospital could feel like home?

***FAMILY CARE***—KIDS AREN'T JUST SMALL ADULTS, AND THEY NEED CARE THAT'S TAILORED TO THEIR UNIQUE PHYSICAL, EMOTIONAL AND PSYCHOLOGICAL NEEDS. THERE IS NO OTHER FACILITY IN BC THAT IS ABLE TO PROVIDE THIS LEVEL OF SPECIALIZED CARE CUSTOMIZED TO THE NEEDS OF CHILDREN.



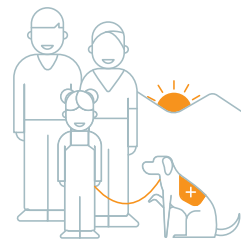
## Caring for families' unique needs

**A HOSPITAL IS A PLACE OF HEALING AND CARE, BUT FOR A CHILD WITH A SERIOUS ILLNESS, A HOSPITAL CAN FEEL STRANGE AND UNCOMFORTABLE, AND MAYBE EVEN SCARY. THEY COULD BE SURROUNDED BY UNFAMILIAR FACES AND MACHINES WITH BLINKING LIGHTS AND WEIRD NOISES, AND UNDERGO TREATMENTS THAT CAN FEEL UNPLEASANT OR SOMETIMES PAINFUL.**

BC Children's Hospital is working to improve the health outcomes of children across the province in every way, and to achieve that goal we need to care for every aspect of these kids' health—physical, mental and emotional.

The hospital is home to numerous specialty teams who work alongside medical experts to provide support for young patients and assistance to their families. While the doctors, nurses and medical specialists treat the physical ailments, these specialized teams are there to soothe, comfort and distract—providing resources and support that are essential for not just the patients, but for their families as well.

Here are just a few examples of how the support from donors like you has helped provide this holistic care to kids and families this past year.



**37,000+**  
the number of times  
per year Child &  
Youth Therapeutic  
Services teams  
connect with kids

Eli, age 8



## Giving busy families some peace of mind

For families with more than one child, the Sibling Support Centre at BC Children's Hospital, which opened their doors last year, provides a valuable childcare resource. This child-minding facility, with a full staff of over 40 trained volunteers, features a safe, short-term play and creative setting for siblings of children being treated on the BC Children's campus.

The Sibling Support Centre allows families to focus on their sick child's medical appointments, while feeling at ease knowing their other children are safe and engaged with age-appropriate activities. Since the Centre opened in June 2021 it has received over 200 visits, caring for siblings ranging from 3-16 years old.



## Working to meet essential needs

The Social Work department at BC Children's assists more than 200 families every year in a variety of ways, such as providing essential resources to those who may be struggling financially.

To help families travel to the hospital—some with immunocompromised children—the Social Work team provides crucial items like transportation vouchers, gas cards, food vouchers and other necessities. For families who are struggling, especially during the pandemic, this support can be literally life-saving.

## A community of care

For children with serious illnesses, the path of healing is one they should not walk alone. Thanks to the generosity of donors like the *BC Professional Fire Fighters' Burn Fund*, the *Estate of Lillian and Harry Janus*, the *Lalji family* and the *Shinozaki family*, among many others, specialized teams and resources are in place to meet each child's physical and emotional needs. The children and their families can then focus on what truly matters—healing and getting back to their lives.

## Creating a healing environment for burn patients

The hospital's burn care suite provides specialized care for kids who have suffered serious burn injuries. Due to the nature of these injuries, treatments can involve a series of painful procedures. These patients benefit greatly from a clinical setting that promotes family-centred care, healing and recovery.

Thanks to a very generous \$1 million commitment from the *BC Professional Fire Fighters' Burn Fund*, a series of enhancements will help create an environment that promotes healing, calm and recovery.

The burn unit will also be enhanced with new artwork, creating a healing environment to help distract and soothe young patients, and dedicated Child Life specialists who will provide kids with much-needed moments of play, fun and distraction.

### DONOR SPOTLIGHT

## Going the distance for child cancers

**Jayden Lee was not always a serious runner, but the drive to give back inspired him to get out of his comfort zone and go the distance for child health.**

At 16 years old, Jayden was diagnosed with acute lymphoblastic leukemia, a cancer affecting the bone marrow and blood, and faced a three-and-a-half-year long journey back to health. Going through these difficult years of treatment was a pivotal time that transformed how he sees the world.

Today, when times feel hard, he reminds himself of how grateful he is to enjoy life's small pleasures: a good meal, having his hair back or time exploring the outdoors. "I wouldn't be the person I am today without cancer," said Jayden. "It taught me not to take little everyday things for granted."

It is his positive mindset that made a 103.5-kilometre trek sound like an adventure, rather than an impossible journey. "Ever since I finished chemo I knew I wanted to do something to give back to BC Children's," said Jayden. "My friend Cameron Van Klei actually came up with the idea of running from Chilliwack to BC Children's as a joke. I laughed and said 'yeah right, like we could ever run that far'. But on October 2, 2021, that is exactly what they did."



Jayden at the finish line at BC Children's Hospital

Jayden knew this run would pose an incredible challenge, but he felt inspired to keep going even when his legs began to cramp and seize up in the last 20 kilometres. "The furthest I ran in training was 60 kilometres, so having to run another marathon past that point scared me," said Jayden. "Knowing the feeling I would have at the finish line, and showing all the kids at BC Children's that you can do anything you put your mind to, that kept me going."

From start to finish, Jayden and Cameron were greeted by supporters who were inspired by his feat. "One of the biggest things I have learned is that there is nothing more valuable than the people you have in your life," said Jayden. "I couldn't have done it without each and every one of them."

The run raised five times more than Jayden's original fundraising goal, bringing in a total of over \$125,300 for the oncology department. "I am extremely grateful to be in the position I am in, to be healthy again," said Jayden. "To rally support to give back to BC Children's Hospital means the world."



# Our financials

THE SIZE OF THE BATTLES STILL  
LEFT TO FIGHT REQUIRES FUNDING  
OF EQUAL MEASURE.



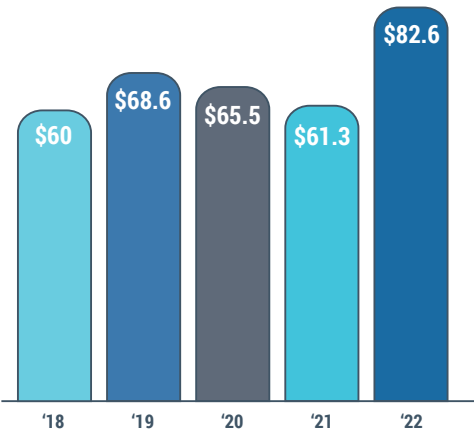
# Foundation financials

WHEN IT COMES TO THE HEALTH OF CHILDREN, OUR WORK IS NOT DONE.

The size of the battles still left to fight requires funding of equal measure. That’s why we are so grateful for your commitment to our quest to conquer childhood illness—because the progress that’s being made is only possible through the collective power of your generosity.

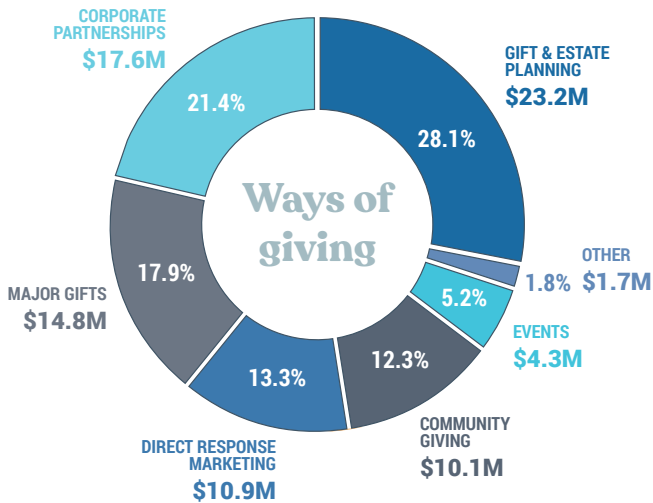
As a nationally accredited charity under Imagine Canada’s Standards Program, we are committed to accountability and transparency with our donors in how funds are received, invested and distributed.

## FUNDRAISING REVENUE IN MILLIONS

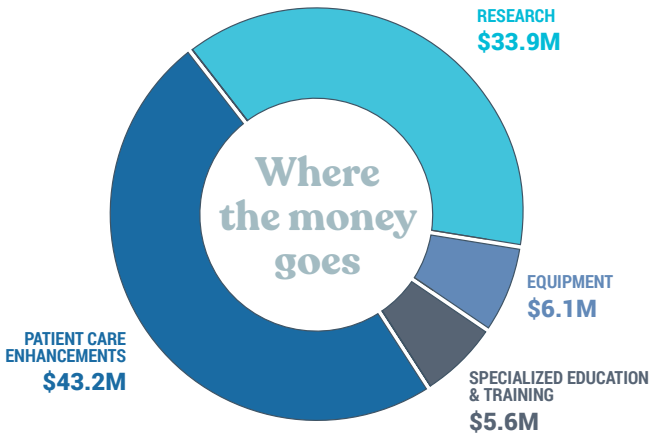


## SOURCES OF REVENUE IN MILLIONS

Gross fundraising revenue	\$82.6
Net lottery revenue	\$14.4
Realized investment income, net of fees	\$22.3
Fundraising and administrative expenses	\$21.8



## AREAS OF DISTRIBUTION IN MILLIONS



## INVESTMENT INCOME & ASSET MANAGEMENT

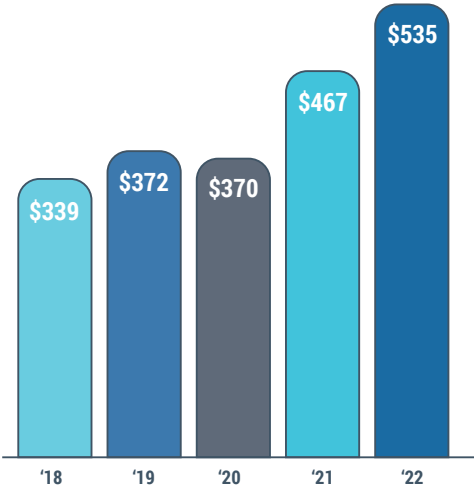
In fiscal year (FY) 2022, the Foundation’s investment income, including fair-value adjustments, was \$36.5 million, compared to \$70.5 million in FY 2021; this translates to a rate of return of 8.4% after fees. FY 2021’s strong investment income was due to the pandemic bounce-back observed in overall equity markets. FY 2022 was much stronger than our expected portfolio return although it was much lower than FY 2021.


BC Children’s Hospital Foundation’s Board of Directors, through the Finance & Investment Committee, oversee the governance of the investment assets by regularly monitoring the performance of the investment managers, selecting, appointing and releasing managers as required and deciding upon the appropriate amount of investment risk.

Investment assets with the right asset mix are vital to ensuring stable and sustainable donor contributions to BC Children’s Hospital. Some of the larger investments made by the hospital are multi-year projects and it is critical that the funding is protected from inflation. We prudently invest donor funds through a well-diversified asset-mix portfolio with a number of investment managers. A significant portion of our investment assets are endowment funds that are externally restricted contributions made by donors. On an annual basis, the Board approves the endowment payout rate (4.93% for FY 22) based on the performance of our investment portfolio. These funds continue to provide an important base of ongoing and reliable funding for child health initiatives at BC Children’s Hospital.

You can view our complete set of audited financial statements at [bcchf.ca/financial-statements](https://bcchf.ca/financial-statements) or contact us at 604.875.2579.

## TOTAL ASSETS IN MILLIONS





# Thank you for the year you've made possible

In a year filled with disruptions and uncertainties, there was one certainty we knew we could depend on: your dedicated support of BC's kids.

Thanks to you, researchers are able to conduct ground-breaking studies and develop treatments that will not only improve the lives of kids in BC, but also children across the globe.

Medical experts are tackling childhood cancers, diabetes, mental health and cardiology, among many other challenges—and are making real, life-changing progress.

Alongside the medical professionals, many other teams at the hospital are working hard to help children and their families cope with complex experiences and transform the hospital experience so kids can still be kids.

On behalf of the patients, families and staff at BC Children's, thank you for your support and generosity.

All of this progress would not have been possible without you.





[bcchf.ca](http://bcchf.ca)

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