

BC Brain Wellness Program

24

Milestones

24

Months



24 Milestones in 24 Months

OCTOBER 2019 - OCTOBER 2021

In October of 2019, the BC Brain Wellness Program (BWP) launched at the Djavad Mowafaghian Centre for Brain Health with a vision to achieve Brain Wellness, Beyond All Boundaries. The program has been successful due to partnerships within the University of British Columbia, Vancouver Coastal Health, Djavad Mowafaghian Centre for Brain Health, and the wider community, and has been met with enthusiasm from participants across British Columbia.

The BWP grew out of the clinic at the Djavad Mowafaghian Centre for Brain Health to supplement traditional medical care with lifestyle interventions, such as exercise, nutrition, music, stress reduction and community building to offer holistic healthcare. In addition, BWP enhances the student experience, and it brings researchers at the Djavad Mowafaghian Centre for Brain Health, and across UBC, together. It is a connection to the public for education around brain health, brain related research and current research opportunities.

The following slides feature a summary of our key milestones from the past two years in the areas of Program Delivery, Education, Research, Communications & Connections and Events & Collaborations.



Brain Wellness, Beyond All Boundaries



Expansion Explosion

1

PROGRAM DELIVERY

In response to the pandemic pandemic, the BC Brain Wellness Program rapidly went from in person to online programming in the Spring of 2020.

We have:

- Increased offerings from 5 to 27 classes.
- Grew from 75 to over 1200 participants.
- Has offered 1400 hours of free programming since launch.
- Reached participants across BC, including under-served areas.



Participant Advisory Committee

2

PROGRAM DELIVERY

Designed as a learning healthcare model, the BC Brain Wellness Program (BWP) began with soliciting participant feedback through questionnaires and focus groups. Now, we have a Participant Advisory Committee to provide a participant perspective towards a comprehensive and integrated approach to brain wellness by guiding future BWP program delivery, research, and education.



Student Led Clinic

3

PROGRAM DELIVERY

Thanks to the leadership of Sally Stelling (PT and Exercise lead of the BWP), the BWP has an ongoing partnership with the UBC Physical Therapy and Research Clinic. This student-led clinic provides learning opportunities for PT students at UBC and the partnership exposes the students to a variety of neurological conditions and research experience (e.g., Motivational Interviews).



UHNBC Satellite Site

4

PROGRAM DELIVERY

To meet the needs of underserved people in remote areas of BC, we have partnered with the Physical Therapy department at University Hospital of Northern British Columbia in Prince George.

This unique collaboration will combine a Physical Therapy student led clinic with the BWP, similar to what we have done at UBC.



Care Partner Series

5

PROGRAM DELIVERY

To meet the specific needs of care partners, we designed a 9-month series of online expressive classes taught by experts in the field to provide care partners with an opportunity to connect and learn coping strategies. We are also launching a Care Partners Preparedness Course with the intent of teaching care partners strategies to provide care to someone else and to take care of themselves.



Exercise Strategic Review Meeting

6

PROGRAM DELIVERY

To improve our exercise classes, we conducted an in-depth evaluation. A literature search was conducted to create a framework of our exercise program. Key opinion leaders in the fields of physiotherapy, kinesiology, occupational therapy, and academia were consulted to evaluate the framework, resulting in an updated exercise program.



Wellness Wednesdays

7

EDUCATION

The BWP has offered a monthly education series on a wide range of topics related to well-being. Presenters come from varied backgrounds including academia, clinical and community practice, setting the stage for future collaborations. These sessions provide a gateway to explore new interests, to sample a taster class and to experience the connection between participation and wellness. Open to everyone, it has gathered followers from students, patients, care partners, volunteers, UBC faculty, and the public.



Brain-Tech 2021:

8

Idea Generation & Hackathon for Brain Wellness

EDUCATION

A virtual event, hosted in collaboration with the Dynamic Brain Circuits in Health and Disease Research Excellence Cluster, and the Djavad Mowafaghian Centre for Brain Health, with the goal to bring together students and researchers from diverse fields to brainstorm and prototype novel applications to support brain wellness. Winning teams will develop the concept for an app, software tool, or program that will aid the mission of the BWP.



Brain Wellness, Beyond All Boundaries

Learn & Lead Workshops

9

EDUCATION

As part of our educational pillar, led by two of our Work Learn students, we offered a two-part professional development workshop.

Part 1: Public Speaking & Leadership Workshop featuring Rob Kim, a career strategist with the UBC Faculty of Land and Food System, and Part 2: Innovation & Entrepreneurship featuring Zoë Thomson, Chief Scientist, and co-founder of an Artificial Intelligence start-up (LUCID).



New Graduates = 10 New Instructors

EDUCATION

Our volunteer program has provided an enriched educational experience for many students at UBC. Some of these students have since graduated and have returned to the BWP as instructors.



Impact 360

11

RESEARCH

This research project will serve as the backbone for future research efforts at Djavad Mowafaghian Centre for Brain Health. Emerging evidence suggests that combined interventions are more powerful than isolated ones, but more research is urgently needed. We will conduct a randomized controlled clinical trial to comprehensively investigate the effects of the BWP on health - a 360-degree view of health. We will recruit 100 health controls to start, with the goal of replicating this study across multiple chronic brain conditions (e.g. Parkinson's disease, Alzheimer's disease, stroke, MS) to measure the large spread impact of the BWP.



Music & PD Apathy Project

12

RESEARCH

The purpose of this study is to test whether listening to personalized, motivating music can treat apathy in PD and understand how listening to music shifts brain function from apathy to a higher motivational state.



Brain Wellness, Beyond All Boundaries

Vision, Mission Statement & Logo

13

COMMUNICATIONS & CONNECTIONS

Creation of a visual identity and our Vision and Mission Statement were our earliest priorities and have guided our development and strategic planning.



Brain Wellness, Beyond All Boundaries

Team Growth

14

COMMUNICATIONS & CONNECTIONS

The team has grown from four part time people to having a full time Program Manager, five part time staff, five work learn students, nearly 100 volunteers, bringing a variety of experience and talents.



Participant Video Series

15

COMMUNICATIONS & CONNECTIONS

Four participants have shared their personal stories of living with a chronic brain condition and how the BWP has impacted their lives. We hope to produce more videos to demonstrate the benefit that the program brings to the community.



Translation Project

COMMUNICATIONS & CONNECTIONS

16

To improve program accessibility, we are collaborating with the UBC Language Departments to translate our educational materials and ultimately create a space where everyone can improve their quality of life.



Brain Wellness, Beyond All Boundaries



Launch Day

17

October 2019

EVENTS AND COLLABORATIONS

An open-house event supported by leadership from UBC and Vancouver Coastal Health, featuring lifestyle-focused talks and a roundtable with clinicians and interactive sessions on music, mindfulness, yoga, visual arts and exercise.



Brain Wellness, Beyond All Boundaries



Universe of the Brain Series - Build a Better Brain

18

December 2019

EVENTS AND COLLABORATIONS

An interactive evening, with leading experts in neuroscience, under state-of-the-art visuals in the planetarium star theatre to provide tangible ways to improve your brain health and wellbeing through non-prescription lifestyle interventions.



Brain Wellness, Beyond All Boundaries

Summer Challenge

June 2020

EVENTS AND COLLABORATIONS

A Summer Brain Wellness Challenge to inspire participants to pursue brain healthy activities over July and August.



Brain Wellness, Beyond All Boundaries

19



Transcending Boundaries

20

EVENTS AND COLLABORATIONS

BWP is a founding member of the Transcending Boundaries Initiative at UBC, which aims to be a catalyst for an open culture of transdisciplinary conversation and creative collaboration across campus and community; to nurture individual and collective health. This has facilitated a successful grant from the Arts Health Network Canada and a very successful half-day on-line symposium about the intersection of music and the brain called In Tune With Your Brain.



Brain Wellness, Beyond All Boundaries



UBC Alzheimer's Research Update 21

EVENTS AND COLLABORATIONS

The BWP was featured during this annual forum, which shares the latest, worldwide research on Alzheimer disease, including a progress report on new and emerging therapies. The meeting was also an opportunity for the audience to learn about the local research effort in dementia, and how ongoing UBC projects integrate with the global search for a cure.



Telus Talks with Tamara Taggert

22

April 2021

EVENTS AND COLLABORATIONS

BWP Co-Founder, Dr. Appel-Cresswell, spoke about how preventative measures could lead to all of us living longer, healthier lives.



Brain Wellness, Beyond All Boundaries



World Brain Day

2020 & 2021

EVENTS AND COLLABORATIONS

An annual online event to increase public awareness and promote advocacy related to all matters of brain health.



Brain Wellness, Beyond All Boundaries

23



Research Seminar Series

24

EVENTS AND COLLABORATIONS

A monthly event, to provide information about current research in brain health and ways to participate in research.



Brain Wellness, Beyond All Boundaries

