

ANNUAL REPORT

2018/2019
island sexual health

CELEBRATING 50 YEARS



island
sexual
health

#101-3960 Quadra Street
Victoria, BC V8X 4A3
(250) 592-3479
www.islandsexualhealth.org

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vision

Island Sexual Health Society envisions a diverse community that celebrates healthy sexuality throughout life.

mission

Island Sexual Health Society leads in delivering exemplary sexual health services to South Vancouver Island. Through the provision of clinical care and education, we:

- ✕ empower individuals to make choices that enhance their sexual wellbeing.
- ✕ provide all inclusive services and resources that support sexual health.
- ✕ celebrate diversity of sexual expression.

Island Sexual Health Society defines sexual health as a state of physical, emotional, mental, and societal well-being related to sexuality.

LOCATIONS

Main Clinic

#101-3960 Quadra Street
Victoria, BC V8X 4A3
(250) 592-3479

Camosun Clinic

Richmond House (Lansdowne Campus)
Sept - April Only
(250) 592-3449

Royal Bay Clinic

Royal Bay Secondary
Sept - June Only
(250) 592-3479

QOM QEM SLÀNI (Tsawout Clinic)

7728 Tetayut Rd.
(250) 592-3479

STAFF

Bobbi Turner - **Executive Director**
Sarah Vernon - **Clinic Manager**
Chelsea Walton - **Medical Care Coordinator**
Catherine Kohut - **Bookkeeper**
Jennifer Gibson - **Education Coordinator**
Nick Sandor - **Educator**
Michele Martin - **Educator**
Meriah Drahbkin - **Educator**
Samantha Loppie - **Volunteer Coordinator & Royal Bay Assistant**
Courtney Williams - **Administrative Coordinator**
Trista Knight - **Product Sales Manager & Medical Office Assistant**
Brandy Komor - **Tsawout Clinic Assistant**

Kate Turner - **Medical Office Assistant & Royal Bay/Camosun Assistant**
Maria Weaver - **Medical Office Assistant**
Kim Harding - **Medical Office Assistant**
Jenny Francoeur - **Medical Office Assistant & Camosun Clinic Assistant**
Esther Lindokken - **Medical Office Assistant**
Charlotte Brown - **Registered Nurse**
Kim Sargent - **Registered Nurse**
Vanessa Bailey - **Registered Nurse**
Jessica Pope - **Registered Nurse**
Diana Hurschler - **Registered Nurse**
Michelle Secord - **Registered Nurse**
Alysha Jones - **Registered Nurse**

PRESIDENT'S REPORT

Art Celuszak

Dear ISHS volunteers, staff, physicians and lifetime members:

This past year has been very encouraging, with the continued collaboration with Island Health and the Ministry of Health, to explore avenues of increasing support so that we are able to continue to address the health needs of our ever expanding client base. A very promising approach could see the expansion of our services, so that we fulfill the mandate of a community health centre.

While we have a superb roster of doctors, we continue to be impacted by the universal physician shortage; however, we have mitigated some of the impact with the introduction of our telehealth service that has been well received by our patients.

Our Education program continues to be a success story, seeing an ever increasing demand for our school programs and our community workshops.

Important elements of our outreach continue to be Man Made and Beyond the Talk, as well as our Youth Committee and all their work in the community.

This year, we thank Jennifer for her 15 years of leadership, growth and innovation in these areas.

The education and outreach operations are dependant on and we are ever grateful for the continuing support from all of our donors, namely BC Gaming Direct Access, United Way, Victoria Foundation, and our many other organizational and private donors, as well as the annual fees that we receive from our clients.

Also, we thank Bobbi for her 25 years of commitment, dedication, hard work, inspiration, and leadership of our fine organization. She started with us as a volunteer, and answered the call when we were seeking a new executive director. She epitomizes ISHS.

For myself, wistfully, I will be saying goodbye after the Annual Meeting, having served 13 years on the board. I came to the board in 2006, as a Treasurer. It was a time of financial crisis, and we needed to turn things around to keep the doors open. As some of you are aware, we have had these financial struggles off and on since then but I feel that we now are in a much better sustainability position, given the current discussions with the Ministry and Island Health. I am also leaving a board that is knowledgeable and engaged, so you are in good hands.

The Board and I thank you for your continued commitment to Island Sexual Health so that we can continue to “lead in delivering exemplary sexual health services to South Vancouver Island”. This would not be possible without your outstanding commitment and professionalism.

Yours truly,



Art Celuszak, (soon to be ex-) President



EXECUTIVE DIRECTOR'S REPORT

Bobbi Turner

It is a sincere pleasure to provide my 2019 Annual Report on my 25th anniversary year as Executive Director. This report provides an overview of the many activities that have transpired over the last fiscal year, April 1st, 2018 to March 31st, 2019.

Our top news was the funding support received from the **Ministry of Health** to BC Community Health Centers which allowed us to hire on a second FTE nursing position and we welcomed Kim Summers and Diana Hurschler to the team. Adding nursing care has allowed us to provide longer appointment times for those clients who need longer appointment times, and as well has supported the development of our new **Gender Affirming Care Program and PrEP**.

Telehealth was introduced last fall and has provide long time physician Dr Lara Eaton the ability to practice from her San Diego home and the opportunity for ISH to meet the growing demand for health care appointments via a distance care program. Telehealth uses videoconferencing technology to connect patients to health care services, regardless of where they live. The utilization of telehealth has not only allowed us to keep up with the demands for service but will also allow us to advance care to those who cannot access our physical site.

Along with a new autoclave, ISH became **POMDRA** approved. "Physician Office Medical Device Reprocessing Assessments (POMDRA) is a College initiative to support, educate and assess community-based physicians on the reprocessing of their reusable semi-critical and/or critical medical devices". This certification has allowed us to increase our IUD insertion clinic presence, by providing a safe and effective means of sterilizing equipment. Thanks to Sarah Vernon's hard work, we were identified as one of POMDRA's top community based set ups in BC.

ISH held a **strategic planning session** with Mike Waters back in February 2019. This session has provided us with an opportunity to determine a future direction for sexual health services as we move forward. When you are next in our board room, look at the wall art done by Susan Guardado of "Bright Light Ideas" that showcases the results of this effort. Our financial status remains problematic and after 25 years I still see many of the same challenges facing us that I did in the beginning, including the growing need to meet the complex care needs of our clients along with fewer resources for providing that care. But, I have also seen changes and new opportunities that may pave the way to a stronger more resilient organization. Shifting political realities, changing leadership within the provincial government and new relationships being built have opened new doors of opportunity. Our role within the BCACHC (BC Association of Community Health Centers) and CACHC (Canadian Association of Community Health Centres) has provided us a network of support and my role as a Board member on both the BCACHC and CACHC board has strengthened our visibility both provincially and nationally.

The BCACHC is currently engaged with the MOH (Ministry of Health) in ongoing discussion about how best to advance and support their commitment to CHC expansion in BC. BCACHC continues to hear supportive messages about CHCs from the MOH and the value these programs provide. There is now a commitment to fund 3-5 CHCs per year over the next 3 years, either new CHCs or enhancements of currently operating CHCs. Health Authorities have already been directed to identify potential CHCs in their region to support this year. ISH is one of these organizations and discussion is currently underway with both the MOH and Island Health to determine if our organization will be one of the established organizations that will secure a new funding model and the ability to provide advanced primary care to the Greater Victoria Community. This would be an opportunity to secure a supported model of care within a full funding agreement that will benefit both ISH and our community. More to come on this as we move into the Fall.

I would like to extend my sincere thanks to my great staff team, our physicians and volunteers who make ISH the amazing place that it is, and a special thanks to the Board for their ongoing support. Leaving us this year is Devon Black, Britt Marie Phaneuf and long time President Art Celuszak. You will all be missed but a special mention to Art who has chaired the Board of ISH for the last 13 years. I will miss your support and guidance and thank you for your many years of dedication to this organization.

Respectfully,

Bobbi Turner, BSW



MEDICAL DIRECTOR'S REPORT

Dr. Jennifer Scarth

“Our services are private, non-judgemental and supportive, for everyone, all the time.”

The wonderful worlds of medicine and the internet have been interacting for many years now. There is absolute magic in some of the ways in which medicine has been enhanced by the internet. As practitioners, we have clinical tools and contact with colleagues in the smartphones we carry around with us. For patients, we have resources to share, access to the latest evidence and information and, new this year at ISHS, the expanding field of telemedicine. All of us at ISH work to help patients, to keep their information safe and to continue to ensure the very best, confidential, inclusive and accessible care for all.

And then there is the downside: we all know that vast landscape called Google. Every day, sometimes more than once a day, folks who are accessing our services say “I had a look at google...and then I thought I should come in to see someone who can help/explain/answer questions/advise...” I’m thankful to everyone on the ISHS team – front staff and managers, the volunteers, the nurses and physicians - for making ISH a place where folks can come, ask questions, get answers, be heard and place their trust. And last but not least, our amazing education team, with its presence both in the community and as a part of our internet ‘face’. There’s a lot of information out there, and our team can be proud of how we work together to provide the best information and care.

I look forward to the coming year, with more projects and clinical work, and to continuing to be part of such a great team.

Dr. Jennifer Scarth

BOARD OF DIRECTORS - 2018/2019

VOTING

Art Celuszak
Devon Black
Delaney Walls

Laura Taylor

Jodi Mann

Gwen Hill

Britt Marie Phaneuf

NON VOTING

Jennifer Scarth

Bobbi Turner

FINANCIAL BREAKDOWN

Island Sexual Health Statement of Earnings Fiscal 2018/2019

ISLAND SEXUAL HEALTH SOCIETY

Statement of Earnings

Year Ended March 31, 2019

	2019	2018
REVENUES		
Client annual fees	\$ 62,650	\$ 83,330
Contraceptives	182,215	216,153
Donations and fundraising	226,735	26,322
Education fees	33,157	26,385
Gaming grant	95,000	95,000
Interest and other income	3,110	4,237
MSP billed	691,629	767,868
Non-medical sex aids	11,651	11,890
Other grants	189,946	66,488
VIHA grant	144,772	234,251
	<u>1,640,865</u>	<u>1,531,924</u>
EXPENSES		
Amortization	10,150	9,123
Bad debts	735	3,481
Bank charges and debit fees	13,535	15,034
Community education materials	4,468	5,290
Community educators and assistants salaries and benefits	122,645	112,318
Contraceptive supplies	117,971	102,746
Insurance	5,487	4,613
Medical and clinical supplies	54,983	38,316
Non-medical sex aids	5,758	5,222
Occupancy costs	215,673	209,598
Office expenses	71,202	63,745
Physician remuneration	458,465	485,587
Professional development	4,863	1,411
Professional services	46,947	32,740
Professional support and administrative staff salaries and benefits	442,596	392,049
Publicity and promotion	12,121	12,367
	<u>1,587,599</u>	<u>1,493,640</u>
EXCESS OF REVENUES OVER EXPENSES	<u>\$ 53,266</u>	<u>\$ 38,284</u>

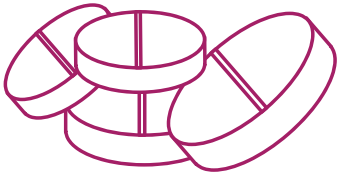
BREAKDOWN OF CLINICAL SERVICES

ISLAND SEXUAL HEALTH

BREAK DOWN OF CLINICAL SERVICES
2018-2019 FISCAL YEAR

25,821 TOTAL VISITS **13,042** UNIQUE VISITS

Always accepting new patients for the following services:



Contraception

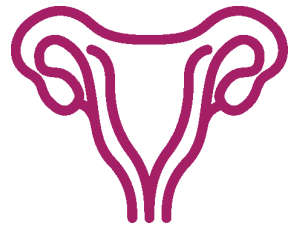
9,442 UNITS SOLD

Provision of contraceptive supplies and sexual aids at low or no cost.

Cervical Screening

2,250 PAP EXAMS

Provision of pap tests and recommended follow-up to clients as needed. Includes repeat pap exams, and referrals to the colposcopy clinic.



STI Testing and Treatment

13,479 TESTS PERFORMED

Provision of comprehensive testing for and treatment of sexually transmitted infections (STIs). Testing is free, regardless of medical coverage status.

Training and Engagement Opportunities

18 RESIDENTS, **6** STUDENTS, **65** VOLUNTEERS

Teaching clinic for second year Residents and other health care professionals. Practicum placements for students in programs related to community health care, development and education. Volunteering opportunities for a range of community members (over 5000 volunteer hours contributed yearly).



Implanon Removals

6 REMOVED

Removal of Implanon devices. Only clinic that provides this service in Victoria, BC.

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Pregnancy Testing and Counselling

OVER **1,600** TESTS PERFORMED

Pregnancy testing and pro-choice pregnancy options. Over 100 patients seen for pregnancy counselling including referrals to VI Women's Clinic, the Fertility Clinic and to maternity care.



Gender Affirming Care

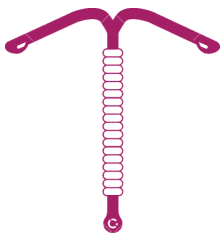
28 CLIENTS TO-DATE (MORE WAITLISTED)

Encompasses medical interventions that assist trans and gender-diverse individuals in achieving their gender goals. Can include assessment and prescription for hormone therapy, surgical referrals, and referrals to other supporting services (ex. counselling, advocacy or assistance in changing legal documents). Currently a waitlist for these services.

HIV Pre-Exposure Prophylaxis (PrEP)

35 CLIENTS SEEN SO FAR

Provision of a daily, provincially-funded, prescription medication that can decrease the transmission of HIV by up to 99%. Access is regulated by the BC Center for Excellence and is primarily targeted towards men who have sex with men. ISH has been running a PrEP clinic to provide assessment and prescriptions for PrEP since October 2018. ISH does an estimated 5% of PrEP intakes in the province of British Columbia.



IUD Insertions

981 IUD INSERTIONS

IUD insertions, removals and follow-up care. Member of Rapid Access IUD Centres for Excellence (RAICE) - offers an expert IUD insertion team, shortened wait times and access to emergency contraception IUDs.

Specialist Referrals

OVER **500** ACTIVE REFERRALS AT ANY GIVEN TIME

Referrals to specialists and management of required follow-up. Most commonly colposcopy (over half of our referrals), gynecology, urology, dermatology, general surgery, and endocrinology.



VOLUNTEER PROGRAM

Island Sexual Health has approximately **65 active volunteers** working at the Quadra Street Clinic; with new application for volunteer positions being dropped off every week. Volunteers can work anywhere from multiple shifts per week to a few per month; committing to at least one year volunteering with the clinic. All potential volunteers complete an application process that includes a written application, provision of two references, a copy of a criminal record check, an interview with the volunteer coordinator and attendance at a volunteer orientation session. Volunteers must be 18 years and older.

Volunteers play such an incredibly important role in our organization, from helping with the day-to-day flow of our busy clinic to lending a hand with community events. The contribution these folks make is so appreciated and we are so lucky to have such a wonderful team of dedicated, hard-working individuals. I feel so lucky to get to work alongside all 65+ of you!



Maria Weaver, BSc
Volunteer Coordinator

DOCTOR'S ASSISTANT

The DA assists the physician with pelvic/pap/STI exams and other procedures. Their main role is to:

- Call the client into the exam room.
- Provide support for the client during examinations should they desire it.
- Label swabs, paps, and any other samples and requisitions during the exam, and assist the physician as needed.
- Clean and sanitize the exam room after each patient.
- Re-stock the exam room with supplies as needed.

Doctors Assistants are scheduled during all clinical hours and the general practice is to have two DAs on for 2-3 physicians.

BIRTH CONTROL EDUCATOR

Educators work one-on-one with clients and their support persons. Educators perform the following functions during each 45-minute session:

- Take a social history from clients
- Provide information on birth control methods of interest to clients
- Demonstrate correct condom usage and discuss STI protection with clients.
- Acquaint client with ISH services, policies and philosophies.

A volunteer must have been with ISH for a minimum of 20 DA shifts in order to apply for this position and acceptance is not guaranteed. Training for this requires two 3 hour sessions and one 6 hour session with our Education Coordinator, followed by 3 shadow shifts with an existing educator.

CURRENT VOLUNTEERS

Abbey Eurchuk (DA/ BCE)	Emilie Ouellette (DA)	Landa Fox (DA)	Paige Penny (DA)
Aisha Smith (DA)	Emily Langmuir (DA)	Laura Fraser (DA)	Rebecca Ponting (DA)
Aldyn Chwelos (DA)	Erin Ballard (DA)	Laura Smith (DA)	Rebecca Shuck (DA)
Alexis Kellinghusen (DA)	Fleur Fenijn (DA)	Laura Weir (DA)	Renee Dorval (DA)
Ally Poniedzienik (DA)	Genevieve Rogge (DA)	Lauren Bergman (DA)	Sandra Harper (DA)
Anabelle Ber- nard-Fournier (DA)	Hanna Stoddart (DA)	Mackenzie Scott (DA)	Sandra Kolesniak (DA)
Anna Linton (DA)	Hannah Hagedorn (DA)	Madeline Burns (DA)	Sandra Zhou (DA)
Anna Young (DA)	Hannah Watson (DA)	Madison Henry (DA)	Suna Girn (DA)
Anne Barnes (DA)	Holly Russell (DA)	Marina Parvanova (DA)	Tahia Ahmed (DA)
Anya Bruhn (DA)	Jamila Tomines (DA)	Marina Spence-Porter (DA)	Tyler Jensen (DA)
Arielle Joye (DA)	Jelayna Van Dyke (DA)	Mary Gidney (DA)	
Avrael Perreault (DA)	Jenna Haaf (DA)	Maya Seymour (DA)	
Ayla Moerenhout (DA)	Jenna MacNeily (DA)	Megan Karpenko (DA)	
Charlie Southwell (DA)	Jessica Alkana (DA)	Michelle Arnaud (DA)	
Daamini Bhushan (DA)	Jessie McCully (DA)	Millie Schulz (DA)	
Elena Ovetchkina (DA)	Jessy Sidhu (DA)	Miriam Lank (DA)	
Elizabeth (Liz) Carr (DA)	Josh Mendis (DA)	Neil Thurley (DA)	
	Kate Conway (DA)	Nicole Falck (DA)	
	Katie Neale (DA/ BCE)	Nicole Vishnevsky (DA)	
	Kusam Sharma (DA)		
	Kyle Hooper (DA)		

DONNA DIPPIE AWARD FOR VOLUNTEER EXCELLENCE

Since 1969 we have been lucky enough to benefit from the creativity and commitment of volunteers. It is safe to say we have had the privilege of learning from thousands of volunteers and we are very grateful to every single one of them who donate their time and energy to Island Sexual Health. We are pleased to award one of these dedicated volunteers, each year, with the Donna Dippie Award for Volunteer Excellence.

This award, established in 2015 was created to acknowledge the unparalleled volunteer dedication of Donna Dippie, who has been with us as a volunteer and advocate for 50 years. Donna was originally trained in an entry level volunteer position to work as a clinic interviewer in 1969. Through her exemplary leadership and dedication of more than 6,000 volunteer hours, Donna progressed through her work in the clinical rotation as a doctor's assistant to birth control educator and pregnancy counsellor. In addition to her direct client care, Donna also held leadership positions on the Board of Directors and fundraising committee combining her advocacy skills and professional capacity as a social worker, with her passion for helping others. As a testament to her dedication, it was not unusual that Donna was the first to respond to a request for a last minute educator or pregnancy counsellor. On more than one occasion, Donna was known to respond to a call out mid-dinner, asking her husband Brian to put her dinner in the fridge for later. Over the years Donna witnessed many changes in society's views around sexual and reproductive health services, locally, nationally and internationally and was part of the movement in creating change towards improved access.



Each year, at our AGM, the Donna Dippie award will be awarded to one of our outstanding volunteers who demonstrates the same level of passion and commitment to the organization. This recipient will have their name inscribed on the plaque that hangs in the Education Room at our Quadra Clinic. This year we would like to present this award to **Landa Fox**. Landa has been volunteering with ISH since April 2017, and in her time has shown immense dedication to her role as a Doctor's Assistant. Thank you Landa for all of your hard work, positive energy and invaluable contributions.

Past Recipients: Vickie Yang (2015), Ella Aitken (2016), Jade Neilson (2017), Ariana Sholinder (2018)

KIRA'S GOOD SPIRIT LEGACY AWARD

In 2018, ISH established the Kira's Good Spirit Legacy Award to recognize and remember the amazing life of a past volunteer, Kira Goodwin. Kira (1985-2017) volunteered as a skilled and compassionate Doctor's Assistant between 2004-2006 while she completed her undergraduate at UVIC. Kira's warmth, enthusiasm, kindness, and spark for life was magnetic and inspiring. During her two years with ISH, Kira's vivacious spirit naturally created affirming spaces for our clients and made them feel cared for, valued, and comfortable. Always the first to lend a hand by taking a last minute shift, stay a little while later, or hold a client's hand a bit longer; Kira brought her love of life to every moment she so generously gave our clinic and clients. Any time spent with Kira made you feel full of life, adventure and grateful for the good in the world.

Kira left ISH after completing her Psychology degree to continue her global adventures and nursing school and while we were sad to lose Kira's ebullience, we knew Kira had big plans for the world! Kira and her adventurous spirit, athletic abilities, thirst for cultural learning travelled far and wide as the best kind of ambassador to Canada. Kira loved her career in nursing and used her skills to serve in Neonatal Intensive Care, the Chemotherapy Clinic and the Operating Room. Kira was taken from this world by an avalanche while backcountry skiing in the west Kootenay mountains on December 31st, 2017. She was generous and kind in life and death. Although Kira could not be saved, she was an organ donor and therefore directly responsible for supporting the lives of others.

To recognize and commemorate Kira's spirit of good and her many contributions to ISH and our greater world, we have established the "Kira's Good Spirit" award which is awarded yearly. The Legacy award recognizes a volunteer who, like Kira, combines passion for life, enthusiasm, and commitment to their work as a member of the ISH community. Nominated by a peer volunteer, the recipient is recognized at Island Sexual Health's AGM and their name is added to a commemorative plaque which serves as "Kira's Good Spirit" legacy in our waiting area and an inspiration to continue living a life full of good spirit. As a tribute to Kira's inclusive spirit and being an equally valued member of the ISH community, the nominator also receives a reminder of their recognition. Kira's Good Spirit award is presented annually at our Annual General Meeting.

2019 RECIPIENTS:

Megan Karpenko Recipient

Shannon Naysmith Nominator



From left to right: Kira's Dad: Greg Goodwin, Kira's Mom, Lori Goodwin and Kira's Grandparents, Marj and Russ Harding



From left to right: Kira's Dad Greg and partner Martha; Art Celuszak; Bobbi Turner; Jennifer Gibson; Kira's Grandparents Marj and Russ Harding

BREAKDOWN OF EDUCATION SERVICES

ISLAND SEXUAL HEALTH

BREAK DOWN OF EDUCATION SERVICES
2018-2019 FISCAL YEAR

20,684 PARTICIPANTS **896 WORKSHOPS**

Delivering the following services to Greater Victoria and the surrounding area:

Post-Secondary, High School, Middle School and Elementary School Sexual Health and Wellness Workshops

14,805 PARTICIPANTS, 607 WORKSHOPS

Majority of ISHS education workshops facilitated within grades 4-12 in SD #s 61, 62, and 63 and independent schools in Greater Victoria. Classroom-based sexual health education sessions support students' learning through the BC Physical and Health Education (PHE) Curriculum. Most commonly requested topics include sexual decision making, consent, healthy relationships and sex safety. Time and space for anonymous questions are always included and encouraged as we feel students' questions carry the most influence and relevance of the workshop content.



Community Workshops

814 PARTICIPANTS, 56 WORKSHOPS

Involve specialized education sessions for parents, adult allies, teachers and community professionals to further their understanding and comfort with sexuality education through the lifespan. Tailored to the learning needs of the group.



Man Made

2,094 PARTICIPANTS, 88 WORKSHOPS

Facilitates conversations with men, boys, and male-identifying folks to address gender-based violence. Intention is to build supportive communities through the cultivation of consent culture and emotional wellness towards a healthy culture of masculinity. Funded by Canada Post, Intact Foundation, Direct Access (BC Gaming), Telus and JAG-Civil Forfeiture.

Breaking Down Barriers

2,971 PARTICIPANTS, 145 WORKSHOPS

Sexuality education programming directed towards participants who encounter barriers to typical sexual health education. All associated costs waived thanks to funding from the United Way, Direct Access (BC Gaming), PECSF, and the Victoria Foundation.



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WWW.ISLANDSEXUALHEALTH.ORG

Website Engagement

276,585 UNIQUE VISITORS

Islandsexualhealth.org receives an average of 757 unique visitors per day. Generally, visitors spend 4.2 minutes on our site and visit 3+ pages. Top referring search engines are google, safari, and bing. Top 5 Visited Pages: 1. Home 2. Appointments 3. Location and Hours 4. Comparing IUDs 5. All about Paps.



Social Media Engagement

OVER 3,000 SOCIAL MEDIA FOLLOWERS

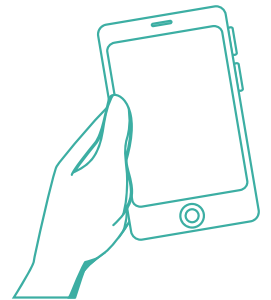
Twitter @isexualhealth
Instagram @isexualhealth
Facebook islandsexhealth

Beyond the Talk

3,762 TEXT MESSAGES ANSWERED

Confidential texting line 250-812-9374 available between 3-5pm Monday-Friday. The majority of messages are received in the later afternoon/evening hours following school suggesting that it is being used as a tool for classroom teaching follow up which is what was originally intended for. We receive between 3-16 texts daily. September-June tend to be the busiest months which supports the concept of the line being used as an additional support to our workshop sessions.

Most commonly asked questions concern menstruation, genital size and appearance, birth control and pregnancy.



Community Events

OVER 30 EVENTS ATTENDED

Attendance at community events including Victoria Pride, music festivals (ex. Rifflandia), post-secondary events (ex. UVic Campus Kick-Off, Camfest), community based events (ex. Fernfest), health fairs (ex. with local highschools and Victoria Native Friendship Center), and on-site events hosted at our Quadra clinic (ex. Queer Open House). Provision of information, education and safer sex supplies.

COMMUNITY BASED EDUCATION

COMMUNITY EDUCATION WORKSHOPS

2018/2019 was an **outstanding** year for Community Education Services. Our education program facilitated workshops for **18,590** participants in **808** workshops. That's growth of an additional 1,436 more participants and 29 more workshops than the 2017/2018 fiscal year! The majority of education workshops were facilitated within the solid relationships we've developed with the schools in our local school districts (61, 62, and 63) and independent schools. We continue to expand and develop our relationships with these schools as educators move between schools and the sexual health learning outcomes which were reassigned from Health and Career Education to Physical and Health Education (PHE) in our BC Education Curriculum are being more closely implemented. Most commonly requested topics include sexual decision making, consent, healthy relationships and sex safety. Time and space for anonymous questions are always included and encouraged as we feel students' questions carry the most influence and relevance of the workshop content. We continued to attend conferences as presenters including the VI parent conference and the YWCA Power to Be a Girl conferences.

Continued funding from United Way for our Breaking Down Barriers program, enabled ISH to grow our relationships with community organizations such as AVI Queer Peers, Island Health Best Babies and Families Programs, Esquimalt Neighbourhood House, Saanich Neighbourhood House, YWCA Young Moms programs, and Young Parents Support Network.

Demand continued for parent education in local community agencies, pre-schools, elementary, middle schools, high schools and conferences. We continue to be called upon as sexual health resources for local, provincial and national media.

In addition to sustaining the existing education relationships, we were able to cultivate some new relationships within our own community as well as in another Island community. We were thrilled to be invited to speak several times on panel discussions as part of the larger UVic community on consent, pleasure and sexual wellness at events in September, January, and February. These events proved to be great ways to partner with UVic and their learners. Panel conversations with audience participation prove to be an incredibly effective way to engage people in meaningful dialogue about sexuality and community resources.



Our community education services program was contracted to work with the Sexual Wellness and Education Society of Campbell River to provide education for students, parents and teachers in SD #72 over three days in the Fall of 2018. We began the teaching with a session at both local high schools to assess student's interest and experiences with sexual health education. Both sessions were well attended and the youth demonstrated an incredible appetite for education opportunities. Information gleaned from those sessions was used to develop and facilitate training for the Secondary School PHE teachers, local youth workers and counsellors in an afternoon session to help support the re-integration of sexual health topics into the PHE curriculum and also parents and other adult allies who attended an evening education session. The training sessions were not only used to support attendees but also to assess the need for sexual health education and connect to local agencies to develop and provide subsequent support.

¹ These statistics only reflect programming through our community education services programming as facilitated by myself and our other incredibly talented educators; Nick Sandor, Meriah Drahbkin and Michele Martin

We were fortunate to partner with a PHD Student, Leah Tidey, Target Theatre Society, and Vic High Theatre students this year to consult and develop a play on aging and sexuality called, “You’re Doing What? At Your Age!” The play was well received by both Vic High audiences and the general public – the humour, education and play style presentation all contributed to a successful education medium. This coming fiscal year through Island Health’s Community Wellness Grant program; we will continue to work on developing this project as a medium of community based education and present it to 3 seniors groups throughout Victoria.



In October, we hosted staff from Interpares based in Ottawa and their partner agency, Likhaan Women’s Health clinic in Manila, Philippines for a clinic tour and learning exchange. Despite incredible challenges to service delivery (age restricted access to contraceptive services, abortion ban, poverty and marginalization, limited sexual health education, etc.) we learned of the creative and non-apologetic methods in which they work to deliver services to the women and youth in many communities in Manila. Funding through Global Affairs provided the opportunity for two of their community mobilizers and project coordinators, Lina and Joy to travel with Interpares staff Rita and Jack through BC to raise awareness and have roundtable discussion on challenges and assets in reproductive health service development and delivery.



It continues to be an absolute privilege to be responsible for sexual health education development and delivery on Southern Vancouver Island. We have worked diligently to grow our programming and support services and I believe this is reflected in the volume of workshops, the quality of the relationships we have established and our reputation within schools, social services agencies, and families in Greater Victoria. 2019/2020 promises to be an equally busy year full of exciting opportunities and many questions to answer!

It continues to be my absolute honour to coordinate this program and help develop, deliver and support our education services. I would like to personally recognize our amazing team of educators, past and present, who I believe do an exceptional job in not only representing the possibilities of sexual wellness but also foster the acceptance, curiosity and fun of sexual vitality through their dedication, abilities and skills. Thank you Nick, Michele and Meriah for everything you have given to our participants – it definitely does not go unnoticed.

Respectfully submitted,

JENNIFER GIBSON, MA
Coordinator of Community Education Services



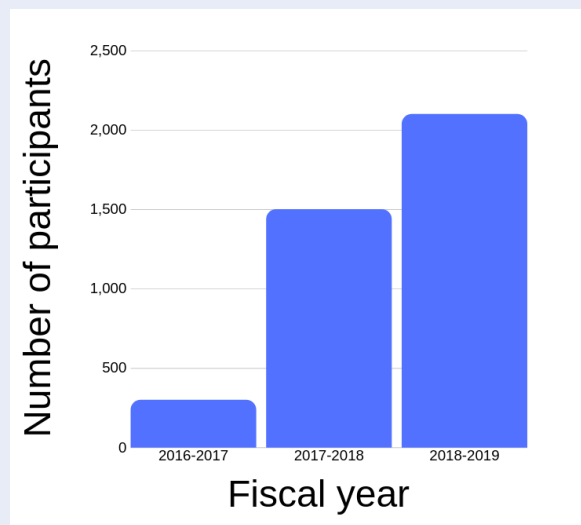
What is Man Made?

Nick Sandor, Man Made developer and facilitator, reflects on the idea that “we often tell boys and men not to be that guy, but fail to have a conversation that supports healthy and fulfilling alternatives.” Man Made aims to do just that, by facilitating interactive and supportive workshops with male-identified youth in our schools and in our community. The program explores masculine self-expression and addressing gender-based violence through empathic practices, relationship skills, and building supportive communities. As one participant reports: “the program made it comfortable/okay to talk about all these things in an environment where we don’t always get the chance to.” This aligns with our goal to have those difficult conversations around relationships and the pressure to conform to certain expressions of masculinity. Our goal is to address gender-based violence head-on by preventing it from happening in the first place.

Updates

In 2018-2019 various Man Made projects were completed with over 2090 community members, which is an increase from 1500 participants in the 2017-2018 fiscal year. We have achieved both being able to maintain ongoing relationships with previous partnerships and connect with new community partners. In 2018-2019 we worked with: Threshold Housing, Claremont Secondary School, Pearson’s College, Victoria High School, Victoria West Elementary, Stelly’s Secondary School, Relmagine Masculinities Conference, Vancouver Island Parent Conference, Saanichton Learning Centre, Broadmead Individual Learning, Oak Bay High School, Spencer Middle School, Maria Montessori Academy, Esquimalt High School, Glenlyon Norfolk School, VILA promotions, and Copper Owl.

This year Man Made also developed creative ways to engage the community in conversations about masculinity. We explored different activities ranging from dinner table talks at Threshold Housing to MISC MASC Pub events at the Copper Owl. In Spring 2019, we were thrilled to announce the official launch of the Man Made website www.beyondboyswillbeboys.com. Currently, the website offers information on programming. Going forward, we intend to further develop the website into a rich educational resource for healthy masculinities that will increase both access and resources related to this important topic.

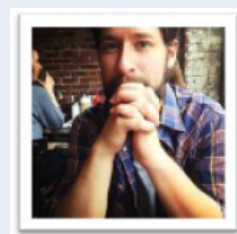


Going Forward

Many of the schools and community services that participated in Man Made have expressed interest in continuing programming for the 2019-2020 fiscal year based on follow up conversations from last year’s programming. We will continue to explore outreach opportunities to engage with more community partners.

This fiscal year we are excited to be expanding our audience to include a middle school workshops and more opportunities to provide education for parents, teachers, and youth workers as mentors for healthy masculinity. We are also developing more interorganizational relationships. These relationships include collaborative community engagement with both the Men’s Trauma Centre and Victoria Women’s Transition House on several projects.

NICK SANDOR, MA
Man Made Coordinator and Educator



MEDIA BASED EDUCATION

BEYOND THE TALK TEXTING LINE

Our Beyond The Talk confidential texting line **250-812-9374** continues to be a well used sexual health resource. Although texts are received 24/7; they are answered primarily between **3-5pm Monday-Friday**. Texts received outside of these times receive an automated response that advise them of when their text will be answered and also links to our website and the BC Nurses line. While we do regularly monitor the line outside of these hours, generally we only respond if it's a time sensitive question (ie where/how to access emergency contraception).

The majority of messages are received in the later afternoon/evening hours following school suggesting that it is being used as a tool for classroom teaching follow up which is what was originally intended for. Some users identify that we have been in their classroom and they are following up for more personal information. The number of text messages received vary from day to day. Generally, we receive between **3-16 texts daily** for a total of **3,762** during the 2018/2019 fiscal year. September-June tend to be the busiest months which supports the concept of the line being used as an additional support to our workshop sessions. The level of engagement also varies from a simple Q&A exchange through to those users looking for additional resources in the Greater Community. Over the years, we have developed a consistent relationship with users who consult us on a regular basis. While we do not track numbers; we can see previous interactions when we respond to a text.



ISLANDSEXUALHEALTH.ORG

276,585 unique visitors in 2018/2019. That's an average of **757** visitors a day.

Top 5 Visited Pages

- 1 - Home
- 2 - Appointments
- 3 - Location and Hours
- 4 - Comparing IUDs
- 5 - All about Paps

BEYONDTHE TALK.CA

44,241 unique visitors in 2018/2019. That's an average of **124** visitors a day.

Top 5 Visited Pages

- 1 - Going to a Doctor
- 2 - How to Talk to an Adult
- 3 - Sex Readiness
- 4 - Consent, etc.
- 5 - Birth Control



CLINICAL OUTREACH SERVICES

Tsawout - Qom Qem Slàni

The drop in clinics at Tsawout Health Centre have continued on a regular basis (Wednesdays 5-8pm). Qom, Qem Slani welcomes community members from all of the Saanich First Nations.

We were sad to say goodbye to Brandy as she moved to Alberta, she had been such an integral part of the clinic since it opened. Angelina is there to welcome clients, whilst Charlotte sees clients in the nurse led clinic. The clinic collaborates with Kelly Sharpe (Nurse Practitioner) and Dr. Krista Stogryn to provide extended services such as IUD insertions, and follow up primary care for the clients.

Angelina and Charlotte connect regularly with the Youth Group and the Gals Group at Tsawout, and attend community events and health fairs when possible.

Camosun

The Camosun Clinic was run by Jess Pope (RN), Kim Sargent (RN), Kate Turner and Jenny Francoeur. This year, we saw a total of **131** clients. The Camosun Clinic ran on Thursdays from September to April. The most common reason for appointment was STI testing, followed by education, contraception and then pregnancy testing.

Royal Bay

This year, our clinic was run by Chelsea Walton (RN) Sam Loppie and Kate Turner. We saw a total of **269 clients** (up from 245 clients since last fiscal year). The most common reason for visit was Contraception, followed by STI screening, then Education, followed by

PRACTICUM STUDENTS

Island Sexual Health has offers placements for practicum students from a wide range of programs including Social Work, Child and Youth Care, Nursing and more! We offer both clinical and project based practicums.

2018/2019 Practicum Students

Tian Li
(2nd year Community, Family and Child Studies
at Camosun)

Tian participated in events and shadowed the community educators.
Tian also worked as a Doctors Assistant in the clinic.

Nicole Gargarella
(4th year BA in Health and Community Services
at UVic)

Nicole participated in community events and was involved in the research, development and implementation of the program "Generation Gyril"

Meredith Edwards-McKenzie
(3rd year Social Work at UVic)

Meredith participated in community events, shadowed the Education Team and developed her skills in Grant Writing.

Maddison Warren
(3rd year student in Child and Youth Care, UVic)

Maddison participated in community events, shadowed the Educators and participated in the "Mighty Me" program with our Educator Meriah Drabkin

Emily Friedrich
(2nd year medical student)

Emily updated our policy manual and handouts related to the release of information under the Personal Information Protection Act

COMMUNITY OUTREACH

SOCIAL MEDIA

Facebook Follower Count



Our Facebook follower count has increased from **940** to over **1030** the last fiscal year.

Instagram Follower Count



isexualhealth ...
159 posts 402 followers 307 following

Island Sexual Health Since '69, sexual health care and education for all people in Victoria, BC. Be informed, not surprised. www.islandsexualhealth.org

We started our instagram account this year and our follower count has grown from **548** to **747**.

Twitter Follower Count



Our Twitter follower moved to **1,276** over the last fiscal year.



COMMUNITY EVENTS

We have continued to strengthen our involvement with our community through attendance at events in Victoria and the surrounding areas. Island Sexual Health attends a diverse assortment of events ranging from public health fairs to music festivals. Our outreach efforts help us to promote our services, distribute accurate, unbiased sexual health information, and provide people of all ages, genders, identities and abilities with free safer sex supplies. Community events are also a great place for us to connect with other local organizations.

Our Events Team is comprised of staff, volunteers and practicum students.

EVENTS ATTENDED

FernFest × Pride Parade and Festival × University of Victoria Welcome Week × Camfest × Sexual and Reproductive Health Awareness Week (Heart Your Parts) × University of Victoria Volunteer Fair × Camosun Volunteer Fair × LGBTQ2 Youth Conference × Provincial Employees Community Services Fund Fair × Royal Roads Information Fair ×

2018/2019 Program Funders



Bequests

Island Sexual Health is extremely grateful for the gracious contributions of **Kathleen Horvath (\$25,000)** and **Ivy E. McQuat (\$171,390)**. Your invaluable contributions are so very appreciated. As Kathleen was a long-time donor to ISH, the nurse's exam room has been named in her memory.

Exceptional Donors (\$500+)

Island Sexual Health is so thankful for the many donations we receive from individual community members. We would like to thank everyone that has donated to us in the last fiscal year. Special thanks go out to our Exceptional Donors, who made donations last year of over \$500. We would like to extend our deepest thanks to **Zache Marshall, Heart Pharmacy (in kind), Sofia Pastro, James Turner, Mel McDonald, Donna Dippie, John Plas and the staff of The Foxy Box!**

Monthly/Annual Donors

Special thanks to: **Nicole Hamilton, Kimberly Stone, Beverly Revin, Jayne Ducker, Alexandra Gros, Rosealie Walls, Lyanne Quirt and Susan Kinniburgh.**

Collaborative Community Partners

Boys and Girls Club × SD #61 × SD #62 × SD #63 × St. Michael's University School × Glenlyon Norfolk School × Christ Church Cathedral School × Maria Montessori Academy × Ecole Victor Brodeur × VIHA Public Health Nurses × BC Stevens × Island Health Best Babies, Best Families and Baby Talk Programs × Esquimalt Neighbourhood House × Saanich Neighbourhood House × Pinksheep Media × Camosun College × UVic Health Services × UVic School of Social Work × UVic School of Child and Youth Care × UVic School of Nursing × Burnside Gorge Community Centre × Margaret Laurence House × Victoria Women's Transition House Society × YPQI × Royal Bay High School × Salvation Army × Victoria Sexual Assault Centre × Young Parent's Support Network × Single Family Resource Centre × Tsawout First Nation × Tsartlip First Nation × Esquimalt First Nation × Songhees First Nation × NIL/TU,O Child and Family Services × Jawl Properties × UBC School of Medicine × CRNBC × OPT BC × Choices Adoption × Camosun College Students' Society × Island Parent Group × Camosun College Community, Family and Child Studies × Vancouver Island Women's Clinic × The Times Colonist × The Saanich News × The Goldstream Gazette × BC Cancer Agency × Lifelabs × BC Centre for Disease Control × Victoria Gynecologists and Urologists × the Many Midwives of Victoria × Cool Aid × Youth Service Providers Network × Belmont High School × Sooke Parent Education Advisory Committee × Men's Trauma Centre × Society of Obstetricians & Gynecologists of Canada × AIDS Vancouver Island × Cridge Centre × VIHA STI Clinic × CML Medical Imaging × RJH Colposcopy × VIHA Medical Imaging × Walk-In & Treatment Centres of Victoria × Action Canada × West Mont Montessori × Selkirk Montessori × Arts Calibre × Children's Health Foundation × Girl Guides × YM/YWCA × The Foundry × Saanich Peninsula Youth Clinic × Threshold Housing Society × Fernwood NRG × Phoenix Services

Island Sexual Health Society supports autonomous decision making related to the health and wellness of our clients. We provide community care from an inclusive, sex positive, and body positive approach which may or may not be representative of the expressed views of sponsors and other community partnerships.

If we have missed anyone on this list, please accept our sincerest apologies.