



# ANNUAL REPORT

## 2017-18

## PRESIDENT'S MESSAGE

I'm always shocked by how fleeting a fiscal year is in the non-profit business. Here we are again, this time reviewing Sexual Health Nova Scotia's 2017-18 year. It has been a busy few years for our organization as we morph into a stronger entity.

One of the biggest changes we made was transforming our Board of Directors from one comprised mostly of member-centre staff to one with members-at-large. We still have representation from the member-centres but encourage volunteers to represent their areas. These Member Centre Representatives complete a contingent of highly skilled professionals devoted to championing sexual health in our province.

The Board has been working at revamping our bylaws as well as policies and procedures. Our Allocations Committee is busy adapting a new framework to how we disperse our annual funding from the provincial Department of Health and Wellness. Our Fund Development Committee is working to diversify our revenue and succeeded in bringing such inspiring grants as the Sexual Violence Strategy grant, which saw early childhood expert Emily Martinello create *Doing It Better: Healthy Sexuality Education and Sexual Violence Prevention for Persons with Intellectual Disabilities*. This program, which features a comprehensive facilitator's manual, has already disseminated sex positive education to folks throughout the region. Human Resources has been collaborating with our first employee in a long time. And the Policy Committee has been hammering out a new framework for developing policies for 2018. Our Provincial Events Committee also meets to develop new ideas for education in Nova Scotia, although *Doing It Better* was the main focus of our professional development this year.

We are sad to see our Provincial Wizard, or Coordinator, leave us to pursue additional higher learning, but are proud of the work Conor Falvey has done to make our organization more organized. Unless someone has run an organization before, there are many activities required to keep employees and volunteers around the province on the same page in regard to policies, events, conferences, resources, and more. Thank you for the work you've done for SHNS—work which will no doubt help us move forward in the future.

Non-profit work is always hard work—trying to make finite resources stretch to cover infinite needs. SHNS is lucky to have a great network of volunteers, staff, member-centres, partners, and more who help us to make Nova Scotia a sex positive place to live.



*Julie Veinot*  
President, Sexual Health Nova Scotia

## MEMBERSHIP

<i>Member-Centre</i>	<i>Executive Director</i>
Cape Breton Centre for Sexual Health	Vanessa Walker
Halifax Sexual Health Centre	Kate Calnan
Pictou County Centre for Sexual Health	Vania MacMillan
Sexual Health Centre for Cumberland County	Rene Ross
Sexual Health Centre Lunenburg County	Julie Veinot
Sheet Harbour Sexual Health Centre	Lorrie Boutilier

## BOARD OF DIRECTORS

<i>Members-at-Large</i>	<i>Member-Centre Representatives</i>
Janet Aucoin	CBCSH – Erin MacDonald
Roberta Duchesne	HSCH – Heather McPeake, Kate Calnan
Vanessa Knock	PCCSH – Thekla Altmann, Vania MacMillan
Yevonne LeLacheur	SHCCC – Sally Austin
Kathy McKay	SHCLC – Julie Veinot
Diana Rossong	SHSHC – Sean Moore

## STAFF

Conor Falvey	Provincial Coordinator
Emily Martinello	Project Lead – <i>Doing It Better</i>



**11,952**

contacts with individual clients



**483**

hours of educational programming



**5,562**

client engagements with educational programs



**45,000 +**

safer sex supplies distributed



**4,000 +**

volunteer hours contributed

## PROVINCIAL HIGHLIGHTS

### Strategic Plan 2018-21

SHNS has adopted a new strategic plan to guide provincial activities over the next three years. Here is an overview of the plan's main points.

#### Organizational Goals

Pursue sustainable funding to increase member-centre allocations and support provincial programming.

Enhance communications, marketing, and community engagement efforts to raise awareness of SHNS and its mission.

Work with member-centres to collaboratively create a shared inventory of information sources, tools, and templates for sexual health promotion and education.

Continue to develop a robust and comprehensible organizational model and governance policies for SHNS.

Work to develop and share an evidence-based understanding of the current state of sexual health in Nova Scotia, as well as best and promising practices to achieve our vision.

Explore the potential of adopting a Collective Impact framework to guide collaborative activities both within the SHNS network and with outside partners.

#### Programming Priorities

Intersection of mental health and sexual health

Sexual health needs and rights of older adults

Support for sexual health in continuing care settings

Improving sexual health education in public schools

Providing high-quality training (accredited if possible) for health professionals

### **Doing It Better: Sexuality Education and Intellectual Disability**

With funding from the Sexual Violence Strategy, SHNS undertook its largest provincial project to date – a training program to reduce sexual violence by or against individuals with intellectual disabilities through positive sexual health education. Led by Emily Martinello, an expert in sexual development and early childhood education, the project resulted in a train-the-trainer curriculum and handbook (*Doing It Better: Healthy Sexuality Education and Sexual Violence Prevention for Persons with Intellectual Disabilities*) with detailed sections covering anatomy, consent, privacy, relationship skills, and legal aspects of sexual behaviour. Three rounds of two-day training workshops were offered in Halifax and Sydney, attended by service providers from every region of the province. Over 80 facilitators were trained, with over 80 more on a waitlist for future sessions. Now SHNS member-centres are continuing the program in their local communities.

### **Geriatric Education Day**

SHNS partnered with the Nova Scotia Health Authority Senior's Clinic to bring a sexual health theme to the fourth annual Geriatric Education Day. Over 100 service providers gathered in Truro last October for a one-day conference, titled *Geriatric "tricks": Under the Covers NOT Over the Hill*. Speakers tackled a wide variety of topics related to intimacy and older adults, including consent, LGBTQ+ visibility, and policies around intimacy in long-term care facilities. Feedback from attendees was overwhelmingly positive!



### **Sexual and Reproductive Health Awareness Week 2018**

Once again, SHNS partnered with Action Canada for Sexual Health and Rights, as well as Nova Scotia Public Libraries, to bring attention to sexual and reproductive health during the second week of February. SRH Week 2018 was focused on the connections between sexual and mental health. In addition to posters and book displays, SHNS member-centres organized social media campaigns and local events based on the theme of mental health.

## MEMBER-CENTRE HIGHLIGHTS

### Cape Breton Centre for Sexual Health

- Moved to a new shared office space with the Youth Project.
- Developed a 6-week post-abortion support program (in partnership with Abortion Support Services Atlantic).
- Worked with the Community Outreach Sexual Assault program to develop consent presentations for elementary students.

### Halifax Sexual Health Centre

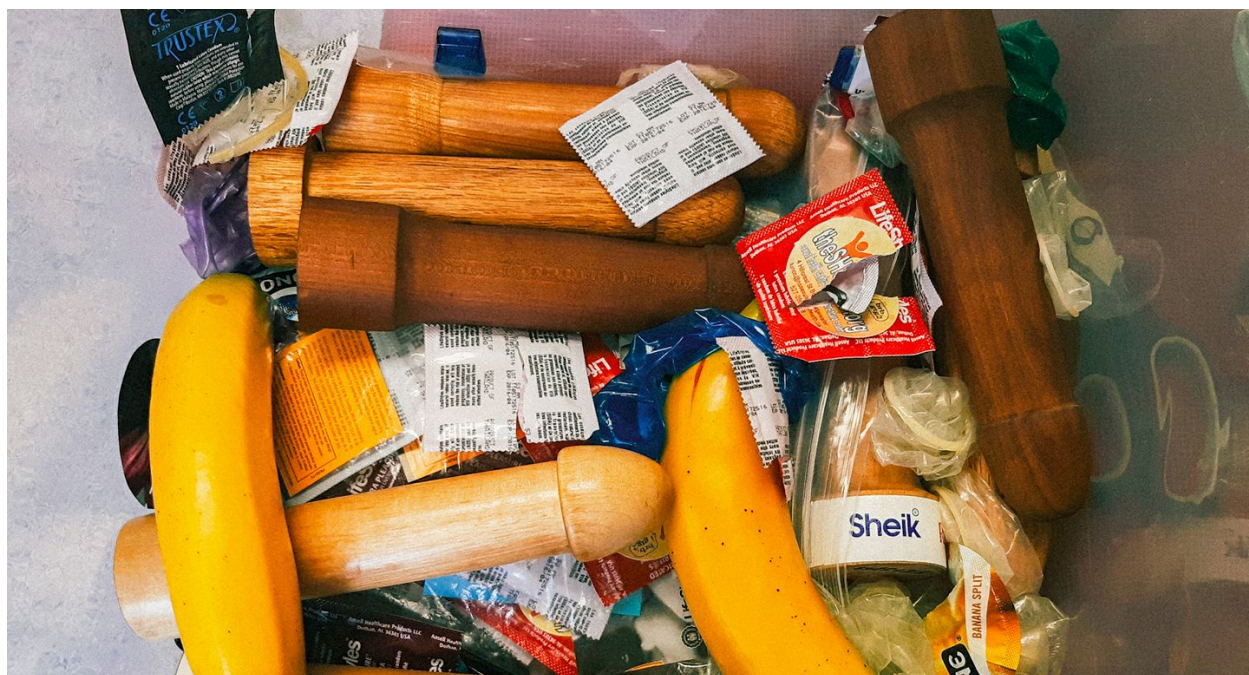
- Reinstated the Executive Director position and welcomed Kate Calnan to the role.
- Launched a redesigned website with a health promotion focus, featuring up-to-date local information on numerous sexual health issues.
- Continued to serve as a teaching centre for health care providers, providing sexual health-focused training and clinical experience to medical and nursing students.

### Pictou County Centre for Sexual Health

- Facilitated PhotoVoice programs exploring mental health, sexual health, and healthy relationships, leading up to a photo display in the Art at Night festival.
- Co-organized events including a two-day conference on Fetal Alcohol Spectrum Disorder and a full-day workshop on human trafficking.
- Hosted a screening and discussion of the documentary "Age of Love," about the modern dating lives of seniors.

### Sexual Health Centre for Cumberland County

- Launched a popular series of online videos about sexual health and relationships.
- Collaborated with the NSHA Northern Zone Diversity & Inclusion Committee to offer updated Safer Spaces training to community partners.
- Continued to host flagship youth programs, including the Girls' World day camp and Sexual Health Matters school-based presentations (formerly "Worth Waiting").



### Sexual Health Centre Lunenburg County

- Moved to a new wheelchair-accessible office space.
- Facilitated presentations on consent for Grade 8 students in the local school board, in partnership with RCMP and Harbour House.
- Participated in the #YouthToo high school conference on consent, image sharing, and human trafficking.

### Sheet Harbour Sexual Health Centre

- Promoted sexual health for seniors, by distributing the popular "Sex Over 60" booklet and partnering with local continuing care centres.
- Engaged men and boys through programs such as the school-based Boys Council and a Movember launch breakfast to raise awareness of men's sexual health.
- Worked with the local Sexual Assault Response Team to develop a new protocol.



## FUNDERS & SUPPORTERS



Sexual Health Nova Scotia gratefully acknowledges the financial support of the Government of Nova Scotia, in the form of:

- Operating funds from the **Department of Health & Wellness**
- Project-based funding from the **Department of Community Services** and the **Department of Seniors**

We also acknowledge the many regional/local government agencies and community-based grantmakers that support our member-centres, as well as the individual Nova Scotians who have made private donations to SHNS or its member-centres this year. Thank you for supporting our mission!

