

SHNS ANNUAL REPORT 2018-19



MESSAGE FROM THE EXECUTIVE



This has been an unusual year for the Sexual Health Nova Scotia Board. The duties of President were shared this year by Roberta Duchesne and Janet Aucoin. Together we strived to lead the charge towards our SHNS vision of “a province where positive sexual health is held in the same regard as any other area of wellness, and people are able to enjoy their sexuality free from shame and violence, with access to judgement-free services when and where they need them.”

This year we welcomed Leigh Heide as our new Provincial Coordinator. They quickly and competently stepped into some big shoes and have proven without a doubt that they are more than capable. They have successfully lead the development of the Sexual & Mental Health Library project. This has been a large piece of work, and with the contributions of the member-centres, we now have a collection of much needed resources that we are hopeful our partners, and others, will find helpful.

MESSAGE FROM THE EXECUTIVE

In December, our program Doing It Better (which trains service providers on sexual violence prevention and sexuality education to support people living with intellectual disabilities) was recognized by receiving the Bentley Award. This is an award coordinated by Action Canada for Sexual Health and Rights and comes with a monetary prize to support ongoing efforts to develop and deliver this program.

We have also continued to work on the development of the SHNS Board and extended training to our member-centres. We have offered two training sessions. One focused on Board Governance. The other was on Board Financial Operations. From the success of these sessions, we will continue to find and offer board development opportunities for our member centres.

Plans for next year...

This upcoming year, we hope to offer more member-centre workshops, reimagine how we offer programs such as Doing it Better and possibly digitize the content for online delivery, and explore new funding opportunities to support member centres.

Roberta Duchesne - *President*

Janet Aucoin - *Vice-President*

Sally Austin - *Treasurer*

Vanessa Knock - *Secretary*

MEMBERSHIP

Cape Breton Centre for Sexual Health

Vanessa Walker

Halifax Sexual Health Centre

Kate Calnan

Pictou County Sexual Health Centre

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

Members-at-Large:

Janet Aucoin

Roberta Duchesne

Vanessa Knock

Kathy Mckay

Yevonne LeLacheur

Jenny Rand

Member-Centre Representatives:

Erin MacDonald - CBCSH

Matt Numer - HSHC

Vania MacMillan - PCSHC

Sally Austin - SHCCC

Susan Berry - SHCLC

Lisa Smith-McInnis - SHSHC

STAFF

Leigh Heide - *Provincial Coordinator*



SHNS BY THE NUMBERS

7,342

OF CONTACTS WITH INDIVIDUAL CLIENTS



460

OF HOURS OF EDUCATIONAL PROGRAMMING



10,686

OF CLIENT ENGAGEMENTS WITH PROGRAMS



36,214

OF SAFER SEX SUPPLIES DISTRIBUTED



3,047

OF VOLUNTEER HOURS CONTRIBUTED



2018-19 HIGHLIGHTS



Provincial Highlights

Strategic Plan 2018-21

In 2018 SHNS adopted a new strategic plan to guide provincial activities over the next three years. The programming priorities we are focusing on continued to guide us in 2018-19; 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 and providing high-quality training for health professionals.

New Provincial Coordinator

In July 2018 we welcomed a new Provincial Coordinator to SHNS. Leigh Heide, B.A. B.S.W., came to us from a background in youth health program development, community leadership and group facilitation, with special interest in LGBTQ2+ community organizing and all things sexual health. They have been learning the ropes here at SHNS and look forward to another great year!

The Bentley Award

In December 2018 SHNS was thrilled to learn that we won the Bentley Award from Action Canada for Sexual Health & Rights for our Doing it Better program, developed in 2017 to deliver comprehensive sexual health education to individuals with intellectual disabilities.

2018-19 HIGHLIGHTS

Sexual and Reproductive Health Week

In February 2019 SHNS partnered with Action Canada for Sexual Health and Rights to bring attention to sexual and reproductive health. SRH Week 2019 was focused on healthy sexuality across the lifespan. SHNS released our annual Recommended Reads List, with a special section on sexuality at all ages and along with our member-centres we organized social media campaigns to mark the week.

Sexual & Mental Health Library

During the 2018-19 year SHNS worked with our member-centres to create resources that help make up our new Sexual & Mental Health Library on our website. The library was launched in March 2019 and continues to grow. We look forward to sharing this across the province in the spring and fall of 2019.



2018-19 HIGHLIGHTS

Member-Centre Highlights

Sheet Harbour Sexual Health Centre

Hosted a Wellness Day Clinic for pap screenings.

Attended Halifax Pride parade, ran a successful rainbow cupcake fundraiser and partnered with local Women's Centre to paint five Rainbow Flags on driveways in our community.

Community engagement increased with many people attending summer programming events like the Tie "Diversity" activity and Canada Day photo booth.

Sexual Health Centre for Cumberland County

Delivered Sexual Health Matters school based program in multiple schools across Cumberland County for hundreds of students.

Hosted Safer Spaces event in Pugwash to increase awareness and inclusiveness for the LGBTQ2+ community in response to discussions about conversion therapy happening locally.

Development of It Matters Media to showcase educational videos on sexual health and increase youth engagement, including hosting a youth forum in the community.

Sexual Health Centre Lunenburg County

SEX Talks series has more than 5000 views since videos went "on air".



2018-19 HIGHLIGHTS

Received grant to create gender diverse puberty book.

Collaborated with the Centre for Gender and Sexual Diversity to offer two sessions on Intimate Partner Violence in the LGBTQ2S community.

Halifax Sexual Health Centre

Hosted largest fundraiser yet at the Grafton Street Dinner Theatre. Over \$3,500 was raised, all of this money has been allocated to support the reimplementation of monthly drop-in STBBI testing.

Supported awareness around access to PrEP through partnership with the Prep Action Committee and CBRC to increase public understanding.

Implementation of community education initiatives, including presentations in schools in HRM, two health promotion conferences, and various organizational presentations.

Pictou County Sexual Health Centre

Facilitating a successful Doing it Better 2-day workshop, and facilitated a local FASD full-day workshop.

Hosted “How to be a Good Ally”, “Understanding Gender and Expression” and other events during Pride.

Trained the New Glasgow Regional Police Department on LGBTQ2+ Community and Intimate Partner Violence.

Cape Breton Centre for Sexual Health

Delivered #MORETHANSEX presentations on sexual health and relationships in schools across Cape Breton, to more than 1000 students.

Partnered with Friendly Divas in Halifax to get free Diva Cups into the hands of those most in need in Cape Breton.

Partnered with The Cape Breton Youth Project to deliver programming to local youth.

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 Health & Wellness - Mental Health & Addictions

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!