



SEXUAL HEALTH NOVA SCOTIA

ANNUAL REPORT

2019/2020



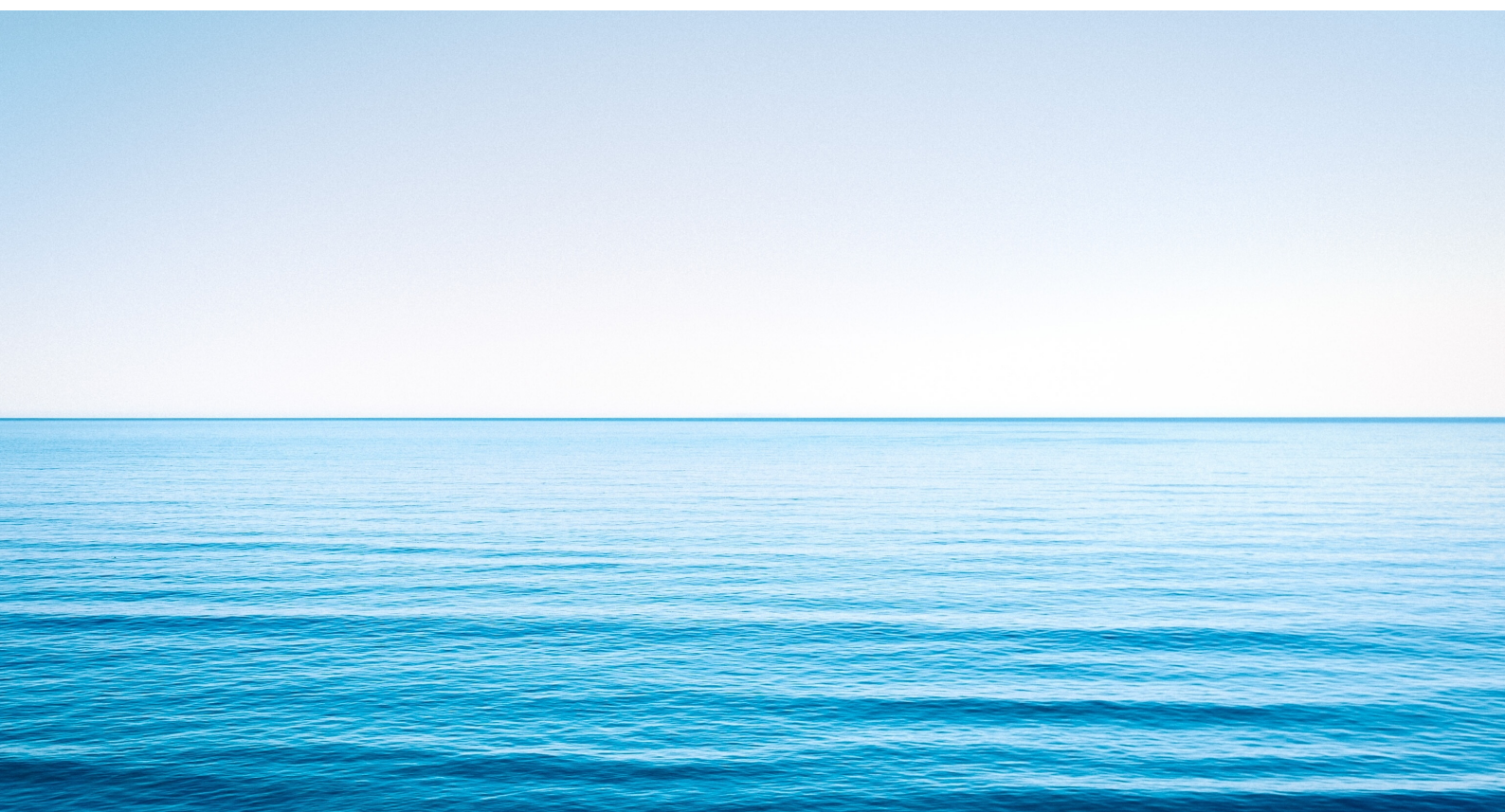
MESSAGE FROM THE EXECUTIVE

Welcome to 2020. It has been an unusual and challenging year so far for Nova Scotia. There have been difficult and devastating situations that have happened in and to our communities this year. Change in our province due to COVID-19 has been swift. Yet within this context, there are many opportunities, and of course, the “helpers” in Nova Scotia are everywhere you look. Communities, businesses and individuals are shifting how they show up, proving their worth by shifting their business models to provide products and / or services needed in this new “COVID environment”, and reaching out to their communities in different ways. Nova Scotians are proving how resilient and agile they truly can be, and doing so for the good of the Nova Scotia community. There are lessons to be learned. Resiliency and agility are key and great core concepts to build upon for everyone, personally and professionally.

Thankfully, our Provincial Coordinator Leigh (Heide) has been thoughtfully leading SHNS through these times. They have been with SHNS for almost two years now, providing support to the six member-centres across the province. Leigh also successfully increased grant funding, completed the Mental Health Library project, and collaborated with libraries across the province to promote Sexual & Reproductive Health Week. They also reinstated our Sexcellence Award; the 2020 recipient is Shannon Hardy – the Founder of Abortion Support Services Atlantic; with Special Recognition going to Lorrie Boutilier – the former Executive Director of the Sheet Harbour Sexual Health Centre. Please join us in celebrating them later this year.

MESSAGE FROM THE EXECUTIVE

At SHNS, we have been trying some new ways of meeting, and our AGM is a great example of this. As we move into this “new reality” SHNS, and our network of member-centres, will continue to adapt how we provide critical sexual health services and programs. This will be a challenge and an opportunity, and we look forward to sharing our creative efforts with you!



WHO WE ARE

MEMBERSHIP

Cape Breton Centre for Sexual Health

Ashlea Mills

Halifax Sexual Health Centre

Kate Calnan

Pictou County Sexual Health Centre

Vania MacMillan

Sexual Health Centre for Cumberland County

Rene Ross

South Shore Sexual Health

Julie Veinot

Sheet Harbour Sexual Health Centre

Danielle Jackson



BOARD OF DIRECTORS

Members-at-large:

Roberta Duchesne

Vanessa Knock

Kathy McKay

Jenny Rand

Nancy MacVicar

Member-Centre Representatives:

Ashlea Mills - CBCSH

Margaret Lewis - HSHC

Rebecca Arsenault - PCSHC

Sally Austin - SHCCC

Julie Veinot - SSSH

Lisa Smith-McInnis - SHSHC

STAFF

Leigh Heide - Provincial Coordinator

SHNS BY THE NUMBERS

8,440 # of contacts with individual clients

492 # of hours of educational programming

6,192 # of client engagements with programs



29,310 # of safer sex supplies distributed

3,194 # of volunteer hours contributed

2019-20 HIGHLIGHTS

Provincial Highlights

Sexual and Reproductive Health Week

In February 2020 SHNS partnered again with Action Canada for Sexual Health and Rights to bring attention to sexual and reproductive health. SRH Week 2020 was focused on sexual health education for all ages. SHNS released our annual Recommended Reads List, with a special section on sexual health education and along with our member-centres we organized social media campaigns to mark the week. We also partnered with libraries across Nova Scotia and provided them with resources, programming suggestions, and promotional materials to help them mark SRH Week in their communities.

Sexcellence Award

In January 2020 SHNS reinvigorated our Sexcellence Award, which hadn't been presented since 2017, by asking the public to nominate individuals who have been champions of sexual health in their community. We received an outstanding group of nominations and in April we announced the 2020 Sexcellence Award winner Shannon Hardy, of Abortion Support Services Atlantic, and a Special Recognition to Lorrie Boutilier, former Executive Director of the Sheet Harbour Sexual Health Centre. We are thrilled to honour these two for their remarkable contributions to sexual health in NS, and we look forward to celebrating them with an event as soon as possible!

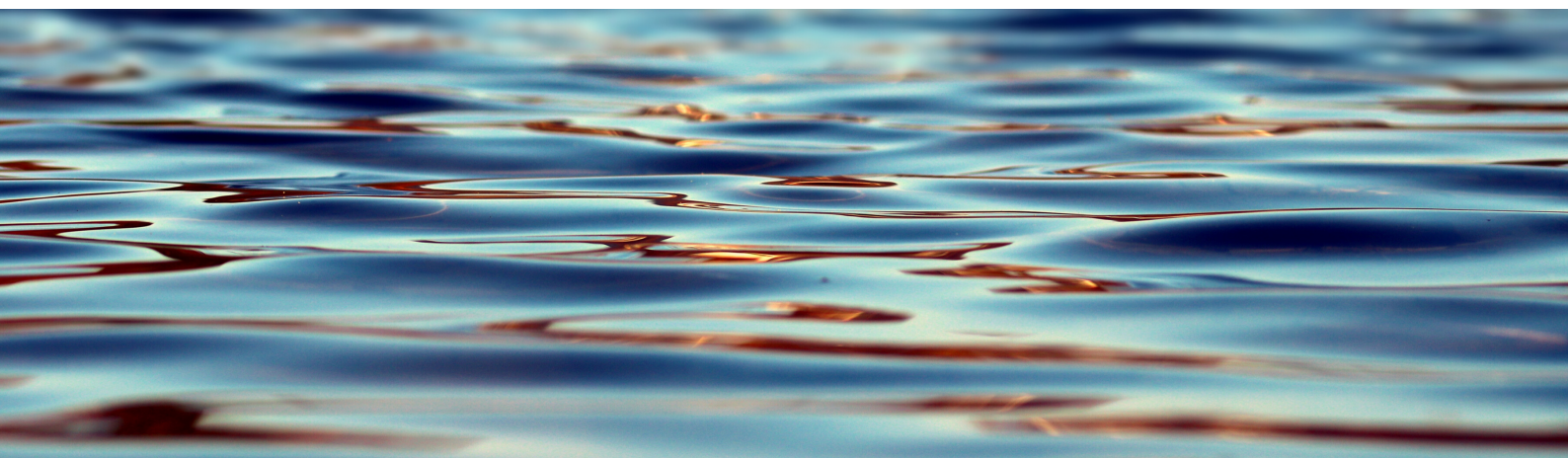
2019-20 HIGHLIGHTS

Sexual & Mental Health Library

During the 2018-19 year SHNS worked with our member-centres to create resources that now make up our Sexual & Mental Health Library on our website. The library was launched in March 2019 and throughout the spring of 2019 SHNS and our member-centres hosted community events across the province to promote the library. The library continues to expand with new resources being added continually, and it has been shared with organizations and individuals across Canada.

Sexual Health Educators Network

As a result of a number of conversations with member-centres and community partners, this year SHNS formed a network for people across NS doing sexual health education work with youth, in a variety of contexts. It is our hope that this network will be a way for folks doing this work to connect and discuss the challenges they face, and how to make sure that all students in our province have equitable access to comprehensive and inclusive sexual health education.



2019 - 20 HIGHLIGHTS

Member-Centre Highlights



Sexual Health Centre for Cumberland County

- Launched a new website (sexualhealthmatters.ca) and increased community engagement through multiple social media channels.
- *It Matters Media Club* engaged in partnerships with teen health centres in schools across Cumberland County.
- Produced original videos on content such as, emergency contraception, dealing with rejection, consent and the NS syphilis outbreak.



Cape Breton Centre for Sexual Health

- Acted as keynote speaker for Wellness Days at two local high schools.
- Welcomed new Executive Director, Ashlea Mills, to the centre!
- Attended a workshop with The Department of Justice on Human Trafficking and Sexual Exploitation, and began a partnership on the topic with the Elizabeth Fry Society of Cape Breton to connect with local youth.



Pictou County Sexual Health Centre

- Displayed work from Photovoice Project at local Art at Night Festival.
- Participated with other community organizations in Tampon Tuesday and began distributing menstrual supplies.
- Gathered local youth for an advisory group for the LGBTQ2+ Rainbow Recreation program.

2019 - 20 HIGHLIGHTS



Sheet Harbour Sexual Health Centre

- Hosted wellness clinics for the local community to receive pap tests, support services and other resources.
- Welcomed new Executive Director, Danielle Jackson, to the centre!
- Engaged in partnerships with local schools and community groups to deliver sexual health programming and resources.



Halifax Sexual Health Centre

- Moved from Quinpool Road to a new clinic space in the Bayers Road Shopping Centre, which has been a positive move for staff and clients.
- Updated the Electronic Medical Records system from Nightingale to Med Access, which has provided physicians, nurses, and staff with many new features that has improved scheduling, booking, charting and data monitoring.
- Increased social media followership a number of platforms, enabling the sharing of evidence-based sexual health information with a broader audience.



South Shore Sexual Health

- Facilitated a workshop for youth and adults with a mixture of abilities and needs at Penny Lane Enterprises.
- The centre officially changed its name to South Shore Sexual Health!
- Participated in Lunenburg County Home Support Fair, Acadia First Nations Health Fair, New Germany Health and Wellness Expo and presented at the Wellness Day for senior high students at Liverpool High.

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.

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!

