Sexual Health Centre Lunenburg County

Annual Report 2017-2018

Contact

Sexual Health Centre Lunenburg County
109 Logan Road, Unit 2
Bridgewater, NS B4V 3T3

(902) 527.2868
lunco.ns.sexualhealth@gmail.com
sexualhealthlunenburg.com

Mission

To promote sexual and reproductive health throughout the lifespan by providing information, education, and services, and encouraging informed responsible attitudes towards sexuality.

Values

pro-choice
evidence-based
anti-oppressive

LGBTQ positive
feminist
non-judgemental

youth friendly
trauma-informed
sex positive

Team

Julie Veinot, Executive Director
Katie Renner, Summer Outreach
Jan Cressman, Co-Chair
Kendra Fevens, Co-Chair
Rhonda Haines, Financial Officer
Kaitlin Richard, Secretary
Susan Berry, Director

Executive Director's Message

It has been a busy year, with many changes happening in the world including the #MeToo movement and increased awareness about the prevalence and harms of sexual violence and harassment.

This year, we've continued working in the schools with Harbour House Transition House and Lunenburg District RCMP to deliver consent education to Grade 8s throughout the South Shore Regional School Board. We haven't quite reached our goal of educating every single Grade 8 student in the board, but we are working on it.

We also teamed with Harbour House, the RCMP, Schools Plus, Freeman House, Second Story Women's Centre, and Sexual Assault Services Lunenburg Queens to host a #YouthToo event at Bridgewater Junior High. We spent the day with Grade 9s from around the South Shore and talked about consent, human trafficking, and intimate image sharing. Almost 180 youth attended this event and we hope to hold something similar again next year.

Demand for other presentations is also up, including our staple Safer Sex presentations as well as newer topics like Rape Culture. Thanks to the United Way of Lunenburg County, we are going into 2018-2019 with monies to help fund these classroom presentations. Reaching youth to prevent sexual violence and negative sexual health outcomes is always a priority, and we've been working with community groups to reach at risk youth (although we recognize that being young is already a risk factor for sexual violence, sexually transmitted and blood borne infections, and unplanned pregnancy).

Condom distribution is also reaching record levels. We are honoured to work with many community partners to ensure condom bowls and baskets are scattered throughout the South Shore. Many organizations carry our condoms to ensure that people have easy access to safer sex supplies. We also continue to distribute female/internal condoms and oral dams.

2017-2018 has been one of the busiest fiscal years since I started as Executive Director in 2014. The downside to this momentum is that we have been working with reduced provincial funding from Sexual Health Nova Scotia, as we contribute our allocation towards provincial initiatives. The upside of these provincial collaborations, though, is accessing better resources like *Doing It Better: Healthy Sexuality Education and Sexual Violence Prevention for Persons with Intellectual Disabilities*. This resource/project is a powerhouse and we have already distributed it to all the elementary learning centres throughout the South Shore Regional School Board.

Upcoming projects include researching and publishing a puberty eBook called GenderAwesome, for which we have received funds from our Lunenburg County and Queens Community Health Boards. We can't wait to unveil the finished project to the South Shore, so people going through puberty don't have to pick between pink and blue books to learn more about this important time in their lives.

It has been a busy year, and we look forward to contributing sex positive education throughout the South Shore.

Julie Veinot, ED

Top 10 Highlights of the Year

1. Moving to our new, accessible location on Logan Road—along with our Grand Opening February 13 during Sexual and Reproductive Health week.

2. Receiving funds from our Community Health Boards to create our gender diverse puberty resource.

3. Putting *Doing It Better* facilitator guides into the hands of learning centre teachers across the South Shore Regional School Board.

4. Rocking the #YouthToo conference at Bridgewater Junior High March 28 with 180 students keen to learn about consent, intimate image sharing, and human trafficking.

5. Medical abortions being offered to people on the South Shore.

6. Finishing our Sex Talks videos thanks to funding from our local community health boards and the Sexual Violence Strategy—so far, we've had over 1700 views, with the most watched videos including Sex Talks for Parents: Pornography.

7. #MeToo movement creating conversations about sexual violence and harassment, especially in the workplace.

8. The start of a toll free abortion line offering pro-choice information about how to access abortions in Nova Scotia (P.S. the number is 1-833-352-0719.)

9. Government promise to improve midwifery access on the South Shore in the wake of the suspension of midwifery care.

10. Collaborating with the NSCC Student Association to ensure student pantry is stocked with condoms, lube, and safer sex supplies.

What would your highlight of the year be?

Q & A

One of our favourite activities (for adults or youth) is the anonymous question box. The following is a selection of some of the questions we get. (If you're looking for answers, feel free to contact us or check out the Q & A section on our website.)

Do I have to go through with puberty? I'm a bit scared!

What is generally considered a healthy relationship? How can you tell if your relationship isn't healthy?

How often should a person shower and why?

What do the hard words you use mean? Like genitals.

What if a condom breaks while giving oral?

What age should you be before having sex?

Why do they flavour condoms?

Can lesbians get STIs?

What to do when your libido is in Toledo?

How do you spark interest when the mom is exhausted?

Do girls have more sexual feelings than boys?

How do you have sex? When do you have sex?

Costs and Savings

Investing in evidence-based sexual health resources makes good sense! These numbers are from a 2013 study by the Nova Scotia Association for Sexual Health, which has since rebranded itself as Sexual Health Nova Scotia.

A large U.S. study found that each distributed condom reduced HIV medical costs by $1. Yes, $1 per condom. We gave out 11,145 condoms this year. That is a theoretical savings of $11,145 in HIV related medical costs (although some condoms do end up as balloons!)

It was estimated that in 2008, the total cost of chlamydia—one of the most common sexually transmitted and blood borne infections in Nova Scotia—was $3.9 million dollars. The emotional costs of infertility caused by undiagnosed chlamydia, however, cannot be tracked by dollars.

Total cost of syphilis in Nova Scotia (2011)

$1,166,460

Teenage childbearing is associated with "negative economic effects, including lower labour force participation, lower wages, and lower education" (2013). People who postponed pregnancy earned at least 6% more than those who bore children early.

Finally, there are many costs which cannot be measured: the human experiences of going through negative outcomes like sexually transmitted and blood borne infections, unplanned pregnancy, and sexual violence. We work to change that with less than $32,000 towards our operating costs.

Spotlight on our Costs

- Pregnancy tests - $1.99 per strip
- External Latex Condoms - $0.20 per condom
- External Latex Free Condoms - $1.00 per condom
- Internal Condoms or Dams - $2.00 per item
- A 1-hour presentation with a 50km round trip - $65.19 (does not include prep time and materials)

Impact

We keep detailed statistics on our services and presentations so we can track our effectiveness, as well as long-term trends.

Please note that half way through the year, we changed our data collection to our new and improved system. If you have any questions, please feel free to contact us.

	2016-2017	2017-2018	Notes
Total client contacts	57	231	Includes individuals and professionals.
Total workshop participants		1093	We had 681 participants in the last year we kept track of them (2016).
Support for sexual violence survivors	NA	4	
Support for reproductive options including abortion	NA	9	
Distribution of condoms	5521	11,145	This includes external & internal condoms as well as dams and gloves.
Distribution of lube packages	1070	2570	Lube increases pleasure and reduces condom breakage.
Pregnancy tests	11	32	
Menstrual supplies	NA	22*	Kept records for just half year

Money Matters

We work with a small budget to ensure we keep our organization running smoothly and serving the people of Lunenburg and Queens Counties. Our core funding equals less than $32,000 a year, so we are always working to make our dollars stretch. Thank you to our funders and supporters who recognize we are important in the community.

REVENUE	
SHNS (Core)	31,641.76
Summer Student	2,904.00
Other Grants	325.00
Interest Revenue	5.08
Fundraising	633.66
Donation Income	116.50
SHNS (Surplus)	1,456.64
Other	25.00
TOTAL	**37,107.64**

EXPENSE	
Total Payroll	33,374.75
Fundraising	74.88
Accounting & Legal	31.15
Advertising & Promotions	772.67
Rent	5,160.00
Insurance	524.00
Mileage	655.86
Phone	593.59
Shipping & Handling	108.31
Interest & Bank Charges	114.75
Office Supplies	673.69
Safer Sex Supplies	(2,291.33)
Clinical Supplies	146.90
Miscellaneous	3,806.30
Staff & Board Development	35.00
Sexual Violence Strategy	871.10
Summer Student	2904.00
TOTAL EXPENSE	**47,555.62**
NET INCOME	**(10,447.98)**

ASSETS		**LIABILITIES**	
Chequing Account	6,655.46	Vacation Payable	470.70
Savings Account	5,065.29	Total Receiver General	
Total Cash		Total Liabilities	470.70
Computer & Software			
Office Furniture & Equip	1,405.18	**EQUITY**	
Total Capital Assets	1,405.18	Retained Earnings - Pre Yr	24,369.15
		Current Earnings	(10,447.98)
HST Receivable	3,005.55	Net Assets	1,739.61
Total Receivable	3,005.55	Total Retained Earnings	15,660.78
		TOTAL EQUITY	**15,660.78**
TOTAL ASSETS	**16,131.48**	**LIABILITIES & EQUITY**	**16,131.48**

Trends & Future Outlook

Each year, we track trends we've seen in our work, as well as gaps in services here on the South Shore, and sometimes in Nova Scotia. These are some of the few things we've noticed.

Health care for people who are trans... continues to be a concern on the South Shore. We know of little specialized care for people who fall under the trans umbrella, so we continue to refer clients to Halifax or the Valley.

Increased access for abortions... is one trend we have seen this year with the roll out of Mifegymiso (the medical abortion), the provincial toll free abortion information line, and the removal of barriers to access the Termination of Pregnancy Unit in Halifax at the QEII. We have work to do in rural areas to improve knowledge, as well as encourage practitioners to prescribe Mifegymiso, but we are hopeful this will change soon.

Ongoing lack of doctors and nurse practitioners... means we continue to field calls from people looking for basic health care like infection testing, prescriptions, and Pap tests. Interestingly enough, most of the people looking for STBBI tests are male or male-identified. We're not sure if this is because of awareness or because people with penises are more likely to show signs of infection due to their "plumbing" typically being on the outside.

Minimal community resources for supportive counselling and specific counselling after sexual violence... now that public mental health services no longer offers counselling, we are concerned that people who require counselling for whatever reason—but especially after a sexual assault—will be unable to access affordable care. Thankfully, Second Story Women's Centre, Harbour House Transition House, and Freeman House are trying to fill the gaps.

Better awareness of the importance of education for people with disabilities... we now have the fabulous *Doing It Better* facilitator's guide created by Emily Martinello for Sexual Health Nova Scotia. It is an incredible resource. Want an eBook version? Contact us.

Working on harm reduction approaches for sexting and intimate image sharing... we know youth are using technology to facilitate relationships, so we are glad to see people working to reduce harms while recognizing technology has a lot of positives.

Community awareness about human trafficking prevention... it is an age old problem that continues to plague our communities and most vulnerable youth. We have been discussing and hearing about human trafficking more and more, as well as how to teach youth about recognizing the signs of grooming.

Shout Out

As a small organization, we rely on many partnerships and supporters to help us achieve our mission. Some of them are listed below and we apologize profusely if we have missed any of our valued partners.

Abortion Support Services Atlantic
Action Canada for Sexual Health and Rights
Better Together Family Resource Centre
Bridgewater Police
Canada Summer Jobs
CATIE
Community Hub and Schools Plus Interagency Meetings
Department of Health and Wellness
Freeman House/Family Service of Western Nova Scotia
Fresh Air Films
Harbour House Transition House
Lunenburg County Community Health Board
Nova Scotia Community College
Nova Scotia Health Authority
Mental Health and Addictions
PAMCO
Public Health
Queens Community Health Board
RCMP
Schools Plus
Second Story Women's Centre
Sexual Assault Services Lunenburg Queens
Sexual Assault Services of Nova Scotia
Sexual Health Nova Scotia
Sexual Violence Strategy
South Shore Regional School Board
United Way of Lunenburg County

Finally, last, but definitely not least, we thank our volunteers and supporters who provide their precious free time to helping us keep the Centre running.