

[President's message](#)

[Executive Director's Report](#)

[School Sexual Health Education](#)

[Clinical Services](#)

[2005 AGM](#)

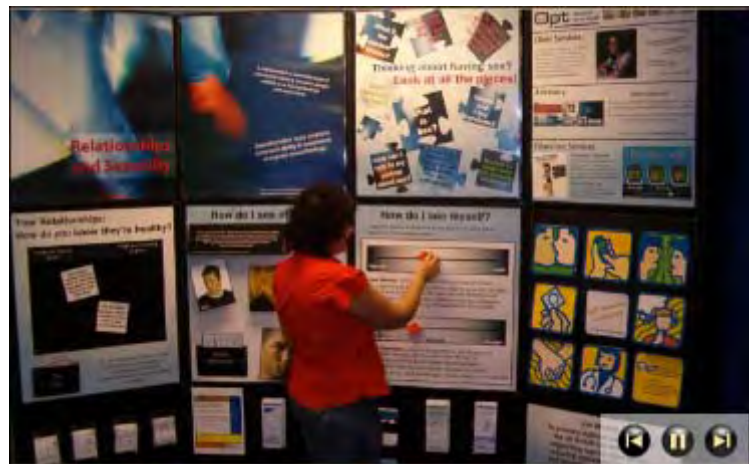
[Program Funding](#)

[Our Clients](#)

[Working with Others](#)

[Strength in Numbers](#)

[Financial Report](#)



A society that celebrates healthy sexuality, its diversity of expression, and a positive self-image for individuals throughout life.



[Don't Be A Blank](#)

A Popular bus ad displayed throughout the Lower Mainland as part of the school sexual health advocacy campaign.

[President's Message >](#)

Annual Report 2005-2006

Contents

**Executive Director's
Report**

**School Sexual Health
Education**

Clinical Services

2005 AGM

Program Funding

Our Clients

Working with Others

Strength in Numbers

Financial Report

Our Icons

Our Vision

A society that celebrates healthy sexuality, its diversity of expression, and a positive sexual self image for individuals throughout life.

PRESIDENT'S MESSAGE

OPT is about people trying to make a difference. So I want to begin by thanking everyone who contributes to our success. First are the unsung heroes—the volunteers who show up at clinics week after week; and the provincial and local Board members who attend regular meetings, and serve on various committees, producing reports and keeping OPT moving. We need to sing your praises more often. Then there are the paid staff, both in our head office and in our clinics—what would we do without your care and attention, whether in the clinic setting, providing education services, or performing all those administrative functions that keep us going. And there are our clients—in clinics, schools, educational settings, etc., all trying to take responsibility for their lives or help improve the lives of others. All of this effort does make a difference.



OPT is a dynamic organization, celebrating successes and facing challenges. This past year we have been challenged by funding issues, finding volunteers for Boards at all levels, closing some clinics and opening others, responding to items on television and in other media, advocating for ECP that is widely available on a confidential basis, surviving break-ins and a fire, and supporting our national organization, the Canadian Federation for Sexual Health, to name a few.

On the other side of the ledger, the Board is discussing how OPT can promote the celebration of healthy sexuality in our programs. OPT continues to influence and expand the availability of sexual education programs in schools. An ever increasing and continually amount of information on our websites is available to parents, teachers and especially youth. Our sites are upgraded continually, so that information is accurate and up-to-date. OPT continues to be "on the move."

It is a privilege to be part of this organization and I look forward to another year as Board president. These are challenging times filled with many opportunities. Let's pull together to make the coming year a success on every level. Together we can do it.

A handwritten signature in cursive script that reads "Margaret L. McKelvie".

Margaret McKelvie
President

Annual Report 2005-2006

Contents

President's message

School Sexual Health
Education

Clinical Services

2005 AGM

Program Funding

Our Clients

Working with Others

Strength in Numbers

Financial Report

OPT Icons

Our Mission

To promote optimal sexual health for all British Columbians by supporting reproductive choice, reducing unplanned pregnancy, and providing quality education, information, and clinical services.

EXECUTIVE DIRECTOR'S REPORT

2005-06 marked an important milestone in the development of Options for Sexual Health, in terms of our public presence as an advocate for improved sexual health education. With this our first major advocacy initiative, OPT moved the issue of sexual health rights well beyond the confines of abortion to more comprehensive ground, with a significant population health focus, and across public policy mandates to education as well as health. Our initiative ignited broad encouragement and interest – even excitement, not only among our partners and other groups and individuals in the field of sexual health, but also among our funders, our suppliers and contractors, and members of the public involved in our focus testing and consultations. The response confirmed for us that we were doing the right thing at the right time



The diversity of our revenue base continued to be a strength of the organization, although the lack of any change over several years in OPT's sources of public health funding continued to put pressure on the goal of maintaining low-cost contraception for our clinic clients, and prompted increases in the fees charged for sexual health education services. In 2005-06 approximately 53% of our revenue was earned by our service activities, less than one quarter came from contracts with government health agencies, and about one quarter came from grants, donations, memberships and other fundraising.

One incident may also be seen as symbolizing the strength of Options for Sexual Health, and the quality of the people we have in the organization. When media reports renewed concerns about Depo-Provera and bone density loss, particularly in young women, OPT produced an up-to-the-moment, carefully verified fact sheet, new clinical protocols, more comprehensive client consent forms, and fresh advice to women using that contraceptive method, and we posted the material on our Web site within a few days of the media stories. Our rapid, accurate and practical work was immediately adopted by public health units across North America, and by health care providers in a number of countries around the world.

This incident also underscored for us the importance of the Web as a means of achieving our mission and promoting our vision of celebrating healthy sexuality in its diversity of expression throughout life. As we closed the year we prepared for a fundamental review and upgrading of our Web presence to enhance our impact.

OPT owes a great debt to the staff in every location who unfailingly and enthusiastically delivered excellence and creativity to our clients and our programs, to the volunteers who supported the clients and staff in our clinics and presented our organization in community settings, and to the volunteers who gave their skills, energies and dedication to the work of our Provincial Board of Directors, and our Branch Boards. Thank you all.

Annual Report 2005-2006

Contents

President's message

Executive Director's
Report

Clinical Services

2005 AGM

Program Funding

Our Clients

Working with Others

Strength in Numbers

Financial Report

Useful Links



[OPT Advocacy](#)



SCHOOL SEXUAL HEALTH EDUCATION: TAKING IT TO THE STREETS

With essential background research and consensus-building complete, OPT moved into 2005-06 with plans to bring the issue of quality sexual health education in school to every family in British Columbia. At the end of August we mailed a mock “back to school” flyer to 1.34 million BC households. The colourful flyer used humour and serious messages to highlight the importance of sex education and to guide parents and youth to tools they could use to take action in their communities to improve its quality. The flyer was complemented with:

- a province-wide bus advertising campaign with the message: “When it comes to sex, don't be a blank”
- an interactive Web site (opt2act.org) that offered various opportunities to get involved in the issue, and provided an i-Pod as a prize for one lucky participant
- toolkits for parents and youth to enable them to assess the quality of sexual health education in their own schools and take local action to promote improvement.

The public and media response was overwhelmingly positive. Our campaign Web site received over a quarter of a million visits in the following month, and the calls and email we received indicated widespread endorsement and support of the effort. The campaign generated over 30 media stories throughout the province about the state of sexual health in BC, OPT and its services.

In the ensuing months, requests from schools and Parent Advisory Councils for OPT education services rose dramatically, and the nature of those requests shifted toward continuing sexual health education programs, as opposed to “one-off” sessions. OPT also noted a marked increase in the requests it received for professional training in the instruction of sexual health education. Here are some other examples of what happened in the provincial school system during the year:

- The Southeast Kootenay School District became the first school

district to include sexual health outcomes in its accountability contract with the Ministry of Education, and it continued a process of community dialogue on sex education through the school year. The District received OPT's 2005 Education Award for its initiative.

- The Vancouver School Board invited OPT to participate in the redesign of its curriculum and provide additional training for teachers. In particular, the Board focused on a major program of upgrading the sexual health education skills for Grade 5 teachers, in recognition of the fact that intensified education is needed earlier in the student's experience.
- The Castlegar and Revelstoke School Boards invited OPT to discuss opportunities to improve sex education for their students.
- The Prince Rupert School Board signed a \$20,000 education agreement with OPT, and actively promoted collaboration between OPT and its schools.
- The Comox School District renewed its \$5000 commitment for OPT services for the 2005-06 school year.

[Clinical Services >](#)

Annual Report 2005-2006

Contents

President's message
Executive Director's Report
School Sexual Health Education
2005 AGM
Program Funding
Our Clients
Working with Others
Strength in Numbers
Financial Report

Clinics



New Regional Branch opened in the East Kootenays

providing service to four communities.



CLINICAL SERVICES: MORE COMMUNITIES SERVED WITH NEW MODELS OF SERVICE

A new Branch in the East Kootenays brought OPT's sexual health services to Creston, Kimberley and Fernie. Building on the existing base in Cranbrook, a dynamic team of community representatives used the model of the West Kootenay Branch to establish another regionally-oriented organization. The communities involved demonstrated their keen interest in the new services with substantial start-up funding as well.

Public Health nurses in the North West proved to be a "take charge" group. A group of them decided to put OPT's emerging agreement with the Northern Health Authority to work early by opening new clinics on the Queen Charlotte Islands that reflected the spirit of the proposed partnership. Their spirit and that of OPT staff made the initiative smooth and easy - a harbinger of success to come, we trust.

The resources and supports available to OPT's clinical staff and volunteers were significantly enhanced during the year with:

- completion of a new Clinic Orientation Manual and Clinic Operations Manual clarifying the aspects of clinic operations where uniform standards and protocols are essential, and where nurses have the flexibility to organize activities to meet client needs and preferences.
- introduction of a Web forum for all field nursing staff, giving them ready access to new clinical information, and a vehicle for sharing best practices or gathering advice and ideas.
- institution of a major annual professional development conference, well supported by expert presenters and open to both OPT and external nurses. Interest from outside the organization continues to increase.

Contents

- [President's message](#)
- [Executive Director's Report](#)
- [School Sexual Health Education](#)
- [Clinical Services](#)
- [Program Funding](#)
- [Our Clients](#)
- [Working with Others](#)
- [Strength in Numbers](#)
- [Financial Report](#)

OPT Award Winners



THE 2005 ANNUAL GENERAL MEETING

OPT's Annual General Meeting comprises an evening of celebration and recognition of exceptional contributors to sexual health in the province, and a business meeting the following morning. The 2005 AGM was held on September 30 and October 1 in Richmond. The following awards were presented:

The Education Award was given to the Southeast Kootenay School District for its leadership in engaging the community in discussion on how to enhance the quality of school sexual health education, and for its initiative in including sexual health outcomes in its accountability contract with the Ministry of Education. Corinne Gilchrist, the Director of Instruction for the School District and a leading force behind its accomplishments, was present to accept the award.

The Dorothy Shaw Award for volunteer leadership was presented to Diana Orser from Castlegar. Diana is quiet and modest about it all, but she was at the heart and soul of the creation of our West Kootenay Branch, investing not just her time and skills, but a good deal of her own resources in the development and promotion of the services being introduced to the area. The commitment of others in the Branch was based in good measure on the example she set.

Dr. Jan MacPhail received the Jeffrey Dolph Memorial Award, given to a physician working with OPT who demonstrates outstanding dedication and compassion to our clients. Dr. MacPhail has personified these qualities week in and week out at our clinic on Salt Spring Island, but her commitment was particularly evident when the building housing our clinic burned down. Dr. MacPhail offered her own offices as a home for the clinic until reconstruction was complete.

Nominations for the Volunteer of the Year Award come from fellow volunteers and OPT staff, so every nominee can take a lot of pride in the recognition that comes with the recommendation. Cherith Golightly and Lisa Dawn Hamilton were the 2005 recipients of this Award. Cherith had been omnipresent in the Sunshine Coast Branch, providing clinic support, administrative services and Branch Board participation. Lisa Dawn Hamilton is well known for her enthusiastic and tireless promotion of

sexual health in community settings in the Lower Mainland, as well as her support on the Facts of Life Line.

The Executive Director's Award of Excellence is given to staff members who have made an exceptional contribution to the quality of our services and the performance of the organization. The 2005 recipient was Carmen Sigalet, the clinic supervisor in our Vernon Branch. Carmen earned the award for her extraordinary care of clients in the Vernon and Lumby clinics, for her conscientious and skilled transfer of clinical and scientific knowledge to her colleagues, and for her intelligent and sensible contribution to the policy and operational aspects of OPT's clinical services program.

Martine Gauthier, an OPT Board member, presented a lively and enlightening summary of her recent research on the processes of ideation and decision making with respect to sexual expression, pregnancy and motherhood, in a study population of adolescent females. Martine's research was done in Florida, but her observations and findings resonated strongly with an audience familiar with similar issues and perspectives here.

In the second presentation of the evening, Gloria Laroque spoke movingly about her remarkable work on the Aboriginal Angel Doll Project. Gloria created a beautiful display comprising one hundred hand-made dolls that represent missing and murdered Aboriginal women in Canada. Beyond the sadness of what the dolls symbolize, both the display and Gloria's message inspire hopefulness and compassion.

At the business meeting the following morning, members elected new Directors, completed the other standard business of the occasion, and adopted a new mission for the organization:

To promote optimal sexual health for all British Columbians by supporting reproductive choice, reducing unplanned pregnancy and providing quality information, education and clinical services.

[Program Funding >](#)

Annual Report 2005-2006

Contents

President's message
Executive Director's Report
School Sexual Health Education
Clinical Services
2005 AGM
Our Clients
Working with Others
Strength in Numbers
Financial Report

Our Funders



Ministry of Health



Lower Mainland, Fraser Valley,

Campbell River & District, Castlegar & District, Comox Valley, Cranbrook, North Okanagan Columbia Shuswap, and Nelson & District United Way



Columbia Basin Trust



Vancouver Foundation



Ministry for Public Safety

Super Sex-Educator ACTION FIGURE!

Easy to talk to - speaks your language!
Strong, Positive and FUN!



PROGRAM AND PROJECT FUNDING

Ministry of Health funding for the Facts of Life Line continued through 2005-6, at the same level as the previous year. OPT also continued to receive program funding from the Provincial Health Services Authority (PHSA), also unchanged.

OPT was generously funded from the Direct Charitable Access program of the Gaming Policy and Enforcement Branch of the Ministry for Public Safety. In fact, we received supplementary funding in support of our school sexual health education campaign. Most of OPT's gaming funding was used to subsidize the cost of OPT's education programs for school students, parents and others.

OPT also acknowledges the core and program support we received from the United Way of the Lower Mainland, the United Way of the Fraser Valley, the Campbell River and District United Way, the Nanaimo and District United Way, the Castlegar District United Way, the Comox Valley United Way, the United Way of Cranbrook, the United Way of the North Okanagan Columbia Shuswap, and the Nelson and District United Way.

OPT participated in a funding review by the United Way of Nanaimo and District. These are welcome activities because they allow us to review the key sexual health issues in the community, and the challenges we face as an organization. OPT also participated in discussions organized by the United Way of the Fraser Valley to introduce 211 service to the area. 211 is intended to be a rapid means of connecting people with health and social services they require.

[Our Clients >](#)

Contents

President's message

Executive Director's Report

School Sexual Health Education

Clinical Services

2005 AGM

Program Funding

Working with Others

Strength in Numbers

Financial Report



What our clients say

"I am happy that a place like this exists!"

"It is really sad that the Coquiltam clinic was closed because it was so close to the high school and gave teens a place to go to get information. Now we have to go to another city to get birth control and info. Lots of my friends stopped using birth control when that clinic closed. I find it to be a very disappointing situation."

"A great place to get information. I feel open and can ask the staff anything and won't feel awkward."

"I have no problems with this place, it is more than I can ask for! I only wish it was open more days during the week."

OUR CLIENTS

"The volunteer that spoke to me was very nice, friendly and informative. She gave information that was needed, answered questions and was thoroughly involved. The clinic was very clean and had many supplies." ~ a satisfied client~

OPT periodically asks clinic clients about their level of satisfaction with our services, how they learned about our clinics and why they come to OPT. The feedback we got in 2005-06 was encouraging. Most clients reported that they chose OPT because we take the time to explain things and offer a friendly service environment. Many clients came because our prices are reasonable. By far most clients were seeking information on contraception and contraceptive products. Information from a friend was a very common way to learn about OPT; school and doctor's offices were the second most common way, and the Facts of Life Line and local posters were third. Even though OPT's bus ads don't focus on clinical services, many clients cited them as the starting point for contacting us.

A number of clients wanted to see longer hours of clinic operation, including daytime hours, and some clients expressed the wish that contraceptive prices would be lower. Returning clients were sometimes irked by receiving the full introductory information over and over again. Our staff and volunteers got a lot of "thank-you"s, however, and overall OPT's clients were very satisfied with their experience.

OPT also requests evaluation feedback after education sessions.

Be sure to visit our website at www.optionsforsexualhealth.org

Contents

President's message

Executive Director's Report

School Sexual Health Education

Clinical Services

2005 AGM

Program Funding

Our Clients

Strength in Numbers

Financial Report

Partners

ANKORS



NATIVE COURTWORKER™
AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA

Vancouver Coastal Health
Promoting wellness. Ensuring care.

VSB



WORKING WITH OTHERS

OPT was joined in the public advocacy campaign on school sexual health education by several partners. YouthQuest, Island Sexual Health Society, YouthCO AIDS Society, ANKORS and the Vancouver School Board all participated in the design of the household flyer, and brought their networks of contacts into play to promote the parent and youth toolkits.

OPT continued to partner with the Vancouver Coastal Health Authority in the delivery of a youth clinic in North Vancouver. This arrangement has proved to be beneficial to both parties, and the clinic is attracting more young people than ever before.

By the end of the fiscal year, OPT and the Northern Health Authority had developed a final draft of the partnership agreement that would extend the delivery of sexual health clinical services into every community with a public health nurse, supported by OPT's training, supply systems and quality management program. Formal approval and implementation were expected in late summer or early fall.

OPT delivered a training program for a number of front line workers providing services to Aboriginal youth and adults, in collaboration with the Native Courtworker and Counseling Association of BC. This arrangement was an important complement to the education services OPT provides to youth in custody.

Contents

President's message

Executive Director's Report

School Sexual Health Education

Clinical Services

2005 AGM

Program Funding

Our Clients

Working with Others

Financial Report

OPT appreciates...

Our Members...

235 British Columbians support OPT through an active membership.

Our Donors...

321 people donated generously to further the work of OPT.

Our Volunteers...

Almost 400 clinic volunteers worked a total of 10,438 hours in 49 clinics throughout BC.

THANK YOU!



STRENGTH IN NUMBERS

"We won't always know whose lives we touched and made better for our having cared, because actions can sometimes have unforeseen ramifications. What's important is that you do care and you act." --Charlotte Lunsford

We are very grateful to the members who supported and encouraged us through 2005-06, and to the wonderful teams of volunteers who serve on our Boards at the Branch and Provincial level, serve clients in our clinics week after week, build public awareness and knowledge at community events, and work with our nurses on the Facts of Life Line.

We received generous financial donations from many individuals, employee groups, businesses and other community service organizations. Four organizations – the Ladysmith Eagles, the Ladies Auxiliary 2726 of the Fraternal Order of Eagles in Abbotsford, the Elk Valley Hospital Foundation, and the Creston Gleaners Society – each donated \$1000 or more to OPT, as did five individuals. We also received support again in 2005-06 from the Ian F Manning Memorial Fund for the support of education programs.

Financial Report >

Contents

- President's message
- Executive Director's Report
- School Sexual Health Education
- Clinical Services
- 2005 AGM
- Program Funding
- Our Clients
- Working with Others
- Strength in Numbers

When we began...

The first family planning clinic was opened in Vancouver in 1965 by Medical Advisory and dedicated nurses. The clinic was financed through donations and a small charge for services. Held in the basement of a house near 10th and Laurel, the clinic was attended by 176 patients by the end of that year.

FINANCIAL PICTURE

Extracted from Audited Financial Statements

REVENUE SOURCES
OPTIONS FOR SEXUAL HEALTH
April 1, 2005 to March 31, 2006



BREAKDOWN OF REVENUE TYPES



EXPENSE SUMMARY
OPTIONS FOR SEXUAL HEALTH
April 1, 2005 to March 31, 2006



Click on any image to see it enlarged.