



OPTIONS FOR
SEXUAL
HEALTH

MY BODY MY CHOICE

**ANNUAL REPORT
2018-2019**



DID YOU KNOW?

Options for Sexual Health has been a society since 1963, opening our first sexual health clinic in 1968.

Although our mission and vision have shifted and changed over the past 50+ years, we have continued to honour our feminist roots, while stepping into an intersectional, inclusive, and anti-oppressive framework. In 2018, we identified a focus on truth and reconciliation.

We acknowledge the Options for Sexual Health Provincial Office is within the ancestral, traditional, and unceded territories of the xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and selíl'witulh (Tsleil-waututh) Nations. Our clinics are located on the homelands of the 198 First Nations and Métis people. We recognize truth and reconciliation as integral to our work in striving for sexual and reproductive justice and access.

Annual report prepared by Options for Sexual Health. This annual report shares what we have been up to as an organization during the 2018-2019 Fiscal Year. We encourage readers to share this document as a means of others getting to know Options for Sexual Health.

If you have any questions about anything in this annual report, or about Options for Sexual Health, you can contact our Executive Director, Michelle Fortin at mfortin@optbc.org.

Thank you for reading!

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A YEAR IN REVIEW: OPT/Opt no more ... We are Options for Sexual Health!

Oh what a year it's been! It's often hard to reflect on the last year when there is so much happening in the day to day at Options but 2018/19 was a banner year. The Annual Report will have the numbers along with stories of how the team at Options honoured the theme of My Body My Choice.

We started the fiscal year with our first every Chews & Brews for Choice which came out of the frustration that there are still folks who would like to take away reproductive freedoms and they collectively act on the Thursday before Mother's day, taking anti-choice messages to legislatures around the country. Our response, let's have a meal or a beverage and talk about how choice is a Canadian value (78% of Canadians support choice) and what it means to live in a society that honours reproductive justice.

As a social profit, we have put on an annual fundraising breakfast, but the ticket price makes it not accessible to students and most working folks. So, we followed Chews & Brews for Choice up with a 'Sexy Trivia' night in June out in Burnaby. One of the realities for Options has been finding a way to engage our base, the younger folks we see in our clinics, and the ones who volunteer for us. A shout out to Ashleigh's sister Alannah for her amazing comic stylings as our emcee!

The summer was exciting as Hot Soup began to roll out our new logo along with icon, tagline and colours. The process that got us to where we have landed was made up of many strategies. The one I appreciated most was asking people things like 'so tell me what Options feels like', if Options was a member of your family, who would it be' or 'when you think of Options is it Ellen or Oprah'. The idea that people anthropomorphized Options and we became the cool aunt who is more Ellen than Oprah made complete sense to the team. It has certainly allowed us to 'lean in' to our amazing new branding – because it reflects the tried and true brand.

The fall brought a wonderful opportunity to connect together as a team for strategic planning. A day spent in celebrating the work and figuring out how to do it better/different in this digital age. Primarily, it was a lovely opportunity to board, leadership team, staff and some volunteers to get to know each other and develop a shared vision.

December we reached out to some of our longtime friends and allies to ask about our Heart Your Parts Breakfast. It was lovely to hear that no matter the month or the venue, people would always attend to support us. This gave us the opportunity to look at Sexual and Reproductive Health Week differently and focus on our mission and the work.

Throughout the year our amazing volunteer Board of Directors governed and steered the organization with the same passion and professionalism we see in our staff and volunteers. The Board took time this year to review their policy manual and identified ways to better support each other and the mission of Options. I have much gratitude for their guidance on our strategic directions and willingness advocate for reproductive rights, justice and freedoms every day.

To the leadership team who makes Options the force it is. For the tireless work ethic you model, the creativity you inspire, the strategic connections you forge, the bridge building you instigate, the systems you navigate, the challenges you conquer and the commitment you demonstrate every single day – you are the heart of the organization. Thank you.

Yours in sexual and reproductive choice,



Michelle Fortin
Executive Director

Options for Sexual Health is Canada's largest sexual health care provider with clinics in over 50 communities throughout BC, education programs, and our Sex Sense information and referral service. We are a registered non-profit society in the province of British Columbia and a registered charity with the Canada Revenue Agency. Options for Sexual Health is proud to be a new partner in Foundry Youth Mental Health and Substance Use Centres across the province and expanding our relationships with our First Nation community partners.

Our mission is to champion and celebrate the sexual health of all people in BC by supporting, providing, and promoting inclusive and accessible health care and education. We care about the healthy sexuality of all British Columbians. We offer sexual and reproductive health care, information, and education from a feminist, pro-choice, sex positive perspective.

OUR CLINICS

Our clinics are situated across the province, and are staffed by nurses, doctors, and trained volunteers. We offer birth control counselling, low-cost contraceptives and supplies, sexually transmitted infection (STI) screening and testing, cervical cancer screening (Pap tests), pregnancy testing and Options for Sexual Health counselling, and general sexual health information and referrals. We serve all ages, all genders, and all orientations. Learn more about our Clinical Services on page 9.

OUR EDUCATION SERVICES

Our education programs provide informative, fact-based presentations in a comprehensive, nonjudgmental, and accessible style for all ages. Our programs cover a variety of sexual and reproductive health issues for different levels of knowledge and education, including comprehensive education for kindergarten through grade 12, Askable Adult workshops, and programs for professionals. Learn more about our Education services on page 12.

SEX SENSE

Sex Sense is a toll free and confidential service offered to all residents of B.C. Got a question? We've got an answer! Call 1-800-739-7367 or go to sexsense.org to speak to a nurse, educator, or counsellor about sexual health, sexuality, contraception, clinic locations, or clinic referrals. Our line is open 9 a.m. to 9 p.m., Monday to Friday.



ALL ABOUT CHOICES



Anatomy of a Brand Refresh

In 2018 we undertook a full brand refresh process. Although we knew that we were going to stick with our name, Options for Sexual Health, we felt the need to update our look, affirm what we do, and have a brand that harmonizes all of the various elements of what we do.

This is where we are now, and we could not be happier with the results!

OPTIONS FOR SEXUAL HEALTH

A BRAND THAT SPEAKS

As an organization with a long standing history, with deep roots in feminism, and new steps toward inclusion, diversity, intersectionality, and reconciliation, it was important to us to have a brand that incorporated where we have come from and where we are going.

ENGAGING OTHERS

When we began the process, working with Hot Soup, getting input from our staff, volunteers, clients, patients, and stakeholders was essential: we wanted to ensure that we were who we thought we were, and find out how others saw us. Utilizing Hot Soup's techniques and tutelage, we were able to confirm three key *brand meanings* that aligned with who we saw ourselves to be as an organization, and also who others saw us to be: mind opening, caring, and community focused.

VALUES

It was also important to us that our *brand values* aligned with our new logo- and how do you make a two-dimensional object connect to values? What Hot Soup helped us to land on is the open question O; an opening for dialogue, that sits nestled inside the word Options. Our values that were identified and corroborated by our supporters, staff, and users are Knowledgeable, Engaging, and Inclusive. We love how our values are reflected within the logo and icon.

GRATITUDE

We are confident that we now have a brand that looks and feels like "us". Thank you to everyone who contributed to this process, especially our friends at Hot Soup!

Full annual report can be found on our website:
optionsforsexualhealth.org/impact/annual-reports/

CLINICAL UPDATES

36,701 SERVICES
(35,176 IN FY 17/18)

PROVIDED TO **23,633** PATIENTS
(23,892 IN FY 17/18)



**3 NEW PARTNERSHIPS
WITH FIRST NATIONS
COMMUNITIES:**
GITANMAAX
WHALLEY
WITSET



**STI APPOINTMENTS
INCREASED BY
6%**



**IUD INSERTIONS
INCREASED BY
24%**



SEX SENSE



**RESPONDED TO 9,917
CALLS AND EMAILS**
 (11% INCREASE FROM FY 17/18)



EDUCATION UPDATES



Where Did We Teach This Year?

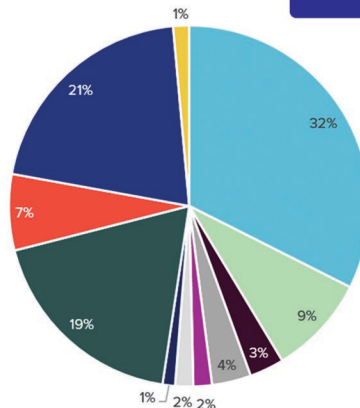
Vancouver	Trail
North Vancouver	Whistler
Burnaby	Jaffrey
Coquitlam/PoCo	Langley
Sechelt	Kamloops
Gibsons	Salmon Arm
Garibaldi Highlands	Cranbrook
Robert's Creek	Nanaimo
Fernie	Parksville
New Westminister	Skatin/Tipella
Squamish	Surrey
Brackendale	Tsawwassen

FINANCIAL UPDATES

FUNDING SOURCES

With acknowledgement of the
generous support from:

- Provincial Health Services Authority
- Ministry of Health
- Community Gaming Grant
- United Way
- Aspen, Merck, Pfizer, and Mylan
- Sponsors of the HYP Breakfast
- Our generous donors
- And many others!



PHSA - Clinics	\$924,915
Ministry of Health - Sex Sense	\$255,150
BCCDC - HIV & HCV	\$88,301
Gaming	\$100,000
PHSA - Website	\$47,500
United Way	\$46,347
Other Grants	\$31,651
Medical	\$532,213
Education	\$194,465
In kind	\$590,912
Other	\$40,914
Total	\$ 2,852,368

ORGANIZATION UPDATES



- New website launched March 8th
- Successful brand refresh resulted in a brand new logo and icon
- Received funding for a new position HIV/HCV Educator and new resource for Womxn living with HIV or HCV.

- Participated in and hosted 6 events during Sexual and Reproductive Health week
- Our first ever Chews & Brews, a fundraiser that's all about choices, was held on May 10th in 2018, and had 5 partner locations.

NEW INITIATIVES

CHEWS & BREWS FOR CHOICE



CHEWS & BREWS for CHOICE

From the work we do in our clinics, to the education we provide in schools, to the events we participate in, choice truly is an important aspect of Options for Sexual Health. In May 2018, on the Thursday before Mother's Day, we hosted our first Chews and Brews for Choice event to further promote choice. We specifically chose this day because it is the day that anti-choice organizations host a March for Life on the steps of legislatures across the country as well as at Parliament in Ottawa.

Chews & Brews for Choice is a one day event in which Options for Sexual Health engages with local restaurants and breweries to highlight people's support to choice and unfettered access to reproductive rights. Along with awareness raising, Chews & Brews for Choice provides an opportunity for local businesses and patrons to show their support of pro-choice organizations by enjoying a meal or beverage that has menu items that, if chosen, will have a portion donated to Options for Sexual Health. Importantly, our first 3 restaurant and 2 brewery partners all employ young people who are the exact demographic of folks who access and need our clinics and our Sex Sense resource.

SEXUAL & REPRODUCTIVE HEALTH WEEK

Sexual and Reproductive Health Week Calendar 2019					
9/10	11	12	13	14	15
Sexual Health Pop Up Clinic Location: Kootenay Loop Clinic Time: Feb 9, 10 a.m. - 4 p.m.	All open Clinics extra RN for Pop screening	All open Clinics extra RN for Pop screening	All open Clinics extra RN for Pop screening	All open Clinics extra RN for Pop screening	
	Sex Ed for Seniors Location: Haro Park Seniors Centre Closed event	Ask a Sexpert: Everything you should have learned in sex ed Location: Foundry Kelowna	Snack & Chat: Location: North Van City Library Youth Sex Ed Time: 4:00-5:30 pm	Missing and Murdered Indigenous Women's March Location: Main & Hastings 12pm	Dr. Carmen Logie with CISHE Location: St Paul's Hospital Room 1500 Time: 12-1
	Sexy Trivia Night - Partnership with HIM @ Pumpjack Pub	Let's Talk About Sex! SFU Shell House 5 p.m. - 7 p.m. (Q&A followed by exhibition)	Movie Night In the Atrium: Big Mouth (plus discussion) Location: 3550 Hastings Time: 6:30-9:30 pm	Just for Laughs: Lady Show Location: Granville Island Time: 8-10 Tix required	Open House at Options Locations: 3550 Hastings Street Time: 3-6
				People's Prom Location: East Side Studios Doors at 8 pm	

Historically Options has used Sexual and Reproductive Health Week (SRH), held the second week in February, to honour a Sexual Health Champion and have our Heart Your Parts Fundraising Breakfast. This year, inspired by conversations during strategic planning, we decided that SRH week was the perfect opportunity to lean into our mission.

Each SRH Week has a theme and this year's theme was 'Sexual Health At All Ages'. With this in mind, we looked at opportunities to engage with different populations, in different settings and across different health authorities. We took the opportunity to enhance existing relationships, like our Sexy Trivia Night with the Health Initiative for Men in Vancouver for queer men 19 and up.

We also forged new partnerships when we did a 'Snack and Chat' with school aged youth at the North Vancouver Public Library and a 'Sex Ed for Seniors' at Haro Park Assisted Living Centre. While we were not able to have events in every health authority, we see opportunities to do so in the coming years.

We know that no matter the theme we will be spending SRH weeks in the future out in the communities we serve, expanding our partnerships and amplifying our message.

Being a pro-choice organization means that Options for Sexual Health offers unbiased and inclusive reproductive health services, information and education to all who want them. Individuals must have the freedom to make their own decisions about their health care, based on up-to-date, evidence-based information, without interference or judgment. Our clinicians and staff support patients by presenting the full range of available options to empower patients in their decision making.

"I have never seen care like I received at Options anywhere else, and I don't even believe it is possible that it could be available through the [typical] health care system. My visit affirmed my sexuality." ~ Options client

When someone comes into our clinic, we make no assumptions and honor the story that brings them to us. When someone books an appointment with us, we ask if they would like reminder calls for their appointments and if it is ok for us to leave a detailed voice message. We attempt to provide the information the patient needs during clinic visit, so that they are able to make a choice that works for them.

"[I feel] more confident. At this point in my life it has made me more confident about family planning. I have asked more questions about family planning than I thought." ~ Options client

We also offer clients access to our team of experts at Sex Sense, which is open Monday to Friday 9am to 9pm. Sex Sense is an excellent resource to find your closest provider, and ask questions about anything to do with sexual health, including general follow up questions in case you forgot what the clinician told you during the appointment.

"Before it felt very hush-hush, but you are very open, so if there was an issue about my sexuality, I know you are a resource that I can go to if I have any questions." ~ Options client

Pro-choice means we endeavour to carry as many different contraception options on hand as possible, so that when someone comes in to one of our clinics, they can walk out with a product that suits their body and their lifestyle. We know how difficult it is for people to access contraception, let alone have a choice in the product that works for them. We also know that finding the right contraceptive method that works for them makes a significant difference for people and their choice to use contraception. In our efforts to increase access, we work on fundraising both in local communities and at a Provincial level, so that we can carry a small amount of compassionate contraceptive products for patients who are unable to afford to purchase it.

"The doctor was really helpful. I was nervous because most doctors recommend [the IUD] to people who have already had children. That it is even an option for me is great. Before I found this method, contraception was like an obsession. Now I feel more comfortable being sexual. I have experiences I hesitated having before. Being open about it increased my confidence, to know that those opportunities are available to me." ~Options client

Our clinics work with our leadership team to ensure the needs of their own communities are met. There is not one mould that works for everyone and we always strive to honor that with choice.

STATEMENT OF FINANCIAL POSITION

Options for Sexual Health Statement of Financial Position

March 31 **2019** **2018**

Assets

Current

Cash	\$ 249,866	\$ 242,367
Temporary investments (Note 2)	224,369	196,449
Accounts receivable (Note 3)	47,832	83,134
Inventories	184,497	143,999
Prepaid expenses	12,905	8,743
	<u>719,469</u>	<u>674,692</u>

Property and equipment (Note 4)

27,147 44,101

\$ 746,616 \$ 718,793

Liabilities and Net Assets

Liabilities

Current

Accounts payable and accrued liabilities	\$ 146,659	\$ 122,159
Deferred revenue (Note 7)	248,254	219,437
Current portion of obligation under capital lease (Note 5)	1,822	1,245
	<u>396,735</u>	<u>342,841</u>

Obligation under capital lease (Note 5)

17,215 18,525

413,950 361,366

Net Assets

Invested in property and equipment	8,110	24,331
Unrestricted	286,704	295,244
Internally Restricted Contingency	37,852	37,852
	<u>332,666</u>	<u>357,427</u>

\$ 746,616 \$ 718,793

Commitments (Note 10)

Approved on behalf of the Board:

_____ Director _____ Director

STATEMENT OF OPERATIONS

Options for Sexual Health Statement of Operations		
For the year ended March 31	2019	2018
Revenues		
Province of British Columbia - Clinics	\$ 924,915	\$ 924,915
Province of British Columbia - Sex Sense program	255,150	252,000
Province of British Columbia - PHSA - HIV & HCV	88,301	-
	<u>1,268,366</u>	<u>1,176,915</u>
Grants revenue		
Gaming	100,000	100,000
Province of British Columbia - Website	47,500	-
United Way	46,347	47,188
Other grants	31,651	9,997
	<u>225,498</u>	<u>157,185</u>
Other revenues and services		
Sale of medical supplies	532,213	537,814
Donations in-kind (Note 8)	459,395	459,395
Education fees	194,465	193,198
MSP commissions and fees	131,517	145,435
Donations	22,743	28,159
Clinic fees and services	9,758	13,511
Fundraising events	5,102	32,890
Investment income	3,311	2,195
	<u>1,358,504</u>	<u>1,412,597</u>
Total revenues	<u>2,852,368</u>	<u>2,746,697</u>
Expenses		
Advertising and promotion	5,885	5,742
Amortization of property and equipment	15,719	17,456
Delivery	15,640	15,070
Fundraising	3,987	12,130
Insurance	16,448	16,803
Interest on capital lease	6,125	1,418
Medical supplies	345,592	336,430
Office and administration	38,948	39,248
Professional and consulting	10,038	9,600
Rent (Note 8)	358,244	358,299
Repairs and maintenance	14,021	15,052
Salaries, wages and volunteer hours (Note 8)	1,674,726	1,607,195
Sex Sense program (Schedule 1)	298,578	250,364
Training and education	68,272	53,027
Travel	4,906	5,219
	<u>2,877,129</u>	<u>2,743,053</u>
Loss on disposal of equipment	-	2,822
Excess (deficiency) of revenue over expenses	<u>\$ (24,761)</u>	<u>\$ 822</u>

The accompanying notes are an integral part of these financial statements.

EDUCATION REPORT SUBMITTED BY KRISTEN GILBERT

Last week I had the opportunity to speak with social justice teachers at the BCTF summer leadership conference in Kamloops. Like many of us, they were alarmed by the threats to sexual and reproductive freedoms in the US, and were eager to learn more about the current status of reproductive justice in BC and Canada. Our conversation prompted me to reflect on the role of education in our mission to champion and celebrate sexual health, and how knowledge is a social justice tool.

As I enter my thirteenth year of being a sexual health educator at Options for Sexual Health, I recognize that the conversation about sexuality has changed completely since my first days in the classroom. Back then we spent a lot of time talking about birth control—how to use it and where to find it. We didn't really consider the needs of the queer kids in the room, or that a handful of students might never be able to go to their community's only youth clinic, only open one or two evenings a month. The truth is that "knowledge" can be a worthy goal, but it's an empty promise if people have limited choices: if they're unable to express their gender identity, or if there are no sex positive clinicians in town, or they don't have a ride to the clinic in the next town, or if they don't want to be seen walking into the hospital on the designated pregnancy termination days, or if their family members prevent them from making the choices they want to make. I see my role as an educator quite differently now; I want students to know they have rights, and I want to empower them to create the life and the expression and identity that they desire. It's not just about knowledge—it's about power and resources.

This perspective begins in Kindergarten! Some people are still surprised to know that we teach Kindergarten students, but there are learning outcomes about bodies throughout a student's school life in British Columbia. Kindergarten students should be learning the scientific names for all their body parts, including genitals. They should also learn the rules about touch: what types are appropriate and nourishing, and what types are inappropriate or hurtful and how we can get help if we experience this. But mostly primary students should learn that their body belongs to them. It is from this knowledge that social justice can grow.

Young people who know that their body is theirs are empowered to assert their rights. It's crucial that people know they have the right to comprehensive sexual health education in BC. I want people to know that they have the right to choose if they get pregnant, when, and how many times. Everyone should know they have the right to health care that honours their choices and identity. Young people (in particular) deserve to know they have the right to decide when and if and how they become sexually active. But, bluntly, those rights are worthless without access and that is why we have shifted our focus to sexual and reproductive justice, and to people's access to their identified rights.

I still talk about birth control in the classroom—that hasn't changed. But these days I'm not just talking about how to use it and where to get it, I'm also talking about the history of birth control in Canada and how there are still serious barriers to getting and using effective contraception. We talk about how queer and nonbinary youth in BC have a higher rate of unintended pregnancies than their straight counterparts, and why that might be. We talk about whose children get apprehended in Canada and why. We talk about medication abortion and how it's changing (and not changing) people's access to abortion care. We talk about culture, and laws, and values, and beliefs, and rights. We dig in.

When I was first hired at Options as a field educator I couldn't believe my luck, getting to connect with people about their sexual expression. These days I'm more certain than ever that I have the world's best job, facilitating discussions about sexual and reproductive justice. I want you to know: your body is yours. Don't stop fighting.

OUR 2018-2019 BOARD OF DIRECTORS

It is with great gratitude and appreciation that we recognize our Board of Directors. Their ongoing support for the operations of the organization, as well as their governance and fiduciary lens ensures that our organization is able to perform at the highest level possible. This group of volunteers works tirelessly to ensure our success, and we appreciate them! Thank you Board Members!

KATHRYN FITZGERALD
Board Chair

JILL DOCTOROFF
Past President

JAN TURNER
Vice-President

JOYCE RAUTENBERG
Vice-President

JACK GUO
Treasurer

KAYE HARE
Board Development Chair

GARY DALTON
Member at Large

TANYA DAVOREN
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THOM DENNETT
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SARAH NELLIGAN
Member at Large

SALEEMA NOON
Member at Large
