

# The Planner, Fall 2009

## Letter from the Board of Sexual Health Centre Saskatoon

We are now approaching 2010 and I find myself asking where the time has gone. Wow, the months sure fly by when you are part of such a dynamic organization! 2009 has been another year of progress for SHCS with the staff, board members, and volunteers working hard to push the organization into the future. We have learned, this year even more than others, that teamwork is vital to make our individual dreams for the organization reality.

Berkley, our sexual health educator, continues to be kept busy with educational presentations as well as hosting the candid and informative Sex+ show on CFR 90.5 FM (Thursdays from 6:00-6:30 pm). Demand for Berkley's educational services has gone up in recent months while funding for his position has unfortunately been discontinued. SHCS recognizes the vital role that Berkley plays and we are currently scraping together our pennies to keep him on while actively looking for additional funding. We need all the help and support we can get and kudos to Berkley for continuing to work so effectively in such an uncertain environment!

Even with all of their duties and responsibilities SHCS staff and volunteers never lose sight of the importance of providing top quality service to members of the community. Katie, our resident nurse, continues to provide expert clinical services to clients in her unique, informed, and enthusiastic way. Felicia is working with First Nations organizations to broaden SHCS's cultural awareness as well as increase our visibility within the First Nations community. We have also recently welcomed Valerie to the organization who is providing our clients with efficient and friendly reception service. Of course, I must also recognize our ED Evelyn who continues to run SHCS with passion, maintaining the organization's solid reputation with the public. It certainly has been a busy year for SHCS staff!

This year has been a bit of a whirlwind for the board as well. We have been working in collaboration with staff to create a solid strategic plan. This process has been a fantastic example of teamwork within our organization and all members are excited about the implementation of the newly formed plan. Please look for a finalized version on our website very soon.

It has been a full year for SCHS. Supporting an organization that is as proactive and innovative as this one is no small feat especially for a board that

has experienced the loss of a few members. With our strategic plan complete and our vision clear into the future, we are beginning to actively recruit additional members to join our hard working team. Some of our best supporters over the years have been you, the members, and as such we are extending an invitation to you to join us in continuing to support and build this crucial community organization. If you or anyone you know are interested in becoming a board member for SHCS please contact Evelyn at 244-7989 for more information.

On behalf of the board of directors I would like to extend our sincerest appreciation to our members for your unfaltering support. SHCS is built by strong, passionate people and our enduring member base exemplifies this. Lets continue to work together keep this organization going strong!

Sincerely,

Krista Greening, SHCS Board Member

### A Message from Our Nurse

I've thoroughly enjoyed another year working as a Registered Nurse at SHCS. Our clinic has become increasingly busy over the last year. I'd love to give you a glimpse into what the clinical side of SHCS



looks like. On any given day you'll see lots of young people, some in groups, some on their own, coming into our office for a wide variety of reasons. During office hours you might see a young woman come in wanting Emergency Contraception, or a student looking for information for a class project. It's not unusual to see a couple signing books out of our library, a guy filling a paper bag with free condoms or a group of girls purchasing birth control or perhaps their first vibrator. There are a lot of discussions happening about healthy sexuality and lots of opportunities for impromptu education. These discussions allow us to meet more needs than the service that was originally sought out. During office hours we provide new birth control prescriptions, emergency contraception, pregnancy tests, pregnancy options counseling and referrals.

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## A Message from Our Nurse Continued

We also answer a lot of questions, either in person or over the phone about sexual and reproductive health. Over the last year, we've had clinic hours twice a week, on Tuesdays and Wednesdays. This is the time when people can get STI testing, PAP testing, renewal of birth control prescriptions as well as services that are available during office hours. Dr. Deborah Seibel, who has worked at Planned Parenthood Regina, recently joined the SHCS team, offering clinical services on the first and third Friday and Saturday of every month. The clinic is also often used as a teaching place. Medica students or nursing students who want more experience with sexual health often shadow me at the clinic. We've had nursing practicum students over the last year working on a variety of projects, from updating fact sheets on birth control methods to creating a client satisfaction survey to ensure we are best meeting the needs of the people who come to our clinic. I want to give a great big thanks to all of our volunteer nurses and medical students and especially to the Saskatoon Community Clinic and Dr. Martel for volunteering so much of their time to make SHCS's clinical services possible.

Katie Scoular, RN



## Sexual Health Campaign Launched Citywide

In collaboration with the College of Nursing and the Saskatoon Health Region, Sexual Health Centre Saskatoon worked with a group of young people to create a Sexual Health Social Marketing Campaign. With eye-catching images and catchy slogans, the campaign encourages healthy and responsible sexual behavior. In the fall of 2008 the campaign was piloted in the Nutana/Broadway area. The campaign tested really well amongst the target audience, young people aged 14 to 25. With funding from the Saskatoon Health Region, the campaign was launched citywide this fall. Through Facebook advertising, YouTube videos, bus advertisements, billboards and posters, young people in Saskatoon are being encouraged to Use Condoms, Get Tested, Explore Safer Options and Talk to Their Partners about Sex. Condoms that say "Talk to your partner about sex" are being distributed all over the city, along with hand cards encouraging people to get tested. Keep an eye out for this great campaign on buses and billboards all around

Saskatoon.

## Sex education needs to be expanded to all grades

Research has indicated an alarming gap in the sexual health knowledge of youth regarding unprotected sexual activity and the necessary skills required to protect their sexual health. According to a report on sexual health from the Toronto Teen Survey, teens are engaging in sexual activity without the appropriate knowledge base and information they need to educate them about sex.

Planned Parenthood Toronto, York University, the University of Toronto, Wilfrid Laurier University and Toronto Public Health produced the survey aimed towards adolescent teens ages 13 to 18 regarding sexual experiences.

- 69 per cent of participants reported kissing a partner.
  - 25 per cent reported giving or receiving oral sex.
  - 27 per cent reported vaginal intercourse.
  - 7 per cent reported anal sex.
- 24 per cent said they had never engaged in any sexual experiences.

The findings were reported to be quite surprising as many of the participants, 37 per cent of teens, were unable to determine if they actually had sex while some did not know how to define the term "sex."

The participants in the study have claimed they have been given more scare tactics rather than education and teaching. The report states that a disconnect exists between what youth are learning and what they actually would like to know. The top three topics youth would like more information about are healthy relationships, HIV/AIDS and sexual pleasures. This differs from what youth are actually learning in the sex education curriculum which includes pregnancy, birth con-

trol and HIV/AIDS.

To many of us, the limited information the sex education curriculum offers may not be a great concern as we believe teens are able to seek information elsewhere. The report shows that teens prefer to obtain information from professionals such as doctors, nurses and teachers rather than peers.

"Both young women and men said they were most likely to seek information from friends but would prefer to get it from professional sources such as doctors, nurses and teachers, according to the report."

Expand sex ed to all grades: report *Last Updated: Tuesday, June 2, 2009 | 6:23 PM ET CBC News*

Although this is the case, eighty three percent of the participants stated they have not accessed sexual health information from professionals as they have concerns regarding confidentiality and the fear of being judged.

The report further explores many ways to improve health education to youth by expanding the education given in schools to all grades. This includes offering a mandatory age appropriate sexual health education to students from K-12. The content of the curriculum will incorporate and expand its information covering topics that include healthy relationships, sexual orientation, sexual pleasure and sexual health communication. It has also been recommended that school boards incorporate and address the issues of racism, sexism, homophobia, transphobia and forms of discrimination and inequity to help meet the learning needs of youth and further expand their knowledge base regarding sexual health.

## Power of Many Volunteer Program

The Power of Many's annual Volunteer Party was held on April 23. About 20 volunteers joined staff and board members for a really Super good time: hero sandwiches and games led by Educators Candice and Berkley. We laughed until our stomachs hurt, and gave awards to 5 extra-super volunteers and one fabulously partner organization. SHCS volunteers who received awards for service above and beyond the call of duty were: Christine Chang, for super-abilities with data entry, evaluation, and just about everything else, and; Angela Yule, RN, for her commitment to free and accessible sexual health services. Saskatoon Community Clinic, received special recognition for their staff's volunteer support of SHCS's clinic; the award was accepted by SCC Administrator Patrick Lapointe.

In May, volunteers worked hard at the Art Auction. 35 volunteers put in over 135 hours on the weekend of the Auction -- not to mention the months of work put in by the incredibly dedicated organizing committee!

Thanks to all the amazing ladies who helped make clinical services possible by volunteering as a clinic receptionist over the past year: Katrina Bollozos, Wendy Brick, Jocelyn Campbell, Christine Chang, Amber Christensen, & Shar-Lee Haichert.

The Power of Many is the joint volunteer program of SHCS and AIDS Saskatoon. Based out of AIDS Saskatoon, Volunteer Coordinator Megan Morman spends .1 FTE (or, one afternoon a week) working at SHCS. From April to October 2009, 142 individuals put in a total of 4,017 hours at the two organizations. That's the equivalent of 4.7 full-time staff!

For more information on volunteering at SHCS, email Megan at [powerofmany@aidssaskatoon.ca](mailto:powerofmany@aidssaskatoon.ca)

## Saskatchewan Pro-Choice Network Hosts Inaugural Event

In October, Sexual Health Centre Saskatoon helped to found the Saskatchewan Pro-Choice Network, a group of individuals and organizations committed to reproductive rights and access in Saskatchewan. As part of this newly formed network, SHCS and the University of Saskatchewan's Reproductive Action Group co-sponsored a film night. Sixty people attended a screening of *I Had An Abortion*, a film that features 10 women talking about their abortion experiences. The stories range from the 1930s to present day. The film creates a venue for women to openly discuss their abortion experiences, countering the stigma and silence that is so often associated with abortion. Dr. Sally Mahood who is an abortion provider at the Regina Women's Health Centre followed the film with a talk. She shared glimpses into her work as an abortion provider, including poignant stories as well as information about access in Saskatchewan. The evening's participants agreed that the film and talk were uplifting and inspiring for those of us connected with the pro-choice movement. The film is available at SHCS's lending library. For more information or to become involved with the Saskatchewan Pro-choice network, email [info@sexualhealthcentresaskatoon.ca](mailto:info@sexualhealthcentresaskatoon.ca) or call 244-7989.

## Services Provided at SHCS Clinic and Office October '08 to September '09



Months	Total Number of Clients	New Clients	Females	Males	STI Testing	PAP Tests	Clients offered office support (Not Clinic)
October 2008	113	56	107	6	23	25	313
November	91	44	85	6	24	26	276
December	52	28	48	4	19	18	259
January 2008	63	31	51	3	24	20	295
February	96	38	91	5	28	25	311
March	117	58	108	9	49	31	332
April	87	37	82	5	24	25	319
May	80	46	73	7	36	20	308
June	80	32	75	5	19	23	317
July	87	35	76	11	28	27	427
August	97	48	87	10	28	19	443
September	72	53	113	17	52	27	493
<b>Total</b>	<b>1035</b>	<b>506</b>	<b>996</b>	<b>88</b>	<b>354</b>	<b>286</b>	<b>4093</b>

## Letter from the Executive Director

Hello Members and Donors,

To say that this year was a busy year would be an understatement!!

The new office, well not so new now, has been great! We have most definitely grown into it. With our new clinic hours on Fridays and Saturdays 2 times a month staffed by Dr. Seibel, she has recently relocated from Regina and had worked with Planned Parenthood Regina, the nursing practicum students, our wonderful education coordinator, and our new First Nation project, the office is very full and hopping!! And as you can see by the number of people we see on a daily basis we are busier then ever.

<u>Income</u>	<u>2009</u>	<u>2008</u>
Donations	\$ 12,036.00	\$ 11,101.00
Grants	\$ 35,936.00	\$ 31,623.00
Interest	\$ 1,015.00	\$ 907.00
Memberships 195	\$ 195.00	\$ 150.00
Net Art Auction	\$ 6,853.00	\$ 14,567.00
Net Fundraising	\$ 19,310.00	\$ 4,828.00
Net Clinic (including wages and birth control sales)	\$ 38,590.00	\$ 26,659.00
Net Youth Project	-\$ 78.00	\$ -
Pleasure Management	\$ 1,639.00	\$ 1,610.00
Deferred Revenue, Previous Year	\$ -	\$ 3,100.00
Deferred Revenue, End of Year	-\$ 1,554.00	\$ -
<b>Total</b>	<b>\$113,942.00</b>	<b>\$ 94,545.00</b>
 <u>Expenses</u>		
Advertising	\$ 2,472.00	\$ 2,272.00
Office Expenses	\$ 32,565.00	\$ 35,120.00
Board & Volunteer support	\$ 3,713.00	\$ 3,204.00
Wages & Benefits	\$ 58,307.00	\$ 61,094.00
Grant Expenses	\$ 8,801.00	\$ 6,818.00
	\$105,858.00	\$ 108,508.00
<b>Excess (-Deficiency)</b>	<b>\$ 8,084.00</b>	<b>-\$ 13,963.00</b>

Finically, SHCS is in pretty good shape. With birth control sales rising, the funds from the Saskatoon Health Region now increasing each year, bingos doing better, and a great Art Auction, all in all our core funds are in good shape.

The only real problem we face these days is funding for our

education program. We originally received funds for the project in 2008/2009 from the United Way. This allowed us to hire Berkley. In the year of that project, which ended in September 2009, Berkley has been a great addition to our work. We have always received request for education presentations but we were not always able to oblige. Now, although Berkley is only works with us 15 hours a week, he can fulfill must requests. When the funding was coming to an end we applied to 5 different funders but were turned down by each. The board felt that we can not afford to loss our education program so they have decided to keep Berkley in the position. Our hope is that we will either fundraise the additional funds needed of we will find a grant that will cover the costs. I would not be doing my job if I did not ask you to remember the education program when making your donation this year!

Thank you, Evelyn Reisner, Executive Director

## SHCS Education Coordinator

It's hard to believe it's been a year already, but I can safely say I've settled in to my position at the Sexual Health Centre. After a few initial months of independent research and knowledge building, things took off and I've now got upwards of 40 presentations under my belt. It's been great to be able to respond to sexual health education needs, no matter how specific or how remote. There's something incredibly satisfying about planting the seeds of sex-positivity wherever I go, with the hope that they'll continue to develop and make ripples on their own. Fall is a particularly busy time as teachers everywhere look to us to enhance their sex ed. curriculum, but I'm always happy to respond. Of course, there's also Sex+, everyone's favourite radio sex show. Over the past eleven months since its inception, it has seen thirty-seven episodes on topics all the way from the basics (birth control, STIs) to the further out there (genital surgery, sexuality in the animal kingdom). This show has been a lot of fun and I've no intentions of stopping now. Who knows what the next year's worth of shows will hold? I'm always really grateful to have such a strong and supportive sexual health community to draw on and collaborate with. Saskatoon has some excellent people and a very solid sexual health base; all we need to do is spread the love. Not to be confused with spreading STIs. Don't do that.

Thank you, Berkley Staite, Education Coordinator



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**I would like to make a monthly donations of \$ \_\_\_\_\_ on my credit card.**

Visa or Master Card # \_\_\_\_\_ Expiry date \_\_\_\_\_

I would like to make a one time donation of:

\$300    \$150    \$50    \$20    Other \$ \_\_\_\_\_

I want to be a member :

Individual \$10,    Family \$15,    Student or Underemployed \$5,    Organization \$25