



# annual report 2016



**planned  
parenthood**  
toronto

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**"PO2 YOUTH VOICES TO CHANGE: GET ON BOARD!"** was written by the Positive Prevention Project Youth Advisory Committee (YAC): Henry Luzombaya, Mary Ndong'a, Nello Nwomebe Muli, Zulu Gobaah and the other members of the YAC, with contributions from other po2 youth in Toronto.

The Positive Prevention Project is a project by  **planned parenthood** TORONTO. In partnership with  **PYO Positive Youth Outreach**

This project has been made possible through a financial contribution by the Public Health Agency of Canada. Funding for Planned Parenthood Toronto (PPT) has been provided by the Toronto Central Local Health Integration Network (LHIN). Planned Parenthood Toronto is a United Way member agency. The views expressed in this publication are the views of PPT and do not necessarily reflect those of the Public Health Agency of Canada or the Toronto Central LHIN.


#PP2AGM

workshop  
out this  
n and fax it  
661-2512


For more info or to  
book a workshop  
contact Raejeanne  
[rwatts@ppt.on.ca](mailto:rwatts@ppt.on.ca)  
or  
416-961-0113 x 162

Am I ready for sex?

Should I tell her how I feel?



Is this part of puberty?



**TEENHEALTHSOURCE.CA**

Have questions about sex, puberty or relationships?

Visit [teenhealthsource.com](http://teenhealthsource.com) or connect confidentially with a trained teen volunteer.  
 Text: 647-933-5399  
 Email: [teenhealthsource@ppt.on.ca](mailto:teenhealthsource@ppt.on.ca)  
 Call: 416-961-3200  
 Chat: online at [teenhealthsource.com](http://teenhealthsource.com)  
 Hours: Mon to Thurs 4-9pm, Sat 12-5pm

   **planned parenthood**  
A United Way member

**planned parenthood toronto's peak project**  
(prevention, engagement, action & knowledge)

free workshops on HIV & AIDS for youth, by youth

do you know a group of youth between the ages of 13-20? do they have questions about HIV & AIDS and need them answered by youth just like them?

to book a workshop or for more info  
contact Raejeanne at  
[rwatts@ppt.on.ca](mailto:rwatts@ppt.on.ca)  
or 416-961-0113 x 162

**Volunteer**  
PEAK Action

**Volunteer**  
PEAK Action

call for participants



for a community-based research project

**young queer women, sexual health and digital technology**

You are eligible if you:  
- are a young woman (including trans and cis women),  
- are between 18-29 years old, living in the Toronto area, and  
- identify as a lesbian, bisexual, trans, or gendered differently or sexually diverse (with or without a partner).

Have your voice heard!

For more information, please contact  
Laura Price, South Coordinator  
[lp@ppt.on.ca](mailto:lp@ppt.on.ca)  
416-961-0113, ext. 156



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# letter from the board chair and executive director

This letter is usually about looking back. We look back at the year and its successes and talk about how inspiring it all is. It is inspiring, so it makes sense that it's what we always do. This year, let's switch it up a bit. The rest of this report is about what has happened, but the most exciting part of *this* year is how it shows us the promise of the next few years...

There's good reason to look forward. This year was the first in our new strategic plan that will carry us until the year 2020. One of the most exciting pillars of this plan is a natural and exciting fit for PPT: Youth-Centred Design.

PPT serves youth. We have since our start as a Community Health Centre, and it's where our expertise lies, but nobody has more expertise about the needs of youth than youth do. The future of PPT will be directed by youth voices. The programs and services will be built in part by the people they are built for. Like many transformative ideas, this one is pretty simple. So simple, you'd think it would be everywhere, but it's not.

Youth-centred design is a simple idea, but still rare. Our tagline is "choice is yours" but choice is something youth are often denied. Good programming for youth is rare, but not as rare as healthcare that engages youth as partners and gives them a say in the matter. Time to change that.



**Sarah Hobbs-Blyth**  
*Executive Director*



**Chris Meier**  
*Board Chair*

**More than ever, we're focused on changing that.**

How? With EdgeWest, our award-winning new clinic, shaped by a Youth Advisory Committee; with a needs assessment that connected with 135% more youth than our previous needs assessment; with Bawdy Talk, a youth-led project that let young queer and trans women to develop programming that they wanted, have the discussions they wanted, and create the spaces they wanted; with our LGBTQ Youth Initiative, a youth-led project that brings not only youth but youth-serving agencies together to help connect young LGBTQ people to the resources they need. Our message is clear: youth voices should be guiding youth care and services. Nothing about you without you.

None of what we do is possible without the staff and volunteers that devote their time, talents and passion to making lives better. Our staff and volunteers have been the engine of PPT's success for years, and that's not changing – but it is getting supercharged by the ideas, voices and thoughts of the young people that we serve.

People say that the future belongs to young people, and as true as that might be it overlooks one important detail that we should never forget: the present does as well. As we look forward to the next five years of empowerment, success, and happiness, it will be the voices of youth that carry us above the expected and into new territory. We can't wait.

**Yours in Choice,**

**Sarah Hobbs-Blyth & Chris Meier**



# #SupportSexEd



Youth need accurate and up-to-date information about sex, gender, pleasure and consent. They weren't getting it with a sex ed curriculum that was stuck in the last century. When word came that the government was looking to push forward with an update founded on years of research and study, we knew it was a positive step forward, and we knew there would be opposition. PPT took the lead in bringing people together to stand in support of this crucial update to sex ed in schools.

We got the word out on social media (#SupportSexEd), and in person, and collaborated with community members and other community agencies to form the **Ontario Coalition Supporting Health Education**. We wrote an open letter signed by over 150 agencies and spoke our piece at Queen's park. Together, we voiced the support for an important and inclusive update to sex ed that will enrich the lives of youth for years to come. Visit [supportthealtheducation.ca](http://supportthealtheducation.ca) to read our letter and #SupportSexEd.

# 2014/15 choice awards



We held our 2nd Choice Awards in September 2015. The hilarious Jess Beaulieu was gracious enough to grab the wheel and guide us through an evening of recognition for a stellar group of people that are out there making choice happen.



## 2015 choice award winners:

- **Tessa Hill and Lia Valente**  
*We Give Consent*  
(Youth Choice Award)
- **Samer Mansour**  
(Choice Advocacy)
- **Rabea Murtaza**  
(Choice Advocacy)
- **Shameless Magazine**  
(Choice in the Media)

## Bentley Award

Our Filling In the Blanks program addressed the lack of relevant, accessible sexual health education for LGBTQ youth in Toronto. We were thankful to receive a mention from Action Canada for Sexual Health and Rights's Bentley Award.





## community programming at PPT is...

- Sexual and reproductive health workshops and youth events for young men, young parents, newcomer youth, and other youth aged 13-29
- SHARP (Self-Esteem Health Appreciation Respect Project) programming for newcomer youth
- SNAP (Supporting Newcomer Access Project), peer-based sexual health education for newcomer youth
- Time Out drop-in group for young parents
- The Youth HIV Project: Prevention, Engagement, Action and Knowledge (PEAK), an HIV prevention and anti-stigma peer education project
- RPTV project with Regent Park Focus, a youth television creation project
- TEACH (Teens Educating and Confronting Homophobia), a peer-based youth anti-homophobia education program
- Teen Programming, comprehensive peer-based sexual health information utilizing the web (teenhealthsource.com), text, email, phone and instant chat for youth 13-19 years old
- LGBTQ Youth Initiative, a four year collaborative project to create a stronger, more integrated and better aligned support system for LGBTQ youth in Toronto
- Women's Programming, sexual health programming for women in the shelter system, a satellite peer-based sexual health service at the Bay Centre for Birth Control, and peer education events for LGBTQ young women



## a few highlights from this year:

- We launched the **LGBTQ Youth Initiative** by conducting a needs assessment with 259 youth and 20 service providers to better understand the needs and experiences of LGBTQ youth in Toronto. This youth-centred four-year project will make it easier for young LGBTQ people to connect with support and services.
- **SNAP** (Supporting Newcomer Access Project) volunteers created an infographic about newcomer sexual health – check out the SNAP Map on our website.
- We co-presented the film “**The Mask You Live In**” with The White Ribbon Campaign to an audience over 150 people, and organized a panel of young men to speak about masculinities as part of the screening.





# research projects at PPT



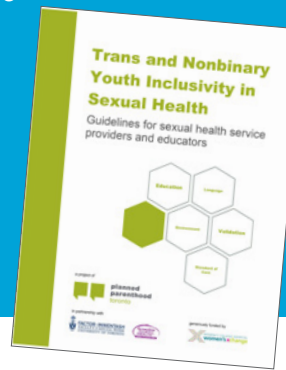
We were the lead on two pretty exciting research projects this year, both funded by the Women's Xchange 15K Challenge, of Women's College Hospital:

- Young queer women seeking sexual health information: the role of internet, mobile and other digital technologies
- Developing trans-inclusive sexual health education

Through the first project we explored the ways young queer women are using digital technologies to access sexual health information, including the reasons they go online for this information, the types of sexual health information they are looking for, and what their experiences were in accessing information this way.

In the second project we worked with trans youth to develop guidelines for increasing trans inclusion in sexual health. These guidelines are intended for sexual health service providers and educators who want to better include trans youth in their work. (You can download the guidelines now at [www.ppt.on.ca](http://www.ppt.on.ca))

We hope that this document will help service providers and educators feel more knowledgeable about trans identities, so that youth can access services and education that accurately reflect their experiences.

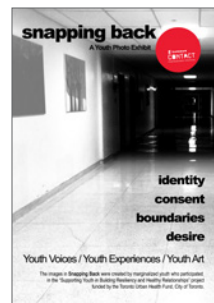


- **Bawdy Talk**, a project created by and for young queer and trans women, organized a very well-attended series of 10 peer-led events for queer and trans young women focusing on sexual health and healthy relationships



- Community programming staff delivered **420 workshops** and sessions of group programming to **over 5000 youth**.

- **Snapping Back Identities. Consent. Boundaries. Desire.** Last summer, a group of marginalized youth were explored these concepts through photography and staged an exhibit called Snapping Back.

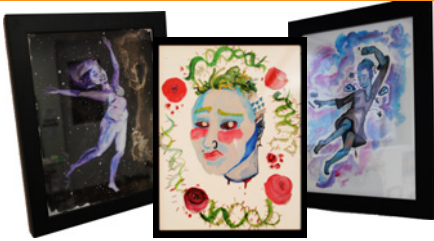




*Ontario Premier Kathleen Wynne speaks with members of EdgeWest's Youth Advisory Committee during a visit to the clinic in August 2015.*

Comprehensive health care for youth in Toronto's west end that includes primary care, mental and sexual health care and more from a youth-centred, sex-positive, LGBTQ positive and anti-oppressive framework – that's **EdgeWest**, and it's had a huge first year.

EdgeWest is redefining youth healthcare in the west end, and we couldn't be more proud. Word of mouth is word-of-mouthing and the clinic is growing by the week. Not content to rest on the knowledge that the staff and services are world-class, we've been busy improving further, listening to feedback and making sure that EdgeWest is the definitive healthcare service for youth in Toronto's West End.



## Youth Art Contest

EdgeWest belongs to youth, and we want every part of the clinic to reflect that, from the service to the signs to the art on the walls. We held a contest and selected three pieces of art from local young artists to display.

## St. Stephen's Community House

## Employment Training from St. Stephens Community House

We heard that employment is a crucial issue for our clients, and partnered with St. Stephen's Employment Services to run their employment training program for youth 16 – 29 at EdgeWest.

# LOFT

## Expanded Mental Health Support

Along with our partner LOFT EdgeWest has expanded the range of mental health support services that are available at EdgeWest, with increased flexibility in counselling sessions and peer support, and an additional anxiety management group created as a result of feedback from clients. Clients can also access a new Dialectical Behavioral Therapy Group that is being offered by Davenport Perth Neighbourhood Community Health Centre for transitional aged youth.



## Big On Bloor Award

EdgeWest has officially won its first award! MPP Christina Martins presented us with the Big On Bloor Award at the 2015 Big On Bloor Festival.

# a big decision

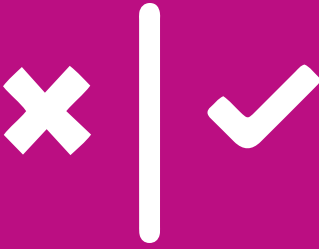
ending programming for  
women over 29 at PPT

## we made a big decision this year.

We have been a youth-serving community health centre for more years than we can remember, and so we've had an age cut-off for almost all of our services. While youth sexual health has long been our area of expertise and focus, historically some of our programs have included women over the age of 29. Our programs and services for women included a volunteer peer education program at the Bay Centre for Birth Control (BCBC), sexual health programming for LGBTQ women, and the Mobile Health Unit which provided clinical services for women in shelters.

This past year, the BCBC location on Bay St. closed its doors in anticipation of a move to the new Women's College Hospital, and it was decided that our volunteer program wasn't a good fit for this new arrangement. Given that fact, questions of efficiency, and what we have learned from our needs assessments about where our services are most needed, we have decided to officially cease programming for women over 29 at Planned Parenthood Toronto. We made this decision in consultation with the staff who worked with these programs and services, and we have coordinated transitions for clients affected. We are now a truly youth-centred organization.





This was not an easy decision, but we think it is the right one. The future of PPT is youth health and wellbeing, and we look forward to continuing to work with and support the agencies that expertly support the women of Toronto. Our work with young women, who make up the majority of the people we serve, will continue across the range of programs and services we offer. Our many partners and staff that have made such valuable contributions to the programming and services for women over 29 over the years deserve a huge thank you. While we will no longer be offering services to women beyond age 29, women's health is in Planned Parenthood's DNA, and we will always stand in solidarity with those who work to improve the health and well-being of women, whatever their age.





# clinical services

This year we spent a lot of time in the clinic streamlining our processes to make our space more efficient and the service we provide clients even better.

We reorganized and streamlined the exam rooms and optimized a lot of back office stuff.

We continue to increase access to hormone therapy for trans clients at PPT, this year we saw 11 unique clients for hormone therapy and we plan to continue to expand our services.

We had 10,187 active clients and provided over 9000 face to face encounters.

We arranged a new Plan B agreement with the local Shoppers Drug Mart to ensure individuals purchasing Plan B for someone other than themselves



could do so at a discounted cost, meaning increased flexibility for clients seeking emergency contraception.

We established contractual agreements with Pace Pharmaceuticals and Bayer Canada to purchase IUDs at cost, so our clients can continue to have the cheapest possible access to the contraception that works best for them.

**“Keep up the invaluable work! It’s so good to have access to a sexual health clinic that values marginalized people and provides fair, friendly care with transparency and thorough explanations!”**

**“I think PPT is easily one of the best services for young people in the city. As a low income woman, being able to access cheaper contraceptives is the difference between no worries and being able to eat dinner. Thank you for providing this service.”**

## mental health at PPT



Our mental health team implemented new client intake processes which operates from an equity perspective and has resulted in a decrease in mental health wait times for clients as well as a more streamlined intake process.

## mobile health at PPT



Mobile Health at PPT saw a few big changes this year. The two most notable are the piloting of an even more mobile care solution provided by a Nurse Practitioner that goes to where clients are without the challenges of a large RV in the city streets. We continue to serve youth in the shelter system at Eva's Phoenix and Youth Without Shelter, and have a new partnership with St. Stephen's Community House.

## peer education volunteer program



Our volunteer peer educators are the ever-vibrant heart of the clinic and provide hundreds of clients each year good information surrounding sexual health and relationships.

- 6 new volunteers recruited
- 27 active volunteers over the year
- 714 unique face-to-face encounters
- Over 100 new applications to become involved in the program!

## accreditation



PPT underwent a successful renewal of our accreditation in June 2015. Accreditation is a rigorous process, but worth it. The accreditation method involved extensive document review, onsite visit, group interviews with staff, management, the Board of Directors and a client journey. The review went extremely well and PPT was granted our accreditation in October 2015. The reviewers noted that:

***“It was clear through the CCA review team’s site visit that the youth served by PPT are receiving valuable programs and services from a very committed group of staff members.”***

# statement of revenue and expenses for the year ended march 31, 2016

REVENUES	General	Mobile Health Unit	Health Services	Total
Toronto Central LHIN	-	-	2,435,316	2,435,316
City of Toronto	117,708	-	-	117,708
United Way Toronto				
Base Allocation	227,539	-	-	227,539
Donor Choice Allocation	15,953	-	-	15,953
Public Health Agency of Canada	79,994	-	-	79,994
Ontario Trillium Foundation	210,857			210,857
Other Project Revenue	49,148	-		49,148
Recovery of Administrative Overhead	17,643	-	52,439	70,082
Fundraising				
Individuals and Corporations*	34,211	-		34,211
Events	1,411	-	-	1,411
Productive Enterprise				
Contraceptive Sales	151,337	-	-	151,337
Workshops and Trainings	998	-	50	1,048
Other Income	8,430	-	-	8,430
Investment Income	1,623	-	-	1,623
<b>Total Income</b>	<b>916,852</b>	<b>-</b>	<b>2,487,805</b>	<b>3,404,657</b>





<b>EXPENSES</b>	<b>General</b>	<b>Mobile Health Unit</b>	<b>Health Services</b>	<b>Total</b>
Salaries and Benefits	544,534	1,622	1,971,518	2,517,674
Building	5,058	-	65,858	70,916
Purchased and Contractual Services	9,954	-	124,121	134,075
Operating	33,161	338	138,672	172,171
Administrative	7,175	-	44,873	52,048
Cost of resale contraceptives	150,828	-	-	150,828
Fundraising	4,521	-	-	4,521
Programming	137,769	10,185	29,315	177,269
Non-insured	-	-	83,449	83,449
Amortization	25,483	-	-	25,483
<b>Total Expenses</b>	<b>918,483</b>	<b>12,145</b>	<b>2,457,806</b>	<b>3,388,434</b>
<b>Excess of Revenues</b>	<b>-1,631</b>	<b>-12,145</b>	<b>29,999</b>	<b>16,223</b>
<b>Amount Repayable to Toronto Central LHIN</b>	<b>-</b>	<b>-</b>	<b>-29,999</b>	<b>-29,999</b>
<b>Excess of Revenues over Expenses, net</b>	<b>-1,631</b>	<b>-12,145</b>	<b>-</b>	<b>-13,776</b>

*These figures are a statement of Planned Parenthood Toronto's financial activities from April 1, 2015 to March 31, 2016. Complete audited financial statements are available upon request.*

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**[www.ppt.on.ca](http://www.ppt.on.ca)**



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