

# REPRODUCTIVE JUSTICE

---

GRL  
PWR

2019  
2020

---

**OPTIONS** FOR  
SEXUAL  
HEALTH

**ANNUAL  
REPORT**



We acknowledge the Options for Sexual Health Provincial Office is within the ancestral, traditional and unceded territories of the  $xw\text{m}\theta kw\acute{y}\acute{a}m$  (Musqueam),  $Skwxw\acute{u}7mesh$  (Squamish), and  $sel\acute{i}l\acute{w}itulh$  (Tseil-waututh) Nations. Our clinics are located on the homelands of the 198 First Nations and Métis people. We share our gratitude for the land owners who keep the land we live on beautiful, bountiful, and lush year round. We recognize the oppression that persists against the Indigenous peoples in British Columbia and we are committed to activism around decolonization and oppression.

Annual report prepared by Options for Sexual Health. This annual report shares what we have been up to as an organization during the 2019-2020 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](mailto:mfortin@optbc.org)  
Thank you for reading!

All rights reserved.  
Options for Sexual Health  
3550 E. Hastings Street  
Vancouver, BC V5K 2A7  
Ph. 604-731-4252  
Fax 604-731-4698  
[optionsforsexualhealth.org](http://optionsforsexualhealth.org)

# TABLE OF CONTENTS

---

4

REPRODUCTIVE JUSTICE

---

6

FAREWELL MARISA

---

7

EDUCATION

---

8

FRESH BUS ADS

---

9

CLINICAL UPDATE

---

11

NELSON CHEWS AND BREWS

---

12

FINANCIALS

---

14

FEMINISTS DELIVER

---

15

OUR NEW BESTIES

---

16

WHAT ELSE HAPPENED IN 2019-2020?

---



## 2019 TO 2020

Back in 1963 a group of concerned physicians, nurses and researchers came together to talk about population health issues and family planning. This small collective of folks were the beginnings of Options for Sexual Health and almost 60 years later, there is still a cohort of physicians, nurses and researchers advancing sexual and reproductive health and rights. The change over the last number of years has been the shift and engagement of communities pushing for us to lean into sexual and reproductive justice as well.

We know that reproductive justice exists when all people have the economic, social and political power and resources to make healthy decisions about our gender, bodies and sexuality for ourselves, our families and our communities. For many years, Options clinics rose out of the cries by people in rural and remote communities to have compassionate, professional sexual health care – and we responded. Now, 52 years after our first clinic opened we are reflecting on how communities can once again be involved and engaged.

Options for Sexual Health, though a social profit organization and with a grassroots history, must do more to elevate all members of the communities we serve and address the systems that keep people living on the margins.

# CONT.

This past year we made very intentional choices to participate in a feminist collaborative that centres the voices of Indigenous, Black and people of colour. 15 members of the staff, board and volunteers participated in the San'yas Cultural Safety Training, deepening our understanding of colonizing practices past and present.

We expanded our reach on transit with advertising that better reflected the diversity in our communities and sought out new partners who expanded our awareness and commitment to diverse populations.

Recently, we have begun to see the impact reproductive justice, and more specifically access to reproductive services has on folks not just in BC, but throughout the world.



In particular, Black, Indigenous, and Other people of colour have been restricted in their access, and or have had injustices pushed upon them. Without a doubt, we need to be active in being part of the change.

As we move into the new fiscal year (2020-2021) we know there will be new challenges that arise in reproductive justice, especially with a pandemic threatening access to health care worldwide. Options for Sexual Health is committed to continuing to offer the care our clients and patients need, which will include expanding our telehealth services, transitioning to online education sessions, and continuing to maintain our Sex Sense information and resource phone line and email, all while doing what we can to keep everyone safe. We invite you to continue to support the work we are doing, and join us in pushing sexual and reproductive health and justice with mindfulness of an inclusive and intersectional approach.

We are here to take a stand for reproductive justice for all, and 2020 is just the start of our work. We welcome you to join us in our activism.

Thank you.

A handwritten signature in black ink, appearing to read 'Michelle Fortin', with a long horizontal line extending to the right.

**MICHELLE FORTIN**  
EXECUTIVE DIRECTOR

# FAREWELL MARISA!

Options' has the privilege and challenge of supporting sexual and reproductive health services in 38 communities that are identified as RSAs or Rural Service Area. This designation is related to their proximity to primary health care services, population, and amenities for children and families; more than 27% of British Columbians live in a community considered rural.



In 2013, when we were seeking a Medical Director, the person that took that role on made it very clear that rural communities and the people that live in them are worthy of effective and respectful care – the care that she herself was providing in our Whistler Options Clinic.

Dr. Marisa Collins brought many things to Options' during her six years as Medical Director. An energetic and enthusiastic clinician, Marisa worked with our Clinical Practice Director Nicole Pasquino to support not only the physicians working with the organization but the nurses, too. Invested in continuing education and elevating sexual and reproductive health care, Marisa did much of the heavy lifting to deliver the highly successful and sold out Sexual Health Conference in collaboration with UBCCPD. Marisa's commitment to excellence was reflected in the level of workshops and presentations at these biannual conferences as well as the quarterly in-house training for Options staff. Marisa's consistent involvement in research strengthened Options' partnerships with teams at CART, WHRI, and CGSHE as well as keeping Options' relevant and growing. Perhaps it is her dedication to the value and practice of mindfulness that allowed Marisa to juggle all these pieces with kindness, curiosity, and great care.

In 2019, Marisa decided that it was time for her to move on from the Medical Director role and to focus on some other passions. Before she stepped away from the role, Marisa demonstrated her amazing commitment to our organization and leadership one more time as she contributed to onboarding our new Medical Director, Dr. Blanka Jurenka. Marisa's leadership at Options' encouraged us to expand our formulary, explore medication abortion, and expand the number of physicians connected to rural clinics. Her belief in our shared work and reproductive justice made us better. We are grateful for her time with us and know that she will continue to celebrate and champion sexual health for years to come.

---

# EDUCATION

Submitted by Kristen Gilbert,  
Education Director

In 1994 a group of Black women met in Chicago before attending the International Conference on Population and Development in Cairo. There, the name, framework, and tenets of reproductive justice were created. Led by, and centering BIPOC women and trans folks, this powerful movement combines the concepts of reproductive choice and social justice, and was created to uplift and support those who have been denied the full range of reproductive services and protections.

Reproductive justice is the human right to bodily autonomy, and includes the right to decide if, how, and when we have children, the right to access excellent health care, including contraception and STI testing, pregnancy care, and abortion services, and the right to comprehensive sexual health education. Reproductive justice centres the most marginalized folks, and considers how intersecting oppressions such as racism, classism, heterosexism, and ageism work together to restrict access to reproductive freedoms and justice.\*

Through Options' education services, we provide access to current, accurate information about bodies and sexuality that can empower folks as they travel the road to reproductive justice. This year we helped teach thousands of elementary students that their bodies belong to them, that their growing bodies are beautiful, and that they are the experts in who they are in the world.

We taught 3500 secondary students to consider what consent feels like when it's done right, how to access youth-friendly care in their community, and how they can access excellent emergency contraception when they need it. We taught students in public schools, independent schools, drop-in programs, summer camps, and in youth custody with the goal to empower well-resourced, informed and independent young people.

And while young people are our focus in the Education department, we have also spent the last year in service to their communities, offering education to their parents and guardians, their teachers, the clinical staff who serve them, and even to camp counsellors, pharmacists, and the staff at the PNE! Because a commitment to reproductive justice requires us to work to improve the systems and institutions that students connect with, not just their classrooms.

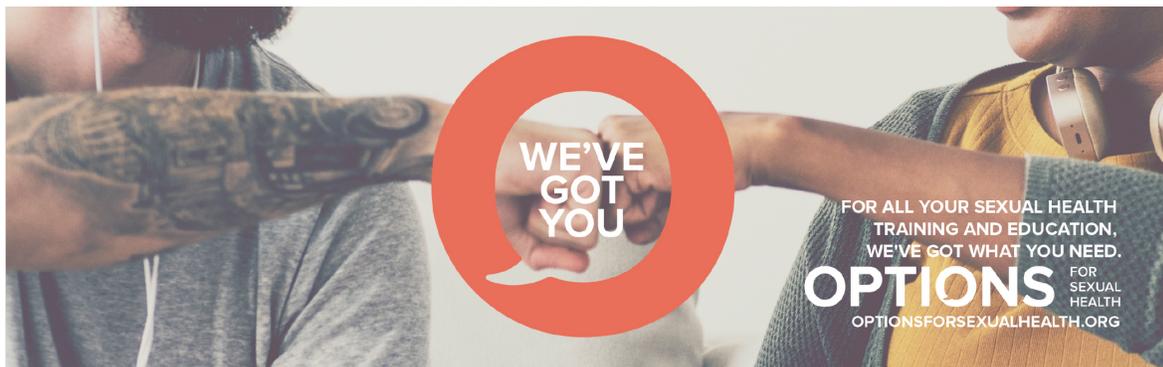
While we pride ourselves in the accessible, sex-positive, and gender-inclusive work that we do, we also commit to educational programming that is meaningful for all students, especially those who are most marginalized in our communities. In the true spirit of reproductive justice, we engage in professional development to ensure that our teaching follows best practices, is up to date, and is available to a wide range of learners. We also commit to hiring practices that allow students to see themselves in the sexual health educators who visit their classrooms. Reproductive justice is about our collective liberation, but we should be in service to the young people who will lead the way.

\* The theoretical framework of intersectionality was first created by legal scholar Kimberlé Crenshaw in 1989

For more information about reproductive justice,  
please visit  
<https://www.sistersong.net/reproductive-justice>

# FRESH BUS ADS

If you've ever ridden a bus in BC, you've probably seen our bus ads! With our brand update from FY 2018-2019, we also needed to update our bus advertisements. We used brand elements to create eye catching informative ads to appeal to a wide range of users and clients. Our goal was to highlight our various services, and put our Education services and Sex Sense information line and email service in the spotlight. If you see one of our ads, snap a photo and tag us on social media-- we would love to see our ads in action!



# CLINICAL UPDATE

We are incredibly proud of the work performed by our staff, clinicians and volunteers around the province of BC - serving communities that otherwise would not have been served and individuals who otherwise would not have had access to nonjudgmental, youth-friendly, pro-choice, and sex-positive clinical sexual health services, education, and information. In the last year we experienced some immediate and pressing challenges for our clinics including:

- securing clinical staffing, especially in rural communities;
- increasing demand at Options clinics as a result of decreased STI testing and treatment services provided by Public Health; and
- in the last weeks, with COVID 19, maintaining safety for staff while delivering essential services.

Demand for Options' services continues to grow. Options is increasingly taking on Public Health and prevention activities, including testing, treatment, and counselling for STIs. Meanwhile, short-acting contraceptive use and associated revenue continues to decline as patients move to long-acting reversible contraceptives. Options continues to demonstrate clinical leadership and Clinical Practice Director, Medical Director, and Education Director are increasingly sought after for their expertise - contributing to standards of practice, provincial guidelines, clinical teaching, media commentary, and education. Few of these activities are revenue generating. Despite the stress on our resources we are committed to nurturing and growing our partnerships. This year we delivered services with:

- Northern Health Authority (NHA) with 13 Options Clinics (Fort Nelson, Fort St John, Dawson Creek closed due to lack of adequately trained clinicians);
- two First Nations Health Centres (Skidegate Wellness Centre on Haida Gwaii and Whalley in Surrey three High Schools; in Lumby, Revelstoke, and Salmon Arm);
- Monthly PRICK! Nights were delivered in Kelowna, Nelson and Penticton with the Men's Health Initiative
- four Foundry sites (Kelowna, Maple Ridge, Penticton, Prince George); and South Hill Family Health Centre with the South Hill Options Clinic in Vancouver.

Sadly, our work with Gitanmaax and Witset First Nations communities closed due to lack of adequately trained clinicians.

Committed to growth and constant learning, we have been elevated by our partnerships with the amazing teams of researchers and clinicians at the Contraception Abortion Research Team, Women's Health Research Institute, Centre for Gender and Sexual Health Equity and BC Women's Hospital.

# SEXUAL AND REPRODUCTIVE HEALTH WEEK 2020

For the second year in a row, we opted to celebrate Sexual and Reproductive Health Week in February with activations. This year we did several different activities, including a games night, education sessions, condom packing with our friends at HiM (Health Initiative for Men), and were joined by the one and only Sister Fancypants from the Sisterhood of Perpetual Indulgence.

We also ran a social media campaign focusing on frequently asked questions about sexual and reproductive health. Part of the campaign was to have bus shelters throughout the lower mainland featuring the question "What does vulva mean?" and encouraging folks to get involved in the questions. This campaign was supported by the City of Vancouver, and we are grateful for their support and partnership. For us, using the word vulva is pretty commonplace, and yet it was still amazing to be able to create a bus shelter advertisement that pushed the limits of comfort. The City of Vancouver was fully supportive of this, and we are very grateful to have had this opportunity. Thank you CoV!

The weather did not play to our favour unfortunately, and several of our events had to be cancelled or postponed due to snowy conditions. We look forward to the 2021 rendition of Sexual and Reproductive Health Week where we will host more of our events online so that folks throughout the province can take part and the weather won't impact the festivities!



**SEXUAL AND REPRODUCTIVE HEALTH AWARENESS WEEK**  
**FEBRUARY 10-14 2020**



**GOT QUESTIONS? FIND THE ANSWERS HERE**

 [OPTIONSFORSEXUALHEALTH.ORG](http://OPTIONSFORSEXUALHEALTH.ORG)  
 @OPTBC  
 @OPTIONSFORSEXUALHEALTH

**OPTIONS** FOR SEXUAL HEALTH

GENEROUSLY SUPPORTED BY  CITY OF VANCOUVER

# NELSON'S FIRST C&B!



For the first time, we had a clinic host a Chews and Brews in their own community, and it was a great success! We are so proud of our Nelson Clinic for taking this on, to raise some much needed funds for access to sexual and reproductive health services. Beyond the amazing financial contributions, it was also a great opportunity to get out and chat about sexual health with community members.

The team of staff, volunteers, and clinicians were out and about at the nine partner locations, and while eating and drinking in the delicious offerings from each venue, they were also able to provide sexual health information! Poutine and pot pies while chatting about Pap tests? Filling a growler while discussing where to get tested for STIs? Definitely an information filled Saturday!

“It was a really great opportunity to have some informal conversations about sexual health in a relaxed atmosphere. Some of the exchanges I had were more humorous and lighthearted, while others were more educational and informational. I had questions like ‘is there a lot of syphilis in Nelson?’ and ‘where can I get testing done?’ I also had a lot of comments like ‘WOW! I didn’t know that!’ and ‘I wish we would have learned this in school,’” said Judith, one of the nurses at the Nelson Options Clinic.

The team at Nelson Options for Sexual Health want to acknowledge the generosity from Adventure Hotel, Backroads Brewing, Kootenay Co-op, The Dam Inn, Mike’s Place Pub, Nelson Brewing Co., Red Light Ramen, Rel-ish, and Yum Son. These locations helped to raise over \$1200 for the sexual health clinic. The funds raised will help support sexual and reproductive health services in Nelson.

# FINANCIALS

## Options for Sexual Health

### STATEMENT OF FINANCIAL POSITION

As at March 31

	2020	2019
	\$	\$
<b>ASSETS</b>		
<b>Current</b>		
Cash	306,437	249,866
Temporary investments <i>[note 3]</i>	164,212	224,369
Accounts receivable <i>[note 4]</i>	58,032	50,616
Inventories	168,565	184,497
Prepaid expenses	12,141	12,905
	709,387	722,253
Capital assets <i>[note 5]</i>	6,323	27,148
	715,710	749,401
<b>LIABILITIES AND NET ASSETS</b>		
<b>Current liabilities</b>		
Accounts payable and accrued liabilities <i>[note 6]</i>	118,975	149,444
Deferred revenue <i>[note 8]</i>	244,747	248,254
Current portion of obligation under capital lease <i>[note 9]</i>	2,475	1,822
	366,197	399,520
Obligation under capital lease <i>[note 9]</i>	14,740	17,215
	380,937	416,735
<b>NET ASSETS</b>	<b>334,773</b>	<b>332,666</b>
	<b>715,710</b>	<b>749,401</b>

# FINANCIALS CONTINUED

## Options for Sexual Health

### STATEMENT OF OPERATIONS

Year ended March 31

	2020	2019
	\$	\$
<b>REVENUE</b>		
Provincial government contracts <i>[note 10]</i>	1,401,214	1,268,366
Fee for service <i>[note 12]</i>	726,774	867,953
Donations and fundraising <i>[note 13]</i>	523,517	487,240
Grants <i>[note 11]</i>	158,668	225,498
Investment income	3,705	3,311
	<b>2,813,878</b>	<b>2,852,368</b>
<b>EXPENSES</b>		
Salaries, benefits and volunteer hours	1,823,331	1,882,604
Rent	389,333	385,244
Medical supplies	335,030	345,592
Advertising and promotion	52,652	48,977
Training and education	50,811	68,272
Office and administration	45,824	45,685
Professional and consulting	24,005	20,561
Amortization of capital assets	21,954	19,067
Equipment and leases	20,871	14,021
Delivery	16,413	15,640
Insurance	12,425	16,448
Fundraising	7,721	3,987
Travel	5,741	4,906
Interest on capital lease	5,660	6,125
	<b>2,811,771</b>	<b>2,877,129</b>
<b>Excess of revenues (expenses) for the year</b>	<b>2,107</b>	<b>(24,761)</b>

# FEMINISTS DELIVER

When we arrived at the table in late February 2019, invited by a colleague with Battered Women Support Services, it was to discuss how to ensure that the largest international women’s health and rights conference, Women Deliver, might better reflect and engage women and organizations in Vancouver. Initially, the focus was how to join the conference that was a) sold out and b) financially out of reach for most organizations, never mind individuals. Quickly though the conversation shifted to questions of relevance. Even if these barriers were taken away, was the conference itself something that presented information and projects that would give us tools to apply in Vancouver; would the space be ‘safe’ enough for the folks who access our services; and more importantly would the voices of people with lived and current living experience of poverty, violence, substance use and mental health issues be valued.

In what seemed to be the blink of an eye, Feminists Deliver was born and the 25 or so grassroots organizations present decided to commit on to four main actions:

- shed a light on the urgent issues facing marginalized
- communities in BC and the grassroots struggles leading the way for
- transformative change;
- build transnational connections between grassroots intersectional feminist movements; and
- re-envision the global women’s agenda as one that centers a diversity of grassroots intersectional feminist voices
- host a four-day conference and tradeshow.

In the first 9 months of Feminist Deliver investments from all levels of government supported the four-day conference and tradeshow, election interventions that were feminist focused, infrastructure for coordination and the development of a strategic plan.

In March 2020 the strategic directions for Feminists Deliver were released:

- Architect a Core Culture
- Collaborate within a results driven
- structure
- Mobilize an anti-oppression,
- intersectional, Decolonial Feminist Resistance
- Increase membership, engagement and
- impactful support.

Options is excited to be part of a committed group of social profit partners in this work and the possibilities within it.



# OUR NEW BESTIES: THE SISTERS OF PERPETUAL INDULGENCE

Serving the LGBTQ2AI+ community has always been a part of our work at Options and in recent years we have worked to strengthen our ties. We have partnered in our Interior Health Clinics with the Men's Health Initiative to deliver pop up STI clinics 'Prick', personed an information booth at the Vancouver Dyke March, marched as a clinic team in the Nelson Pride Parade and did Sex-Ed trivia night with the Health Initiative for Men in Vancouver.

For the second year in a row we had the lovely Sisters of Perpetual Indulgence join us as hostesses at our Heart Your Parts Breakfast. Diversity Rains, Sister Bear It'All and Sister Fancy Pants showed folks to their sits, talked about the work of Options and posed for selfies throughout the event.

We were honoured and humbled with Sister Fancy Pants won the title of Ms Gay Vancouver 40, and chose us to be one of two charities she raised funds and awareness for during her reign. In five short months before COVID lockdowns in March curtailed her activities, Sister Fancy Pants spoke about Options at 7 events, partnered with us on 4 others (including Sex Trivia night for the Gay Volleyball League) and raised over \$3500 to support our work across the province. The beauty and value of this partnership was in the welcome into places and spaces and with people who may not have known about a service like our Sex Sense line. We are so very grateful for Sister Fancy Pants' shining a spotlight on Options during her time as Ms Gay Vancouver 40 and letting us ride her coattails for a time.



## WHAT ELSE HAPPENED IN 2019-2020?

CHEWS AND BREWS  
HAD 2X THE PARTNERS  
AND 3X THE REVENUE  
FROM  
LAST YEAR!

THE BOARD  
COMPLETED A FULL  
REVISION OF THE  
GOVERNANCE  
MANUAL!

HEART YOUR PARTS  
BREAKFAST CHANGED  
DATES AND LOCATIONS  
AND WAS A HUGE  
SUCCESS!

SPARKED BY MCCREARY  
DATA, WE PARTNERED WITH  
METIS NATION BC TO INCREASE  
CONDOM USE AND INCREASE  
AWARENESS OF SEX SENSE -  
THIS WORK CONTINUES!

COVID HELPED  
US GET CREATIVE!  
TELEHEALTH IS  
HAPPENING!  
WHOOHOO!

WE HIRED 42 NEW  
STAFF MEMBERS:  
24 NEW NURSES  
AND  
18 NEW ADMIN STAFF

# **OUR 2019-2020 BOARD OF DIRECTORS**

**Kathryn Fitzgerald**

**Janice Turner**

**Joyce Rautenberg**

**Nicole MacDonald**

**Kaye Hare**

**Jack Guo**

**Jill Doctoroff**

**Sarah Nelligan**

**Saleema Noon**

**Tanya Davoren**

**Appointed during the year -**

**Milo Leraar**

**Brandi Scales**

**Jane Wilde**



# OPTIONS

FOR  
SEXUAL  
HEALTH