

# 2017 annual report



**planned  
parenthood  
toronto**



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# letter from the board chair and executive director



**Chris Meier**  
*Board Chair*



**Sarah Hobbs Blyth**  
*Executive Director*

## **Here's an understatement:**

*We are at an interesting point in history.*

Planned Parenthood has a lot of history. PPT's been around for over a half century, and Planned Parenthood generally has existed for a full century this year. One thing that has remained constant throughout all of that time is that we've advocated for better information about sexual health, for better access to healthcare, and for reproductive rights – for choice. We've been there along with countless other people and organizations, trying to forge a better future full of choice and possibilities.

Politics will disappoint as often as not, it seems. Thankfully, the fight happens in many other places as well. When we want to be inspired, we don't look toward political advancements, as important as they can be to laying groundwork and codifying progress. When we want to glimpse a better future, we look within our walls, at our clients, our volunteers, our staff, and the impact of the work we do which is founded on principles that reach deeper than politics.



In the middle of this annual report, two pages are nothing but client feedback from our clinic and EdgeWest. The impact of choice, of our approach and commitment to being non-judgmental, sex positive, and youth positive, are on clear display. Those words are echoes, but they also predict the future – a future of choice in which the politics will follow suit.

We keep working towards our vision. This year, we continued to grow, to listen, to adapt. We've expanded clinical services in response to client needs. We've worked to focus our efforts on best serving the young people that need our services the most, we've worked to create new services that fill unmet needs, and we've worked to engage young people in shaping the care and programming that they get. We work, as we always have, in fostering choice and celebrating the transformations that inevitably follow.

We also have been humbled by those who have turned to us to help combat all the regression, the anger, and negativity in the dust that has been kicked up by political situations. Here is our promise to all those who have stepped up their support of PPT and other organizations working to be an antidote to the poison: we will continue the march forward. We will ensure that at every level –the personal, the institutional, the political and the abstract – sexual health and rights remain as issues that will never be ignored or dismissed, but will continue to be expanded, explored, taught, and respected as central to our health and well-being as individuals.

We are at an interesting point in history. For us, and for you, this means challenge but it also means opportunity. Let's make the most of it together, and forge a brave path into a future founded on respect, on health, on sound information, and most of all: on choice.



**Yours in Choice,**

Two handwritten signatures are shown side-by-side. The signature on the left is "Chris Meier" and the signature on the right is "Sarah Hobbs Blyth". Both signatures are written in blue ink.

**Chris Meier & Sarah Hobbs Blyth**



## community programming at PPT is...

- Sexual and reproductive health workshops, workshop series, 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/Teen Health Source, comprehensive peer-based sexual health information utilizing the web ([teenhealthsource.com](http://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
- Health Promotion in the shelter system and in other places that fosters discussion and healing around trauma, identity and healthy sexuality for marginalized folks

community  
programming





# a few highlights from this year:

It's impossible to report on all the great work done by this amazing team, but here are some highlights from this year:

Community programming staff delivered **301 workshops** and sessions of group programming to **over 3500 youth**.

## **Teen Health Source**

launched a complete redesign of its website, created a ton of new content and added a blog that our teen volunteers will use to explore current sexual health topics. There was a 47% increase in visits to the site with a grand total of 2,981,688, and a 124% increase in client contacts by Teen Health Source over the previous year.

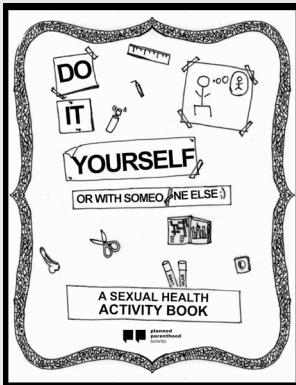
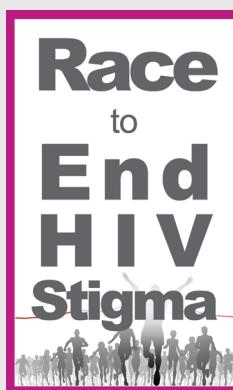


**reframed:** the youth advisory committee of our new **LGBTQ Youth Initiative** wanted a program that would allow youth to connect with each other, to see their identities and experiences reflected and centred with low barriers to participation. Reframed was the result. The first series screened 9 films and partnered



with 8 community agencies, centreing LGBTQ youth experiences and creating valuable spaces to share and learn.

In addition to its workshops aimed at fighting stigma around HIV/AIDS the **PEAK Project** (Prevention Engagement Action Knowledge) ran a screening of the digital shorts created by young people exploring the impact of HIV on their lives, and an Amazing Race style event aimed at increasing knowledge of HIV resources and busting myths.



**SNAP** (Supporting Newcomer Access Project) volunteers created a Sexual Health Activity Book, which contains a collection of simple and fun exercises such as connect-the-dots, colouring, crosswords, picture-matching and writing exercises. The newcomer youth of SNAP wanted to ensure that learning about sexual health and relationships could be fun and engaging, so most of the activities are visual-based and can also help newcomer youth expand their English while learning about these topics. You can find it on our website.

Our **programming for young men** continued a partnership with Regent Park Focus (RPF) supporting a group of youth aged 16-24 to research, write, host and produce 4 one hour, live broadcast radio shows for Radio Regent at Regent Park Focus on the topic of youth sexual and reproductive health.





*PPT Board Chair Chris Meier Speaks before the Transformative Change Award is presented to EdgeWest - Healthcare for Youth*

This year, EdgeWest – created by us in partnership with Davenport Perth Neighbourhood and Community Health Centre – was honoured by the Association of Ontario Health Centres (AOHC) as the recipient of a Transformative Change Award. EdgeWest is a special place and a special project. It's a place that puts youth at the centre, and focuses on being a welcoming, accessible and inclusive place, but it also blazes a new trail for healthcare – EdgeWest is a model for how service integration can be utilized to bring care to clients, making navigation easier and increasing accessibility to traditionally underserved populations. Forgive our lack of modesty, but EdgeWest really is transformative and we thank the AOHC for recognizing it.

## **PPT Recognized as Organization of the Year by Ryerson University Primary Health Care Nurse Practitioner Program**

We know our clinicians are special. You know that our clinicians are special. But they aren't only special to clients. In recognition of the outstanding work our Nurse Practitioners do educating and mentoring the students of Ryerson's Primary Health Care Nurse Practitioner program, we were named organization of the year by that program! Such a huge honour, but totally deserved by our outstanding Nurse Practitioners.



## **PPT Needs Assessment Connects with record number of people, shapes future**

Our current strategic plan (2015-2020) identifies “Expand Our Reach to Youth Who Need Us Most” as one of our major strategic directions, and supporting this is the strategic objective to “Provide the right service to the right person at the right time.” As part of this, PPT concluded a Needs Assessment in 2015/2016 regarding youth sexual and reproductive health in Toronto. We heard from over 600 youth across Toronto with a wide range of identities and life experiences – 300% more people than our last needs assessment. The results are in, and they will inform our work for the years to come – focusing on the hardest-to-reach youth and improving the health outcomes of these underserved populations of young people. You can check out the full needs assessment, as well as the infographic overview, on our website.

**“My health care practitioner went above and beyond for my mental health care needs from an accepting, validating, non-judgemental approach.”**

**“I am now more active in my community and am not always upset.”**

**“I like the fact that the workers are so supportive and comforting. They are just amazing and I will always come here simply because of that.”**

**“What I liked about the workshop is that there is freedom to communicate and no fear of being judged.”**

**“Before I was very shy among people, this was comfortable to ask about.”**

**“Easy access to services instead of waiting at doctor’s appointment.”**

**“It’s incredibly comforting, truly a huge relief to know I have somewhere to go, especially when I don’t know what is wrong with my body and there’s nowhere else I can get the attention I need.”**

**“I liked that they explained things in a way that I could understand.”**

**“You guys were very open and fun. We got to learn about healthy sex; you give us confidence.”**

**“The volunteer was very patient with me and my many questions and I’m very thankful for that! :)**

**“EdgeWest has had a major role in my life the past 2.5 years. I am able to follow my dreams thanks to them. I have managed to obtain birth control (affordable) which has helped my career since I am still at school.”**

**“Increased personal agency of my own health.”**

**“I have choice in my life.”**

**“Safe HRT treatment, referrals to surgeons, info on sex change surgeries, current info. I have a safe place to be trans.”**

**“Easy and positive communication. I feel safe and respected. It is easy to feel safe asking for what I want.”**

**“It is incredibly comforting, truly a huge relief to know i have somewhere to go, especially when I don’t know what is wrong with my body and there’s nowhere else I can get the attention I need.”**

**to get the healthcare I need to feel good about myself.”**

**to get the  
I need to  
about myself.”**

**to talk about sex  
workshop makes me more  
out sex and not be shy.”**

**birth control  
iting long hours  
ointments.”**

**anted to, with  
nd not judged”**

**Iained what a vulva means!”**

**“Friendly, easy to make appointment, like being  
able to access STI results on the phone.”**

**“I was very worried, scared and confused  
and the peer educator made me feel a lot  
more safe and informed by answering all  
my questions. Peer educator was very  
knowledgeable and caring. I felt safe asking  
questions. Thank you so much for your help.”**

**“Staying informed; understanding  
my options & general sexual health  
information. It encourages me to be  
smart & open about my sexual health.”**

**“I want to thank you for doing this  
kind of job. I had a problem and  
had no idea what to do until I  
connected to your volunteers.”**

**“Less anxiety knowing  
I have a friendly,  
judgement free space to  
go to when I have sexual  
health related questions.”**

# s yours.

**“FINALLY I have access to medical care!!! That's a change that cannot  
be understated. Beyond that, working with your GPs has helped me to  
keep my job, stay housed and fed, and generally not feel alone in this.”**

**ctually found some  
. Keep it up guys!”**

**“SNAP has helped me become much more  
interested in engaging with my community in  
matters of sexual health and relationships.”**

**“Helped with my  
struggles, gave me  
a safe place to go.”**

**“The ease at which I can get  
tested for STDs has allowed me  
to take the initiative to leaving  
me reassured about my health.”**

**ve the help I need.”**

**“I am confident in the ways I choose to care for my body  
because I am aware, knowledgeable, and confident in the  
lessons and reasoning I've received from PPT doctors.”**

**“I could not afford a doctor  
before and I was not aware  
of birth control options.”**

**“Really liked the safe and welcoming  
atmosphere - friendly and knowledgeable  
staff, affirmation decks, coloured lights  
and colouring books.”**

# health services at PPT



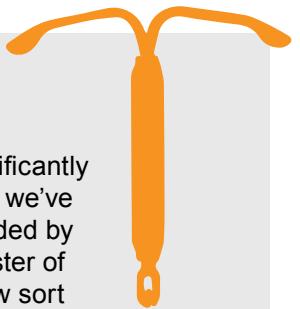
## clinical services



The word this year for our clinic was growth. We expanded our scope and looked for new ways to serve our clients better. Space doesn't let us talk about it all here, but to name a few highlights...

### IUDs

Interest in IUDs has grown significantly in the past couple of years, and we've listened to demand and responded by adding IUD insertions to our roster of services. Adding an entirely new sort of service is not easy, but thanks to the diligence of our Health Services staff in a very short amount of time we've gone from not inserting any IUDs to inserting hundreds, and our capacity is expected to double in the next year.



### peer education volunteer program growth

Peer education provides clients different ways to ask questions, provides them more access to contextualized info about sexual & reproductive health, and gives young people the chance to learn and gain experience in a meaningful role at PPT. This year we expanded it, bringing peer education services to EdgeWest and growing it in the clinic to create a **43% growth** in the number of peer education sessions conducted with clients. That's a lot more info being shared.

## **EdgeWest**

EdgeWest started as an experiment – a new kind of service in an underserved part of the city. We joined with Davenport-Perth CHC, LOFT mental health services and Legal Aid Ontario, and created a new space for youth to get access to the care and support they needed. It is now a success story. We've won awards and acclaim, but more importantly we've grown by word of mouth and are now close to reaching our capacity and looking for ways to grow. This year we added peer education services at the EdgeWest site, ran new therapy groups, and have continued to refine and tailor this dynamic and exciting project. The best part? It's just the beginning...



## **trans care**

Quality, respectful medical services for trans clients is dangerously rare in this country, province and city. Over the past few years we have committed to doing our part to increasing access to quality care for trans youth. This year, we continued to increase the number of clients being seen for hormone therapy. One clinician noted that supporting trans clients as been "one of the most satisfying parts of my job." This is an ongoing area of growth, and we're committed to continue increasing the number of trans clients we can support in the next year.



# statement of revenue and expenses for the year ended march 31, 2017

<b>REVENUES</b>	<b>General</b>	<b>Mobile Health Unit</b>	<b>Health Services</b>	<b>Total</b>
Toronto Central LHIN	-	-	2,495,962	2,495,962
City of Toronto	180,655	-	-	180,655
United Way Toronto				
Base Allocation	222,539	-	-	222,539
Donor Choice Allocation	16,015	-	-	16,015
Public Health Agency of Canada	79,974	-	-	79,974
Ontario Trillium Foundation	263,178		-	263,178
Other Project Revenue	34,818	-	500	35,318
Recovery of Administrative Overhead	-	-	53,959	53,959
Fundraising				
Individuals and Corporations*	110,643	-	-	110,643
Foundation	3,000	-	-	3,000
Productive Enterprise				
Contraceptive Sales	190,645	-	-	190,645
Workshops and Trainings	1,900	-	-	1,900
Other Income	1,003	-	-	1,003
Investment Income	8,015	-	-	8,015
<b>Total Income</b>	<b>1,112,385</b>	<b>-</b>	<b>2,550,421</b>	<b>3,662,806</b>



<b>EXPENSES</b>	<b>General</b>	<b>Mobile Health Unit</b>	<b>Health Services</b>	<b>Total</b>
Salaries and Benefits	648,162	-	2,136,388	2,784,550
Building	7,394	259	59,712	67,365
Purchased and Contractual Services	21,905	550	95,375	117,830
Operating	31,775	-	116,960	148,735
Administrative	8,528	-	29,233	37,761
Cost of resale contraceptives	197,128	-	-	197,128
Fundraising	2,802	-	-	2,802
Programming	117,993	7,219	19,598	144,810
Non-insured	-	-	93,155	93,155
Amortization	27,030	-	-	27,030
<b>Total Expenses</b>	<b>1,062,717</b>	<b>8,028</b>	<b>2,550,421</b>	<b>3,621,166</b>
<b>Excess of Revenues</b>	<b>49,668</b>	<b>(8,028)</b>	<b>-</b>	<b>41,640</b>
<b>Amount Repayable to Toronto Central LHIN</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Excess of Revenues over Expenses, net</b>	<b>49,668</b>	<b>(8,028)</b>	<b>-</b>	<b>41,640</b>

*These figures are a statement of Planned Parenthood Toronto's financial activities from April 1, 2016 to March 31, 2017. Complete audited financial statements are available upon request.*

# major donors



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Toronto Urban Health Fund  
Public Health Agency of Canada  
Ontario Trillium Foundation  
Women's Xchange, Women's College Hospital



# 3rd party fundraising

A lot has happened this year in the world of sexual health and reproductive rights, and not all of it has been good. The call to defend choice, rights and reproductive health has been heard loud and clear by many people. Several people and organizations turned the need into action, and held events or led initiatives that generated dollars that were generously donated to us and, ultimately, to choice. Thanks everyone. We promise that your contributions will foster choice and health for years to come.

## Thanks to...



Shopper's Drug Mart # 1410  
*Bloor and Bedford*

Sarah Jane Growe

Miriam Roger



Durham College - "Songs Revealed"

Stephanie Avery

# board of directors

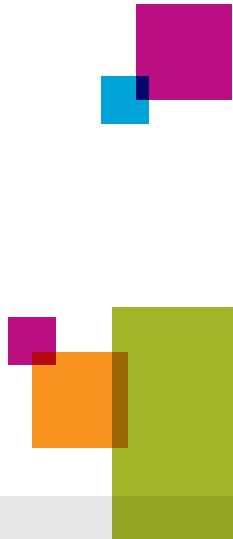
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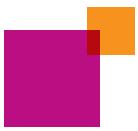
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# thank you from PPT

At PPT, our greatest asset is the outstanding collection of people that make up our staff, volunteers, and Board of Directors. They are the reason for our present success and hope for our future growth. If you are among them, and you're reading this, thank you.



Jessica Nanni	Nicole Stanikowski
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