



annual report

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**planned
parenthood**

TORONTO



VISION

A community of informed people who achieve their potential and who contribute to the health and well-being of individuals and the community.

MISSION

Planned Parenthood Toronto (PPT) is a community-based, pro-choice agency committed to the principles of equity and to providing accessible and inclusive services which promote healthy sexuality and informed decision-making to the people of the City of Toronto.

STATEMENT OF PRINCIPLES AND VALUES

PPT believes that the community:

- includes many diverse individuals and organizations which share common goals and wish to work in partnership to achieve our vision;
- supports and advocates expanding the range of safe and effective sexual health choices; and
- actively works towards achieving our vision.

PPT believes that individuals have the right to:

- control their lives and health by making informed choices for themselves;
- access accurate, complete and non-judgmental information regarding their sexual and reproductive health choices;
- receive services necessary to carry out their decisions in a safe and supportive environment;
- control their bodies by having choices about abortion, birth control, adoption or parenting; and
- feel supported and affirmed about their sexuality and sexual health.

PPT believes that we must:

- collaborate with individuals and organizations which share common goals to achieve our vision;
- make services available to ensure individuals may make informed decisions;
- support expanding the range of sexual health choices available to individuals;
- advocate within the community in support of our vision; and
- work from an anti-oppression framework and strive to respect and recognize the diversity of Toronto's communities.

EQUITY VISION

Planned Parenthood Toronto is committed to being an agency that values and reflects the diverse communities of Toronto. We recognise that equity is not just about equality. Equity is access to high quality, unique programming and services that respect your choices and meet your differential needs. Equity is ensuring that community input informs what we do and guides us to take action for social change that benefits you.

LETTER FROM THE CHAIR AND EXECUTIVE DIRECTOR

It's been another exciting year of growth and change at Planned Parenthood Toronto (PPT). We're delighted that the people who use our services continue to tell us that we're having a positive impact on their lives. The feedback we receive from client focus groups, surveys and evaluation forms consistently demonstrates that PPT is making a difference.

In 2009–2010 we saw enhancements to our existing services, strengthening of community partnerships, the development of innovative programming and services, as well as an increasing integration of new communication technologies in our work. We launched multiple health promotion and social marketing campaigns and we were so pleased to release the Toronto Teen Survey Report, a rich and informative community-based research report on sexual health education and services for youth.



Rob Drynan, Chair, Board of Directors & Sarah Hobbs, Executive Director

A common thread that binds together everything we do at PPT—from our policies and procedures to our programming and services—is our commitment to health equity. Health equity concerns those differences in the health of a population that can be traced to social inequality and disadvantage and that are therefore unfair and avoidable.

In its new 2010–2013 Integrated Health Service Plan, the Toronto Central Local Health Integration Network (TCLHIN) identifies health equity as a “critical enabler of transformation” in the health care system, acknowledging that it is of particular concern in Toronto, where there are many disparities in access to services and in health outcomes that need to be addressed. We are proud that our efforts at PPT both align with and support this focus on health equity.

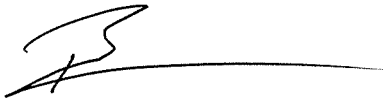
What does a commitment to health equity mean for the people we serve?

- For one young pregnant woman, who was a newcomer to Canada and had no health insurance, coming to PPT meant that she was able to access the prenatal care and mental health services she needed to ensure a healthy pregnancy and delivery. She was thrilled, and told us that PPT had provided her with “kindness, support and health care”. She's now doing very well with her new baby boy and attends PPT's Time Out program for young parents.

- For a young man with a history of depression and anxiety, who was shocked when he tested positive for HIV, PPT provided therapy services, secured transitional housing for him, and connected him with an HIV treatment facility. He explained that he would never have had the strength or the courage to do this on his own, and the assistance he has received from PPT has been instrumental in ensuring he gets the help he needs.
- For many high school students who are reached through a T.E.A.C.H (Teens Educating and Confronting Homophobia) workshop, PPT creates the opportunity for them to realize that homophobic words can hurt people and then resolve to change. One student said that she would now “think twice before using the word ‘gay’ or other terms with similar meaning” as put-downs. This shift in attitude and behaviour leads to safer spaces for all youth in the classroom.

These are just a few examples of the many ways in which PPT’s work and our commitment to health equity make a difference. These moments, and all the other moments that together make up the work of PPT, inspire us and remind us of the powerful impact we can have on people’s lives. ■

Sincerely,



Rob Drynan
Chair, Board of Directors



Sarah Hobbs
Executive Director

HEALTH SERVICES

Planned Parenthood Toronto's Health Services continues to strive towards becoming a "One Stop Shop" experience for clients, a model that reduces barriers for youth by providing them with one place they trust to address all of their health care needs. We strengthen this model with every new service and programming area that is implemented, and with every enhancement of existing services. Our interdisciplinary team provides primary, sexual and reproductive health care as well as mental health services. Over the past year we continued to build on our momentum and increase our ability to address our clients' health needs.

Increasing Access

One of the ways in which PPT strives towards health equity is through our focus on increasing client access to programming and services. This includes providing our clients with tokens for public transit, birth control at a reduced cost, interpretation services and flexible scheduling for urgent care, drop-in and pre-booked appointments. In 2009–2010 we made numerous advances in reducing barriers to care and increasing our capacity to provide services that meet the needs of marginalized youth populations in Toronto.

The Saturday Clinic completed its first year and has been a great success in increasing client access to services. Replacing the Friday night clinic, the Saturday Clinic saw 93% more clients than were seen on Friday evenings the

previous year. Clients continue to express gratitude that they are able to access services when they need them. Pap testing is now being offered at the Saturday Clinic in order to expand the range of sexual health services available to clients on weekends.

We strive to meet the needs of our diverse clients and to reach out to those who are most at risk and least likely to access services. In the past year, we have seen an increase of 17% in the number of non-insured clients seen, an increase of 9% in the number of male clients, and the number of transgendered/transsexual clients has more than doubled. The number of clients accessing prenatal services at PPT continues to grow as well, with a 22% increase last year.

This past year we saw a 21% increase in the number of anonymous HIV tests conducted at PPT, which is reflective of the successful promotion of this service to clients. It is especially exciting that the increase is largely due to greater numbers of young men and transgender/transsexual clients accessing this service.

When asked in our annual client survey why they would refer a friend or family member to PPT's Health Services, one client shared the following reasons: "queer friendly, anti-oppression structure, sex positive, feminist/womanist, harm/risk reduction approach."

There has also been an increase in the number of complex prenatal cases at PPT, mostly undocumented young women from the Caribbean who have been referred to PPT through word of mouth. Many of these women have mental health issues related to trauma and are being referred by the case

"I find Saturdays really convenient. It's crazy during the week with drop-ins and I have to work. I get seen quicker and it's a life saver. Please keep it up!"

– Saturday Clinic survey respondent



	2009–2010	% increase over previous year
Number of visits	9,613	4%
Number of visits for non-insured clients	768	9%
Number of active clients	10,100	3%
Number of active non-insured clients	590	8%
Number of active newcomer clients	497	15%
Number of new clients	2,025	0%
Number of new newcomer clients	191	71%
Number of clients seen	3,868	0%
Number of non-insured clients seen	232	13%
Number of newcomer clients seen	272	53%

coordinator to our therapists. This has been a great benefit to many of the clients because they are non-insured and would otherwise be unable to access appropriate care.

Peer education continues to be an important part of PPT's Health Services, with volunteers providing information on sexual and reproductive health directly to clients with support from staff. The number of peer-to-peer education sessions delivered by volunteers increased by 55% last year. In response to client need, a new peer education session on Pap tests was developed to address young women's fear and confusion about the test and to help them feel more prepared for their first Pap test. Health Services had 16 active peer education volunteers last year who contributed 1,021 hours to PPT.

Addressing Mental Health Needs

Mental health continues to be an area of growth for Health Services as client demand for individual therapy, case coordination and therapeutic support groups remains high. The waiting list for individual therapy is 9 months and the primary concerns of clients on the waiting list are depression and anxiety. In order to support clients on the waiting list and provide options to individual therapy, PPT offered two therapeutic support groups this year for youth struggling with depression and anxiety. An art therapy group for young mothers, focusing on exploring past difficult relationships and building skills to negotiate healthier relationships, was also offered this year. Through these three highly successful

"I just wanted to write you all to let you know what a wonderful group of individuals [PPT] has on staff. I just recently moved to Toronto from Nova Scotia and feel so fortunate to have found a clinic where I have been so well received and feel so at ease. I am full of admiration and actually so impressed in the way the clinic conducts itself and the values and respect it upholds for young people of all backgrounds, gender, sexual orientation, race etc. Please know that with each visit your kindness and sensitivity for the health and well being of all patients never goes unnoticed or unappreciated."

– client letter

"I don't have words to express how wonderful this clinic is and how grateful I am for its existence. You all do a wonderful job, but most of all, you treat young adults with respect and dignity, something we don't always get elsewhere. PPT has been an integral part of my life and well being for 14 years. I thank you all for every smile, for your reassurance and most of all your help."

– Health Services evaluation respondent

groups, 38 clients were able to develop valuable insights into their emotions and create a stronger sense of self through participation in the group process.

An emerging trend last year has been an increase in the number of clients seeking crisis counselling with the Case Coordinator for more than one session. Client feedback tells us that this interim crisis counselling has supported them through difficult periods in their lives. As well as providing support to clients in crisis, the Case Coordinator assists clients with employment, housing, legal issues, food security, immigration and education, and also offers support around relationship issues, self-esteem concerns and isolation for clients on the mental health waiting list.

Mobile Health Unit

Over the last year, PPT has been busy developing Mobile Health Unit services that will provide sexual and reproductive health care to women in the shelter system. The Mobile Health Unit was launched in September 2009, providing the community with the opportunity to see the vehicle and discuss upcoming services.

In the following months, the Mobile Health Unit and PPT staff visited four partnering women's shelters to talk about the health services that will be offered and to give residents a chance to tour the vehicle. Unfortunately the implementation of clinical services on the Mobile Health Unit was delayed to fall 2010 due to difficulties recruiting for the clinician role.

Electronic Health Records

PPT is well on its way to fully implementing Electronic Health Records (EHR), thanks to the efforts our EHR working group. This transition has been happening over the past 2 years and we anticipate that our client records will be fully electronic by fall 2010. ■



Health Services reception area

"[I] love PPT, [I] have been coming here for over 10 years. We are lucky to have such a great service in Toronto."

– client survey respondent

TEEN PROGRAMMING

Planned Parenthood Toronto's Teen Programming provides several initiatives for youth ages 13–19 to access reliable information about sexuality, sexual health and community resources.

Teenaged youth are often unsure of where to turn for this kind of information, so they turn to their peers. We also know that youth are more likely to accept information from their peers than from adults. By using a peer education framework for all of our programming for younger youth, as well as providing information through technologies that youth can relate to, PPT is effective in increasing access to sexual health information for thousands of teens each year.

Last year, 2,595 youth used the Teen Sex Info Line, instant messaging and email to access information from trained peer volunteers on a range of sexual health issues. The top issues that teens requested information on were birth control, sexually transmitted infections and young men's health. The percentage of young men using these services grew during this time period, increasing to 25%. Youth are continuing to access teen programming services from almost every part of Toronto, and an increasing number of youth (49%) report that they heard about the services online. Teen programming had 12 active volunteers who contributed 1,261 hours over the past year.

Using Technology to Reach Teens

Another important way that PPT reaches out to teens to provide them with the information they need to make informed decisions about sex, sexuality, puberty and healthy relationships is through Spiderbytes.ca. This sexual health

website for teens was re-launched in early 2010 and continues to be a well-used resource with approximately 113,242 unique visitors last year. The internet can reach many teens in ways they could not otherwise be reached and can remove the embarrassment and some of the access issues that can prevent teens from getting information and support.

"[PPT] treat[s] teenagers like equals."

- client survey respondent

As part of our work towards increasing the use of emerging internet and communications technology, PPT developed eight digital videos this year, with funding from Telus. The goal of the videos is to increase awareness and comfort for teens accessing health services for sexual health issues. Seven teenaged youth participated in all aspects of the development of the digital videos, which are available on the new Spiderbytes website.

PPT partnered with Lorraine Kimsa Theatre for Young People again this year on a production for teens called *Blind Spot*, a play that deals with issues of substance abuse, acquaintance assault and relationships. Teen Programming staff participated in nine performances by providing support to the cast during an after-show Q&A, as well as answering questions arising from the play for the 850 youth who attended the performances. ■

SPREADING THE WORD ABOUT PPT

Individuals living in Toronto want accurate, confidential and non-judgmental sexual health information and services, but are often afraid to ask or unaware of where they can get this kind of support. PPT exists to meet this need, and we want to reach out to the community so that more and more people know what we have to offer.

In early 2010, PPT launched a social marketing campaign on Toronto's public transit system aiming to ensure that the community knows about our valuable programming and services. Using a youth-oriented approach of writing in abbreviations common in text messaging, the campaign positions PPT as the 'go to' organization for sexual health information, education and services. ■

I T.Y.A.'D* & CALLED P.P.T.*.
THEY WERE P.C.A.E.* & KEPT
EVERYTHING ON THE D.L.*. I
FEEL SOO RELIEVED NOW.
ANYWAYS, G.Z.G.* & T.T.Y.L*!

* took your advice * Planned Parenthood Toronto
* pretty cool about everything * Down Low (discreet)
* got to go * talk to you later



From choice,
a world of possibilities!

www.ppt.on.ca
416-961-0113



Registered Charitable Tax# 11 909 4449 RR 0001
PPT is a United Way member agency. Funding for PPT has been provided by the Toronto Central LHIN.

WOMEN'S PROGRAMMING

PPT continued our commitment to providing sexual and reproductive health information to all women last year through our long-standing peer education service at the Bay Centre for Birth Control. We also concentrated on providing programming for newcomer women, women in shelters, and women who have sex with women (WSW), in order to address the increased barriers these specific groups of women face in accessing appropriate health services and programming

Peer Education

Our satellite peer-based education service at the Bay Centre for Birth Control continued to provide sexual health information and education to women clients. Last year 9 volunteer peer educators contributed 943 volunteer hours, providing peer education and information to a total of 577 women. There was an increased emphasis on sexual pleasure, STI prevention and breast/cervical health in peer education sessions with clients.

Reaching Out to Newcomer Women and Women's Shelters

"It was great to talk with others after the workshop. It created dialogue among women who would otherwise not talk about certain issues. Great job."

- workshop evaluation

A new aspect of programming last year was the delivery of 11 sexual health workshops to 182 women in agencies serving newcomer women. This is part of PPT's commitment to better serving newcomer communities. Sexual health workshops in women's shelters continued to be in great demand last year, with 25 workshops offered to 275 women.

According to feedback, 87% of the women agreed that after the session they felt more able to address their own sexual health issues and concerns, and 79% stated that they now know where to access sexual health services and support.

Check It Out! Queer Women Need Paps Too!

Last year the Queer Women's Health Initiative (QWHI) launched "Check It Out: Queer Women Need Paps Too!"—a campaign to increase awareness among lesbian, gay, bisexual, queer and other women who have sex with women about their need for annual Pap tests. This campaign was the first project of the QWHI, a collaboration between Planned Parenthood Toronto, Sherbourne Health Centre and Women's College Hospital.

Many queer women are told by their health care providers that they don't need Pap tests, but this is not the case. Anyone who has a cervix and has been sexually active, regardless of the gender of their partner(s), needs a Pap test. Unfortunately, queer women access Pap testing at lower rates than their heterosexual counterparts, putting their own health at risk. A recent Statistics Canada report found less than two-thirds of lesbians reported having a Pap test within the past three years, well below the figures for heterosexual women (77%).

The "Check It Out" campaign, including the new www.check-it-out.ca website, is about empowering queer women to take control of their sexual health needs, specifically regarding Pap testing. One of the signs of the success of this campaign has been the overwhelmingly positive community response. The campaign has generated tremendous excitement and engagement, from the women

"I think this is a valuable campaign. Thank you for addressing the fact that there is misinformation among groups of women who have sex with women when it comes to our own bodies and health. Unfortunately many of us have been dismissed by male doctors as not having 'real' sex and therefore not at risk for health issues like other women."

– website evaluation survey respondent

who modeled for the campaign to the dynamic event and outreach planning team, to all those who have attended campaign events or visited the campaign website. The project culminated with a popular one-day conference for LGBTQ women in March 2010 called The Hot Wholistic Health Fest: A Well-ebriation of LGBTQ Women's Sexual Health.

Evaluation results demonstrate that the campaign has been successful in its goal of increasing queer women's intention to participate in Pap testing. This is reflected by the finding that 78% of women surveyed agreed or strongly agreed that after visiting the www.check-it-out.ca website they are more likely to get a Pap test. By creating a compelling campaign with a wide reach, the

project has also contributed to an increased presence of WSW and their needs in health promotion campaigns and messages around sexual and reproductive health.

"Check It Out: Queer Women Need Paps Too!" is a project of the Queer Women's Health Initiative, as well as the following community partners: Asian Community AIDS Services, Good For Her, Women's Health in Women's Hands and Toronto Public Health.

PPT is excited to continue our positive and productive collaboration with the other members of the QWHI as we explore new projects aimed at meeting the health needs of lesbian, bisexual, queer and other women who have sex with women. ■



YOUTH PROGRAMMING IN THE COMMUNITY

PPT's Community Programming initiatives are central to our goal of working towards health equity by enabling youth to increase control over their health and its determinants, and thereby improve their overall well-being. Through sexual and reproductive health programming for newcomer youth in high schools, young men, young parents and HIV-positive youth, as well as anti-homophobia, peer-based education, PPT provides information and opportunities for youth to shift their attitudes and behaviours and to build new life skills.

Combating the Stigma of HIV



Through the pilot of the Positive Prevention Project, Planned Parenthood Toronto offered its first ever HIV/AIDS program, specifically engaging self-identified HIV-positive youth. This new initiative was undertaken

in partnership with Positive Youth Outreach and funded by the Public Health Agency of Canada. The goal of the Positive Prevention Project was to increase the knowledge of HIV-positive youth about sexual health and increase their facilitation and leadership skills so that they in turn could educate their peers about HIV and STI prevention.

After completing a 10-week training program, the 6 HIV-positive youth who formed the Youth Advisory Committee worked with program staff to develop a workshop module on sexual health, HIV/STI prevention and HIV

stigma. They then delivered 29 workshops in the community, reaching approximately 800 youth in Toronto.

Evaluation of the workshops by participants demonstrate the project's strong success: 78% of participants indicated that they know a lot about sexual health after attending a workshop, compared to 24% before the workshop, while 73% said they know a lot about HIV and STIs after attending a workshop, compared to only 20% before the workshop.

In addition to the workshop module, the project also developed four positive messages to combat HIV/AIDS-related stigma that were printed on a variety of incentive materials and distributed to workshop attendees. In the final phase of the project, the youth created a Positive Youth Manifesto that was launched in March 2010.

At the end of the project, 100% of the Youth Advisory Committee members reported an increase in their leadership skills, facilitation skills, knowledge of sexual health, and comfort and confidence in educating other youth about HIV/AIDS.

As a result of the success of the project, PPT applied for and was granted funding from the Public Health Agency of Canada to continue youth HIV/AIDS programming for an additional 2 years.

"Being in the program changed my life. At first, I was a youth who just found out I have HIV...and I was alone. Now I feel like I found a community and I feel good about my life. This work is important and I am proud to be a part of it."

– Youth Advisory Committee member



POZ YOUTH VOICES FOR ACTION! GET ON BOARD!

Our DECLARATION:

As POZ YOUTH ¹,

We have the RIGHT to:

- Access treatment, medication, medical coverage and appropriate health care
- Start families and be parents, including the right to adopt children
- Be in loving relationships
- Express our sexuality with whomever we choose
- Use discretion in deciding who we disclose our HIV status to
- Access housing, education, skills building and employment
- Travel the world without fear of discrimination
- Receive equal treatment before the justice system
- Privacy and discretion
- Be treated equally according to our human rights

We call upon POZ YOUTH to:

- Be proactive about our health
- Be proactive about educating ourselves and our communities about HIV/AIDS
- Be at the forefront of the HIV/AIDS movement
- Be advocates for our health and advocate with others
- Be free to seek diverse expertise regarding our health
- Participate meaningfully in advocacy campaigns for positive change
- Celebrate and utilize our differences and come together as one united voice in the HIV/AIDS movement
- Promote safer sex practices where and when it is safe to do so

We call upon the GENERAL COMMUNITY to:

- Provide poz youth with friendly and safe environments, understanding and support
- Provide the opportunity for poz youth to live our lives free of discrimination and judgment
- Take initiative, break the silence, learn and talk about HIV/AIDS
- Break down ignorance and misconceptions and combat stigma and discrimination about HIV/AIDS
- Work as allies with poz youth in the HIV/AIDS movement
- Encourage faith-based leaders to join and support us in HIV/AIDS education, prevention and care

We call upon SERVICE PROVIDERS to:

- Provide poz youth friendly programs and services that empower poz youth
- Be transparent and accountable in providing programs and services to poz youth
- Include poz youth in the development, implementation and evaluation of programs and services
- Provide programs and services that are anti-oppressive, non-judgmental, culturally sensitive, youth positive, gender sensitive, linguistically accessible and LGBTQ positive
- Engage and mentor poz youth to meaningfully participate on advisory committees, boards of directors and working groups
- Provide up-to-date resources and materials that include existing support services for poz youth at all stages of diagnosis
- Ensure a high quality of service that does not compromise our health
- Protect and maintain confidentiality of clients and clients' information

Confronting Homophobia

While the LGBTQ movement has made significant progress, homophobia is still a daily reality for most high school students. Planned Parenthood Toronto continued its work to combat homophobia, biphobia and transphobia through Teens Educating and Confronting Homophobia (T.E.A.C.H.).



T.E.A.C.H. brings dynamic young “anti-homophobia warriors” into schools and community settings to share personal experiences, help other youth confront their own attitudes around homophobia, and promote empathy for LGBTQ students. Last year 24 peer facilitators delivered 167 anti-homophobia workshops to 4,250 of their peers, contributing 300 hours of volunteer time. This remarkable year reflects a 31% increase in youth reached compared to the previous year.

The T.E.A.C.H. workshops have a dramatic effect on knowledge. Feedback forms from workshop participants show that 64% of youth say they know a lot about homophobia after attending a T.E.A.C.H. workshop, compared to only 20% before the workshop.

Last year marked the 16th anniversary of T.E.A.C.H. This “Sweet Sixteen” was

celebrated by T.E.A.C.H. supporters, who gathered in April to recognize the program’s many accomplishments.

“[I will] think again before insulting anyone with the word ‘gay’.”

- T.E.A.C.H. workshop evaluations

Reaching Out to Newcomer Youth

PPT’s SHARP (Self-Esteem Health Appreciation Respect Project) was offered in two Toronto schools last year in partnership with Toronto Public Health. In total, 26 students from newcomer communities completed 10 weeks of training on healthier relationships, STIs, birth control, safer sex, self-esteem and peer facilitation skills at Greenwood Secondary School and Bloor Collegiate Institute.

SHARP continued to demonstrate that it is a unique program where youth are given the space and permission to talk openly about healthy relationships and sexuality. The program not only provided youth with leadership skills, it also provided a sense of community and belonging. Another key success of SHARP is the fact that other agencies are approaching PPT to adopt this programming model.

Building Capacity for Young Men

The Young Men’s Peer Project: Condom Awareness Campaign, funded by MAC AIDS Fund, aimed to increase the use of condoms and encourage HIV/STI testing among young men. The highly successful project used a peer education model where young men developed leadership and facilitation skills, as well as

knowledge about sexual health. Young men were trained as sexual health peer educators and then used their skills and knowledge to deliver workshops to their peers. The young men also developed a condom and HIV/STI testing campaign, and were eager to become the faces of the campaign in order to have a positive impact on the health of their communities.

The project benefited the sexual health peer educators, leading to increased self-esteem around sexual health and increased confidence in talking to their peers about sexual health and relationships. As well, being part of the project led them to pursue goals such as securing more stable housing, lowering and/or quitting drug use, pursuing job opportunities, entering post secondary education and engaging more positively in their relationships.

Supporting Young Parents

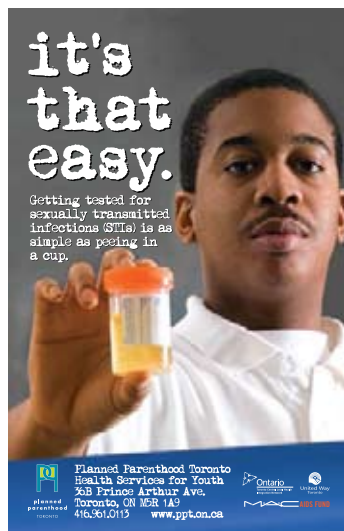
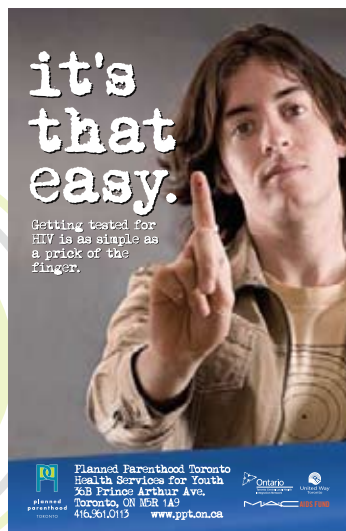
PPT recognizes that young parents are faced with multiple challenges, including the stigma often attached to being a young parent and the lack of opportunities to take time for themselves. Through Time Out, our weekly drop-in program for young parents (offered

in partnership with Four Villages Community Health Centre and Trinity Spadina Early Years Centre), PPT supports young parents and helps meet their needs with regard to sexual health, self-development, parenting skills and practical life skills. The Time Out program saw attendance increase by 16% last year, with up to 20 young parents attending the weekly sessions.

Many young parents who have been attending the program since its inception moved on last year to attend college programs or to pursue employment opportunities. These participants have repeatedly reported that they largely attribute this new motivation to their experience at Time Out, where they received the unconditional support, information and referrals they needed. ■

"[Time Out] has showed me different ways to cope with my frustration and stress levels. It has also made a difference for me because I learned how to make time for me."

- Time Out evaluation response



RESEARCH

PPT remains committed to undertaking and learning from community-based research. Beginning with a research topic of importance to the community, this type of research aims to combine knowledge and action for social change to improve community health and eliminate health disparities.

Our community health approach at PPT means that we ensure that our research is community-driven, providing meaningful opportunities for involvement in addition to integrating community input and decisions into every aspect of the research. Research findings guide and strengthen our work, and through effective sharing of knowledge these findings also enhance sexual health services in other health and social service organizations.

Toronto Teen Survey

The Toronto Teen Survey (TTS) gathered information from over 1,200 youth on assets, gaps and barriers that currently exist in sexual health education and services, with a goal of enriching both the quality and quantity of sexual health information available to Toronto youth and improving the ways in which sexual health services are delivered.

In partnership with Toronto Public Health, the University of Toronto, York University and Wilfrid Laurier University, the TTS was successful in reaching the largest community-based youth sample of its kind.

PPT was thrilled to launch the TTS report on June 2, 2009, establishing us firmly as an organization capable of generating new knowledge and evidence to support current and emerging priorities in the area of youth sexual health. Over

150 people attended the launch event, and the report was also featured in a range of newspaper and television news reports. The TTS website, www.torontoteensurvey.ca, was also launched this past year to provide project updates, abstracts, posters and articles.

Last year the focus of PPT's work on the TTS was on sharing the findings and building the capacity of key stakeholders to respond more effectively to the sexual and reproductive health needs of diverse youth living in Toronto. PPT used community-specific bulletins and forums focusing on young parents, gender differences, and LGBTQ youth, as well as a youth bill of sexual health care rights poster that was distributed to community agencies in Toronto. Through these efforts we have successfully reached both service providers and youth to ensure they are benefitting from the results of the research.



Toronto Teen Survey Report launch

Teens Resisting Urban Trans/Homophobia

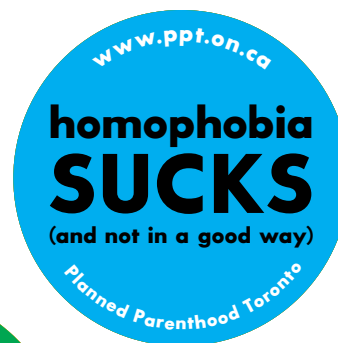
The aim of the Teens Resisting Urban Trans/Homophobia (TRUTH) research project is to improve health outcomes for lesbian, gay, bisexual, transgender/transsexual, queer and questioning (LGBTQ) youth living in Toronto by gathering information on trans/homophobia from Toronto's diverse youth communities and using the information to improve educational initiatives for youth.

A Youth Advisory Committee (YAC) was formed for the project, consisting of 10 youth who received training to conduct focus groups with 47 LGBTQ youth and 13 service providers. The initial focus group data have proven to be very rich; preliminary analysis revealed themes that include significant racism and systemic barriers to accessing services in Toronto for LGBTQ youth, and the intersections between homophobia, transphobia and racism, and how these adversely impact health and well-being.

Young Men and Condom Use Research Project

In this study, PPT partnered with researchers from the University of Guelph to evaluate an approach to promoting condom use that centred on providing young men with kits of various types of condoms and instructing them to evaluate the condoms for fit and feel via home-based practice sessions. The purpose of this pilot study was to determine if this would have an impact on consistent and correct condom use with partners.

Young men who use condoms inconsistently were recruited through PPT networks and programming. The results of the study indicate that the young men enjoyed participating in the study, learned valuable information about condoms and gained knowledge, skills and confidence regarding condom use. ■





youth bill of sexual health care rights

1. You have a right to confidential, private and quality care.
2. Speak out if you have had a bad experience – most clinics will have a complaints procedure you can request or you can call the College of Physicians and Surgeons of Ontario (416-967-2615).
3. Quality services and information are also available before you become sexually active.
4. There are a wide range of services across the city, including ones that may meet your specific needs. Call ahead to find out if a particular clinic can accommodate your requests and preferences.
5. Your friends may not have all the right answers. If you have a question about sexual health – check out www.spiderbytes.ca for a list of hotlines and websites that can answer your questions.
6. You do not need your parents' permission to access sexual health services. Some clinics will see you without a health card, so call ahead to check.
7. You can access sexual health clinics for pregnancy tests, birth control, condoms, the emergency contraceptive pill and abortion referrals.
8. You can find free condoms and lube available in most sexual health clinics and lots of community centres.
9. Testing and treatment for STIs and HIV is available at all clinics and is free.
10. Remember, sex is about having a good time – be safe and enjoy.



In partnership with:



In collaboration with: Funded by:



SHARING OUR EXPERTISE

Over the years, PPT has built a solid reputation for providing comprehensive training on sexual and reproductive health. Our expertise and success in this area attracted the attention of service providers wanting to increase their own knowledge in this area to better serve their clients, leading to the launch of PPT's Training Centre in 2007. Now in the second year of 3 years of funding from the Ontario Trillium Foundation, the Training Centre provides an opportunity for us to work with our community partners and with individuals to build their knowledge of sexual and reproductive health.

Last year the Training Centre delivered 24 training sessions, including those offered in-house as well as sessions delivered to community agencies at their own locations. In total, close to 450 individuals received training through the Training Centre. Evaluations of the trainings were very positive, with 95% of participants indicating that the session they attended was useful or very useful.

The Training Centre experienced a number of successes and challenges last year. Successes include the development of new training modules as well as the integration of the findings from the Toronto Teen Survey report into the training curriculum of all modules currently offered by the Training Centre. Challenges include fewer training sessions being offered than planned and lower than anticipated registration for trainings.

An evaluation of the Training Centre was undertaken starting in late February 2010 in order to assess the current challenges and work towards increasing registration. ■

Module	# of times offered (internal and external)
Introduction to Healthy Sexuality	3
Birth Control, Sexually Transmitted Infections and Safer Sex Negotiation	2
Anti-Homophobia Training for Service Providers	9
Merging Technology with Sexual Health	2
Healthy Relationships	5
Creating Sexual Health Programming for Youth	1
Working with Young Men	1
Facilitation	1

TEAMWORK AT PLANNED PARENTHOOD TORONTO

Our Staff

"PPT's staff team is dynamic, energetic and extremely passionate. Every single day each and every staff member at PPT strives to provide quality programming and services that exceed the expectations of our clients and community. One of the main reasons PPT is so successful is because of the dedication of our staff."

– Sarah Hobbs, Executive Director



Our Volunteers

Volunteers play an important and valuable role at PPT. Clients, staff and the community benefit from the work of individuals who freely share their talents and resources. It would be impossible for PPT to reach the thousands of clients we serve each year without our volunteers.

This past year PPT benefited from the knowledge and skills of over 70 volunteers, who together contributed more than 4,500 hours to providing reproductive and sexual health information to clients, delivering anti-homophobia workshops in the community, responding to questions from teens about healthy sexuality issues, and serving on our Board of Directors. We admire the commitment of all our volunteers and truly appreciate their dedication to our agency's vision and our clients' needs. ■



"Great services, volunteers are well educated with the info they provide."

- client survey respondent



FINANCIAL STATEMENTS

STATEMENT OF REVENUE AND EXPENSES YEAR ENDED MARCH 31, 2010

These figures are a statement of Planned Parenthood Toronto's financial activities from April 1, 2009 to March 31, 2010. Complete audited financial statements are available upon request.

REVENUES	HEALTH SERVICES	CAPITAL	OTHER PROGRAMS	TOTAL
Province of Ontario—Toronto Central LHIN	\$2,141,073			\$2,141,073
MOHLTC—Physician Compensation	5,730			5,730
City of Toronto			117,708	117,708
United Way Toronto			227,228	227,228
The Ontario Trillium Foundation			71,700	71,700
Ontario HIV Treatment Network			10,000	10,000
M.A.C. AIDS Foundation			10,000	10,000
Public Health Agency of Canada			76,050	76,050
Women's Programming Project Revenue			55,610	55,610
Other Project Revenue			11,345	11,345
Donations and Grants			38,110	38,110
Items for Sale			106,510	106,510
Other Income			10,326	10,326
Investment Income	449		21,192	21,641
	<u>\$2,147,252</u>		<u>\$755,779</u>	<u>\$2,903,031</u>
EXPENSES	HEALTH SERVICES	CAPITAL	OTHER PROGRAMS	TOTAL
Salaries and Benefits	1,559,112		497,698	2,056,810
Building	81,595		32,766	114,361
Outside Services	144,853		9,800	154,653
Supplies and Equipment	227,243		154,837	382,080
Administrative	36,198		13,608	49,806
Cost of Items for Resale			103,710	103,710
Fundraising			6,395	6,395
Non-insured	40,965			40,965
Amortization		27,909		27,909
	<u>\$2,089,966</u>	<u>\$27,909</u>	<u>\$818,814</u>	<u>\$2,936,689</u>
Excess of Revenues over Expenses	<u>\$57,286</u>	<u>-\$27,909</u>	<u>-\$63,035</u>	<u>-\$33,658</u>
Amount Repayable to Toronto Central LHIN	<u>-\$7,484</u>			<u>-\$7,484</u>
Excess of Revenues over Expenses, net	* \$49,802	-\$27,909	-\$63,035	-\$90,944

* Excess revenue of \$49,802 in Health Services was used to purchase capital assets that are not reflected in the Statement of Revenue and Expenses.

OUR STAFF AND SUPPORTERS

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- Robert Drynan, Chair
- Zak Bailey, Vice-Chair
- Chris Meier, Treasurer
- Jennie Cross, Secretary
- Nicole Anthony
- Michelle Benson
- Karen Li
- Tania Little
- Liz Majic
- Cecily Milne

Staff

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- Amandeep Panag
- Amber Anklesaria
- Andrea Lobo
- Anna Penner
- Arti Mehta
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- Tania Little
- Women's Care Clinic

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- Xtra!
- Proud FM

Funding Partners

- Toronto Central LHIN
- United Way Toronto
- City of Toronto
- Ontario Trillium Foundation
- Public Health Agency of Canada
- Community One Foundation
- Canadian Institutes of Health Research
- Ontario HIV Treatment Network
- MAC AIDS Fund

SUPPORTING PLANNED PARENTHOOD TORONTO

Our donors, the generous foundations and individuals who feel strongly that sexual health care and education are important for the women and youth of Toronto, are key to Planned Parenthood Toronto's success. While we delivered many successful programs and services for youth and women last year, there is so much more that the community needs.

PPT offers donors a number of options to continue to support our important work:

Annual Gifts

You can make general gifts, or gifts for a specific purpose or program, at any time throughout the year. Gifts will receive a tax-receipt subject to CRA regulations.

Monthly Giving

Become a monthly donor and feel good about your gift year round. Our monthly giving program is a safe, secure, and convenient way to put your money to work. As a monthly donor, your pledge will be automatically processed each month. You will receive an annual tax receipt in total value of all of your donations at the end of the year.

Bequests

These are gifts made through your will and are the most common form of planned gifts. You can give a specific piece of property, a specific sum of money, or a percentage of your estate. It's important to choose the planned giving option that is best for you. PPT recommends that you speak to an attorney and/or financial planner to help you decide and make the necessary arrangements for you to begin your legacy.

Gifts of Stock

Donating appreciated stocks, bonds and mutual funds is the most tax-effective way to make a gift to a registered charity. Whether you donate cash or appreciated securities, you will receive a tax receipt that creates a tax credit.

Honorary or Memorial Giving

Celebrate a special individual in your life by making a gift in their honour or memory. PPT can arrange for a card with a personalized message to be sent to anyone you would like notified of your gift.

Foundations and Corporate Support

To learn more about PPT's work and opportunities for foundation and corporate support, please contact shobbs@ppt.on.ca or call **416-961-0113**.

To make a secure donation online please visit www.ppt.on.ca

Charitable Registration Number: 119094449RR0001



From choice, a world of possibilities.

Planned Parenthood Toronto

36B Prince Arthur Avenue, Toronto, ON, M5R 1A9

www.ppt.on.ca

PPT is a United Way member agency. Funding for PPT has been provided by the Toronto Central Local Health Integration Network.