



ISSUU.COM/SHFPACT
SHFPACT.ORG.AU

ANNUAL REPORT 2017-2018



**DON'T
TURN
YOUR
BACK
ON YOUR
SEXUAL
HEALTH**

**LESBIAN
BISEXUAL
TRANS
QUEER
STRAIGHT
OR EVEN
SOMEWHERE
IN BETWEEN?**

Visit our website at shfpact.org.au where you'll find heaps of information — or make an appointment at the SHFPACT clinic by calling **02 6247 3077**.

- Cervical Screening and HPV Vaccine
- STI and HIV screening, checks and advice
- Reproductive and sexual health services
- Sexual difficulties and contraception services
- Canberra Menopause Centre
- Services for people with disabilities

**FEMALE
DOCTORS AND
NURSES ARE
AVAILABLE**

 **SHFPACT**
SEXUAL HEALTH AND
FAMILY PLANNING ACT

The SHFPACT clinic is located at **Level 1, 28 University Ave, Canberra City**. We offer a holistic, confidential and respectful service. Call **02 6247 3077** or email shfpact@shfpact.org.au to make an appointment. More at shfpact.org.au

ABOUT SHFPACT

SERVING THE CANBERRA COMMUNITY AND THE REGION FOR MORE THAN 45 YEARS, SEXUAL HEALTH & FAMILY PLANNING ACT IS A COMMUNITY NOT-FOR-PROFIT, NON-GOVERNMENT, MEMBERSHIP-BASED INCORPORATED ASSOCIATION AND AN ATO-ENDORSED HEALTH PROMOTION CHARITY AND DEDUCTIBLE GIFT RECIPIENT.



ASSOCIATION MEMBERSHIP

Our membership is varied and includes community members and community organisations, government service providers, academics and health professionals. Members of the Association have voting rights at general meetings and are eligible for nomination to the SHFPACT Council once a minimum period of financial membership is served. Association membership is a way to get actively involved in the life of the Association.

FRIENDS OF SHFPACT

'Friends of SHFPACT' enjoy the same benefits of ordinary membership of the Association without the obligations of attendance or voting rights at general meetings. Becoming a 'Friend of SHFPACT' is a great way to show your support for the work and goals of our organisation, and means you will be kept up to date on SHFPACT activities through regular communications.

Members and Friends of SHFPACT enjoy the following member benefits:

- Discounted clinic consultations
- Discounted purchases from bookshop (5%)
- Invitation to annual member events
- Members communications (3 per year)
- Discount on training course fees (10%)*

*SHFPACT Professional Members

SCAN THIS QR CODE TO JUMP DIRECTLY TO OUR MEMBERSHIP PAGE



VOLUNTEERS AND STUDENT PLACEMENTS

Friends of SHFPACT are regularly called on to assist with the preparation of condom packs for distribution in the Canberra community. This activity can be an engaging way to start a conversation about safe sex in your family or social network!

SHFPACT welcomes inquiries from students in programs of study relevant to our areas of work for student placements and projects. In the past, these have involved people studying health promotion, community education, sexology, nursing, medicine, and gender studies amongst others undertaking needs assessment and research projects, and participating in SHFPACT's service delivery activities.

BECOME A MEMBER OR 'FRIEND OF SHFPACT' TODAY AND SUPPORT OUR WORK!

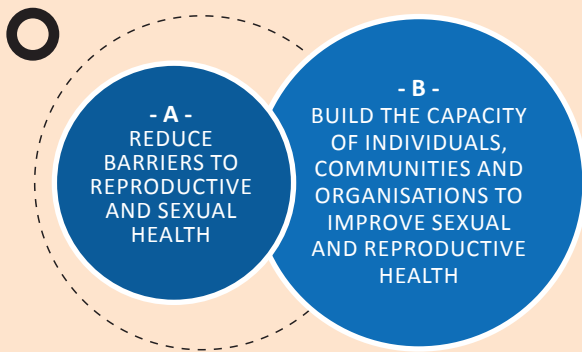
SHFPACT.ORG.AU

02 6247 3077 FOR MORE INFORMATION.
DONATIONS TO SHFPACT OVER \$2.00 ARE TAX DEDUCTIBLE.

OUR PURPOSE

SEXUAL HEALTH & FAMILY PLANNING ACT'S PURPOSE IS IMPROVED SEXUAL AND REPRODUCTIVE HEALTH FOR THE CANBERRA COMMUNITY, WITHIN A FRAMEWORK OF HUMAN RIGHTS, SOCIAL JUSTICE AND PRUDENT FINANCIAL MANAGEMENT FOR LONG-TERM SUSTAINABILITY.

Sexual Health & Family Planning ACT is a leader in integrated sexual and reproductive health workforce development, health promotion and education, and clinical services delivery to:



Sexual Health & Family Planning ACT seeks opportunities to support, influence and collaborate with others to achieve its purpose and goals, recognising that it is neither possible nor desirable for any single group or organisation alone to improve sexual and reproductive health of the community.

Sexual Health & Family Planning ACT operates financially for a sustained, viable long-term presence in the Canberra community in pursuing its purpose. Sexual Health & Family Planning ACT develops and delivers services on at least a cost recovery basis where gaps exist in sexual and reproductive health.

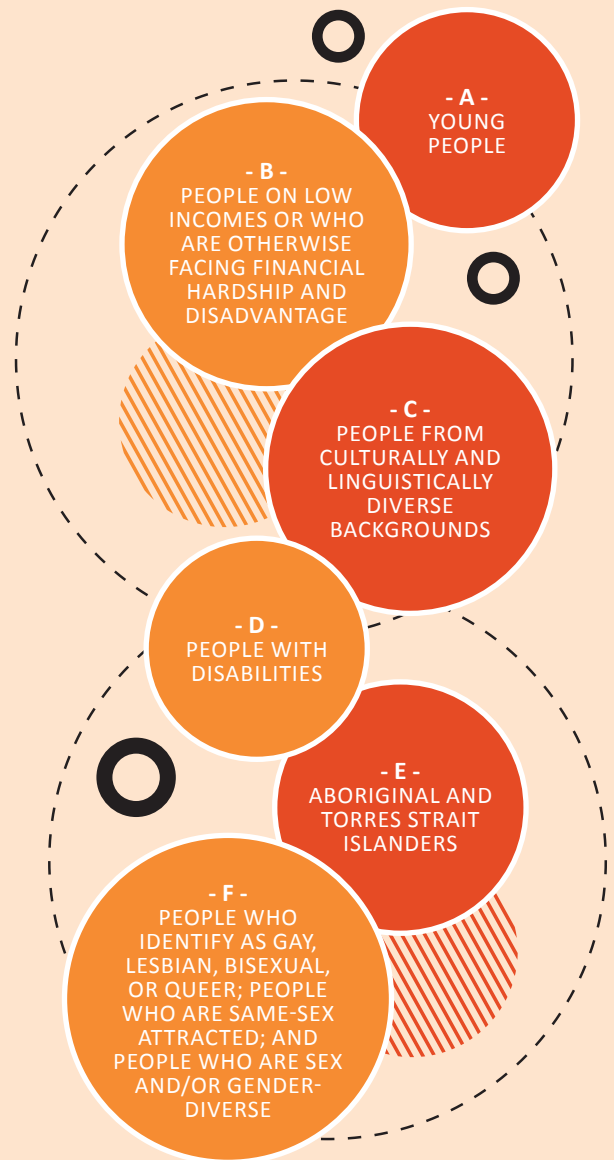
Sexual Health & Family Planning ACT recognises that gender is a key social determinant of sexual and reproductive health, that promoting gender equity results in improved health and wellbeing for the whole community, and that the biological, psychological, relational, and social dimensions of sex and gender are central to improved sexual and reproductive health outcomes across the lifespan.

Sexual Health & Family Planning ACT identifies barriers to improved sexual and reproductive health as:

- A.** The availability, accessibility and affordability of high quality health services;
- B.** The availability of workforce skills development opportunities in the community that improve the responsiveness of primary healthcare providers, and other workers and carers in the area of sexual and reproductive health;
- C.** Access to accurate and appropriate knowledge and information to inform public policy and personal choices about sexual and reproductive health;
- D.** The structuring of health and community support services in ways that create separation and 'silos' that do not reflect the lived experience of sexuality, sexual health and reproductive health as an interconnected whole.

PRIORITY POPULATIONS

SEXUAL HEALTH & FAMILY PLANNING ACT IDENTIFIES PRIORITY POPULATIONS FACING BARRIERS TO ACHIEVING IMPROVED SEXUAL AND REPRODUCTIVE HEALTH AS:



Sexual Health & Family Planning ACT recognises that other population groups also face barriers to improved sexual and reproductive health. SHFPACT develops and delivers responses informed by an evidence base, including research, policy priorities and frameworks, and needs assessment for new and emerging areas of work.



STRATEGIC GOALS 2014-2018

VISION FOR STRATEGIC DIRECTIONS 2014-2018

SHFPACT is a vibrant, effective and trusted organisation leading responses that support sexual and reproductive health and rights.

STRATEGIC GOALS 2014-2018:

1

DELIVER HIGH QUALITY SERVICES THAT IMPROVE THE SEXUAL AND REPRODUCTIVE HEALTH OF THE CANBERRA COMMUNITY

2

DEVELOP HIGH QUALITY INFORMATION, EDUCATION, TRAINING AND CLINICAL SERVICE MODELS IN AN EVOLVING ENVIRONMENT IN AREAS OF COMMUNITY NEED

3

COLLABORATE EFFECTIVELY WITH KEY PARTNERS AND BUILD NEW PARTNERSHIPS TO ACHIEVE COMMON GOALS

4

INCREASE THE PROFILE OF SEXUAL AND REPRODUCTIVE HEALTH ISSUES AND ADDRESS BARRIERS TO REPRODUCTIVE AND SEXUAL HEALTH

5

INCREASE AWARENESS OF SHFPACT AND ITS SERVICES IN THE CANBERRA COMMUNITY

6

MANAGE AND GOVERN THE ORGANISATION AND ITS RESOURCES EFFECTIVELY

AREAS OF WORK

● CLINICAL SERVICES IN THE AREA OF SEXUAL AND REPRODUCTIVE HEALTH

- Providing a client-centred suite of reproductive and sexual health primary healthcare services, including sexual health screening, contraception, pregnancy, menopause and gynaecological care.

● PROFESSIONAL DEVELOPMENT TRAINING

- Delivering classroom and clinical attachment training for medical practitioners, registered nurses and allied health professionals in sexual and reproductive health; professional development training programs for education, youth, community and disability sector workers; and seminars and workshops focused on workforce development.

● COMMUNITY AND SCHOOLS EDUCATION AND HEALTH PROMOTION

- Providing comprehensive, responsive and tailored programs to a broad range of community groups and schools on all aspects of sexual and reproductive health and rights, and sexuality and relationships education.
- Working with partner organisations to promote access to sexual health services and sexual health literacy through community-based health promotion projects.

● CLINICAL SERVICES IN THE AREA OF SEXUAL AND REPRODUCTIVE HEALTH

- Making information available to inform decisions about sexual and reproductive health, accessible in person, in print and online.



NATIONAL CONDOM DAY

COUNCIL AND EXECUTIVE REPORT

2018 HAS SEEN THE DRAWING TO A CLOSE OF THE END OF ONE CYCLE OF STRATEGIC PLANNING AND THE START OF ANOTHER. WHILE WE DIDN'T ALWAYS PREDICT SOME OF THE TWISTS AND TURNS ALONG THE JOURNEY, THE STRATEGIC CONTEXT AND OBJECTIVES SET OUT IN 2014 HAVE SERVED THE ORGANISATION WELL.

Throughout 2018, Council has led a process of reflection on our strategic position and direction, one that will be continued and finalised into early 2019 with the incoming Council. Our current funding agreement with ACT Health ends in mid-2019, and we look forward to the renewal of a service funding agreement that supports the organisation to respond to current and emerging community needs in reproductive and sexual health.

As a community-based NGO health service provider, SHFPACT, along with other health NGOs, has been affected by continuing significant change in our local health system environment. SHFPACT has worked with our colleagues to contribute, wherever possible, to advice and input to ACT Health as it navigates major internal restructuring and reform, to position our organisation to be a provider of choice in upcoming service commissioning processes. SHFPACT has worked hard to deepen our own understanding of the changing community health needs of the Canberra community, and to share this along, both to inform government and shape our own forward service planning. This process has largely re-affirmed our strategic goals, but demands that the details of how we navigate the coming years are anchored to a continued, robust understanding of these changing needs. We will continue to strengthen the systems that support our staff to be responsive to emerging needs, demonstrate our effectiveness, and facilitate our work towards common goals with partners and other stakeholders.

We have also worked with community sector partners to address gaps in the evidence base:

- SHFPACT worked with AIDS Action Council and Hepatitis ACT, with the support of project funds from ACT Health, to produce a STI/BBV sector needs analysis report that explored the current and emerging contexts for this area of common focus;
- We supported social research undertaken by Women's Centre for Health Matters to seek and analyse the views of Canberra community women on reproductive and sexual health needs and services;
- We supported community consultation by Women With Disabilities ACT that resulted in a needs and issues paper on contraceptive decision making for young women who need decision making support;
- We worked with our interstate colleagues through Family Planning Alliance Australia to pursue common policy and advocacy goals for reproductive and sexual health in Australia, including contributing input to the draft national women's and men's health strategies.

We have been actively engaged in and supported local policy and legislative reforms addressing access to abortion, and proposed reform to sexual consent laws, and both led and joined community development activities that address sexual and intimate partner violence contributing our expertise in relationships education. And we worked with partners to review, hone and improve our shared work through programs like Sexual Health, Lifestyles and Relationships Program (SHLRP) and the Enhanced Outreach STI/BBV Health Promotion & Testing project.

SHFPACT, with the continuing support of an expanded group of community stakeholders, successfully navigated the development and launch of a new model for continued support to school communities to welcome, include, and ensure the safety of same sex attracted, intersex, and gender diverse students, staff and families. From the political and media hot potato of 2016, to a widely supported launch of the ACT Safe and Inclusive Schools (SAIS) Initiative in early 2018, we have continued to emphasise inclusion, safety, equity, equality and participation as key principles worth defending against prejudice, exclusion and ignorance. We have actively engaged supporters and the concerned alike to ensure that the Initiative's purpose and approach are properly understood. We are grateful for the unwavering support from community leaders in the ACT Government, and in the ACT Legislative Assembly across all party lines, who have supported this work and its importance in the Canberra community.

SHFPACT COUNCIL

The SHFPACT Council farewelled Jane Hadrill, Camilla Burkot and Alice Knight in late 2017 and welcomed many new members, after receiving many high calibre expressions of interest. This was the biggest single intake of new Council members in many years, and challenged the organisation to support their induction and orientation to the organisation's strategic agenda, complex business structure, and priorities. Heidi Yates, Melissa Hobbs, Sarah Stringer, Eun Ju Kim-Baker and Alyssa Shaw were appointed to Council vacancies in December 2017.

During the course of 2018, the SHFPACT Council also saw the departure of longstanding Council members, including outgoing President Joanna Spratt, Vice President Matt Sammels, and Scott Malcolm. Both Matt Sammels and Scott Malcolm have served for many years, including in key Council Executive positions and as President of the SHFPACT Council. Joanna Spratt completed her PhD studies in 2017, and we farewelled her to pursue exciting career opportunities in New Zealand. The organisation is grateful to them all for their service, contributions, insight and humour in their leadership of SHFPACT in the last decade.

Janelle Weissman and Matthew Noonan have shared co-chair responsibilities with the support of the Council Executive, both stepping up into prominent leadership roles.

We were all very sad to learn in October 2018 that our colleague Eun Ju Kim-Baker had passed away, and extend our deep condolences to their family, friends and other colleagues. We will miss them at the SHFPACT Council table, as others will miss them throughout the community.



SoSAFE!

VISUAL AND CONCEPTUAL TOOLS FOR PROMOTING SOCIAL SAFETY

For people with intellectual disability, Autism Spectrum Disorder
and for typically developing learners in early childhood

SoSAFE! provides teachers, counsellors and other professionals with simple visual tools to enhance the training of social, socio-sexual and social safety skills. The explicit, rule based format allows the learner to respond to situations, including intimate relationships, without having to make discretionary decisions in response to their feelings or 'early warning signs'.

Given their stage of cognitive development, Early Childhood learners of all abilities will find the SoSAFE! Program ideally suited to their needs. It provides an instructional vehicle for inclusive social safety training of all children in their early childhood years. The SoSAFE! Program is underpinned by evidence based practices.

Visit sosafeprogram.com

FINANCIAL PERFORMANCE

We are very pleased to build on last year's small surplus, achieving another surplus result in 2017-18 of \$156,811. This result is not attributable to one single factor. Rather, it reflects a number of factors including the successful navigation of program and revenue diversification strategies (such as the acquisition of the SoSAFE! Program), transitions to NDIS funded services, Council's sustainability revenue generation targets, and some one-off recognition of revenue received in prior years. SHFPACT received one-off project funding from ACT Health in 2017-18, with the associated activities delivered by SHFPACT drawing on and increasing time by underutilised staff capacity in the organisation rather than requiring the employment of new or ongoing positions. The surplus result does not include underspent funds in any government grant/funding programs that were carried forward to the new financial year.

The surplus result is the first after more than a decade of underwriting losses to support low-fee access to clinical services in particular, which had become unsustainable in the context of major funding changes in 2016. The surplus assists the organisation to rebuild its balance sheet buffers towards Council targets to absorb and manage uncertainty or future financial pressures. These targets include a current ratio of 2:1, and a minimum months-of-operating buffer in the range of 2-3 months. It is the intention of the organisation that consistent program surplus results will ultimately be reinvested in accessibility strategies for priority populations in line with SHFPACT's purpose and mission, and enable the organisation to invest in new areas of work not supported by government funding.

The SHFPACT Council also draws Members' attention to the creation of a reserve of \$50,000 set aside to pay for our share of owners' contributions to the upgrade of the elevators at 28 University Ave.

As the precise figure for this contribution was not known at the time, the auditors have suggested that it is better represented in audited financial reports as a reserve, rather than raising a contingent liability. Council and management expect to make this contribution in financial year 2018-19, where its expenditure will contribute to a currently anticipated deficit result for the next financial year.

COUNCIL ACKNOWLEDGEMENT OF STAFF AND VOLUNTEERS

The people who make the organisation successful are its dedicated, professional and enthusiastic staff and volunteers. They turn the raw ingredients of commitment, skill, and their passion for reproductive and sexual health and rights, into a sophisticated suite of services, advocacy, collaboration and support that reaches across the Canberra community. SHFPACT's good standing and reputation in the community stems from the commitment and care demonstrated in every encounter and engagement, whether in classrooms, clinic rooms, board rooms, or in the public square. And to those whose contribution may not always directly see the person it benefits, from the condom packs produced to the data entered into a computer, please know that it is equally valued as part of what helps make the whole production come together.

On behalf of the SHFPACT Council,

Council Co-Chair: Matthew Noonan

Council Co-Chair: Janelle Weissman

Executive Director: Tim Bavinton

CANBERRA MENOPAUSE CENTRE



Sustained promotion of health information about menopause and the Canberra Menopause Centre services offered by SHFPACT continued increased service demand and delivery throughout 2017-18

CANBERRA MENOPAUSE CENTRE

MENOPAUSE AND YOU

FIND OUT HOW
MENOPAUSE MAY
AFFECT YOUR LIFE
AND WHAT THE
CANBERRA
MENOPAUSE
CENTRE
CAN DO
FOR YOU



shfpact.org.au

Canberra Menopause Centre at Sexual Health & Family Planning ACT
L1, 28 University Ave, Canberra City. 02 6247 3077 or shfpact@shfpact.org.au

SHFPACT STRATEGIC PLAN 2014-2018

PROGRESS ON STRATEGIC OBJECTIVES

SHFPACT IDENTIFIED 12 STRATEGIC OBJECTIVES TO ACHIEVE ITS GOALS AS PART OF STRATEGIC PLANNING IN 2014. IN 2017-18, THE FOLLOWING WORK PROGRESSED THESE AREAS OF WORK:

1

EXTEND SPECIALISED CLINICAL SERVICES FOR MENOPAUSE

Sustained online promotion of health information about menopause and the Canberra Menopause Centre services offered by SHFPACT continued increased service demand and delivery throughout 2017-18. Preliminary results from social research conducted by Women’s Centre for Health Matters during this year demonstrates that high quality information and care from trusted services in relation to menopause remains a high priority for Canberra women. SHFPACT was pleased to sign a sponsorship deal for a local production of Menopause: The Musical at The Q Theatre later in 2018.



SHFPACT offers extend specialised clinical services for menopause, which remains a high priority for Canberra women.

3

DELIVER HIGH QUALITY SERVICES FOR PEOPLE WITH DISABILITY AND THEIR CARERS, AND EVOLVE SERVICE MODELS RESPONSIVE TO THE NEW NDIS FUNDING ENVIRONMENT

In 2017-18, SHFPACT maintained NDIS registration and continued to grow the range and number of programs and services offered under NDIS funding arrangements. Demand for group work programs continues to exceed individual education and training services. The ACT is now in its final year of the NDIS trial period, with all eligible cohorts now participating in the Scheme.

Collaboration with Women with Disabilities ACT (WWDACT) in progressing a more informed and timely approach to contraceptive decision making for young women with intellectual disability continued. SHFPACT welcomed WWDACT’s release of an issues paper and comparative analysis of approaches in Australian and international jurisdictions to these issues, and supported WWDACT’s surveys of health professionals and women with intellectual disability to inform further work.

Work to review and update the SoSAFE! Framework continued throughout the year, culminating in the release of a new training and implementation resource (SoSAFE! Talk Touch Triangle Wall Chart Box Set), and significant work towards the third edition release of the Framework. SHFPACT renewed its training partnership for the SoSAFE! Framework with Family Planning Tasmania, and established a new training agreement with SHQ in Western Australia.

4

PROVIDE RELEVANT AND ACCESSIBLE INFORMATION ABOUT:

- A** SEXUALITY, HEALTH AND AGEING
- B** SEXUALITY, RELATIONSHIPS AND REPRODUCTIVE AND SEXUAL HEALTH FOR PEOPLE WITH DISABILITIES
- C** LONG-ACTING, REVERSIBLE CONTRACEPTIVE OPTIONS
- D** CERVICAL SCREENING PROGRAM CHANGES
- E** UNPLANNED PREGNANCY COUNSELLING, PREGNANCY SUPPORT AND ABORTION SERVICES

6

WORK WITH LOCAL PARTNERS, THROUGH FAMILY PLANNING ALLIANCE AUSTRALIA, AND WITH OTHER PARTNERS NATIONALLY, TO ADVANCE SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS PRIORITIES IN THE CANBERRA COMMUNITY AND AUSTRALIA

Consistent with its identified strategic themes, these areas were identified as information priorities. Through our membership of Family Planning Alliance Australia, work has continued to educate the health workforce and wider community about long acting reversible contraceptives (LARCs) and access to abortion in Australia. Locally, SHFPACT worked collaboratively with Women's Centre for Health Matters, Marie Stopes, Women's Health Service, and ACT Health to identify and address barriers to abortion access for women in the Canberra region. This advocacy work culminated in a bill tabled by ACT Greens MLA Caroline Le Couteur to amend health legislation to clear up ambiguities about the provision of medical abortion, and drew ACT Government attention to addressing the financial barriers to access to abortion. SHFPACT used its expertise in the provision of unplanned pregnancy counselling to identify a range of client scenarios and needs where continuing abortion stigma and financial barriers interact to systematically impact access.

SHFPACT's health information print resources underwent a systematic upgrade to a new format and style, and the regular update of online and print versions of all reproductive and sexual health information continued. New information resources on painful sex, vulva care and changes to pap smears were developed and released.

Implementation of changes to Australia's cervical screening program were delayed from May to December 2017. As the new guidelines took effect, SHFPACT commenced a major release of its new information about changes to pap smears, and ran health workforce information sessions supported by Capital Health Network. Misinformation and concerns about the changes in the community were common during this period. SHFPACT's health education programs in schools updated references to information about pap smears in advance of this change. In response to concerns about other potential sexual health issues resulting from less frequent visits to primary healthcare providers by young women following the changes, SHFPACT worked with AIDS Action Council to develop a STI/testing campaign targeting young women.

SHFPACT maintains its active membership in the Family Planning Alliance Australia (FPAA), where national priority policy and advocacy issues include:

- Long acting reversible contraceptive (LARC) use in Australia
- Access to comprehensive sexuality and relationships education
- Access to abortion services in Australia
- The role of the nursing workforce in primary healthcare advancing reproductive and sexual health



5

SUPPORT ACT IMPLEMENTATION OF NATIONAL STRATEGIES (2014-2017) FOR STIS & BBVS WITH LOCAL COMMUNITY AND GOVERNMENT PARTNERS

SHFPACT collaborated with AIDS Action Council, Hepatitis ACT and consulted with Canberra Sexual Health Centre to deliver two joint projects under these priorities:

- Enhanced outreach health promotion and STI/BBV testing activities
- Sexual health and BBV sector needs analysis of the ACT community

Both programs were completed during 2017-2018, demonstrating the continuing capacity of the STI/BBV sector to develop and deliver collaborative projects. The report highlighted the challenges and benefits of multi-agency engagement in health promotion and outreach testing services, and highlighted the critical role of government as commissioner of services.

12

DIVERSIFY REVENUE SOURCES TO ENHANCE ORGANISATIONAL SUSTAINABILITY

The SoSAFE! Program and SHFPACT's NDIS services both contributed to the overall surplus result for the year. The SHFPACT Council set financial sustainability goals in 2016 for increasing both clinical and education/training revenue which were met in 2017-18.

Revenue concentration has dropped over the life of the strategic plan, as a result of changes to the mix of funding sources and development of new revenue streams, from 0.5530 (2014) to 0.3594 in 2018. Revenue concentration is a measure of the relative diversity of revenue sources, capturing both the number of different revenue sources and the balance of revenue across these sources. Values and movement closer to 0 indicate diversification, and closer to 1 indicate concentration of revenue.

THE SHFPACT COUNCIL MET IN MAY 2016 TO REVIEW PROGRESS AGAINST THE STRATEGIC PLAN 2014-2018, TO CONSIDER THE PRIORITY OF REMAINING STRATEGIC OBJECTIVES, AND TO CLARIFY FINANCIAL SUSTAINABILITY GOALS. FOLLOWING A YEAR OF MAJOR CHANGE IN THE STAFFING LEVELS AND SERVICE OFFERINGS OF THE ORGANISATION, THE FOLLOWING STRATEGIC OBJECTIVES WERE DE-PRIORITISED IN THE CURRENT STRATEGIC ENVIRONMENT OR DEEMED DIFFICULT TO ACHIEVE IN THE REMAINING YEAR OF THE STRATEGIC PLAN:

2

DEVELOP AND DELIVER ACCREDITED TRAINING OPTIONS IN SEXUALITY, REPRODUCTIVE AND SEXUAL HEALTH ISSUES FOR THE AGED CARE SECTOR WORKFORCE

The development of new accredited workforce training and professional development programs for aged care remains in focus, including in our work developing the SoSAFE! Program for new contexts and audiences. This strategic objective was de-prioritised to be pursued more opportunistically, in the context of continuing our focus to consolidate transitions and grow the services offered under NDIS for people with disabilities.

7

DEVELOP A NEW OUTCOMES MEASUREMENT FRAMEWORK FOR THE ORGANISATION'S CURRENT AND FUTURE ACTIVITIES BASED ON EXISTING INTERNAL AND EXTERNAL DATA SOURCES

Council continues to value an outcomes-focus in thinking about the organisation's impact and contribution, and acknowledges the significant resource investment required to effectively structure a unified outcomes framework across the wide range of services provided.

10

COMPLETE A RECONCILIATION ACTION PLAN FOR THE ORGANISATION TO ENHANCE OUR UNDERSTANDING AND RELATIONSHIP WITH ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITIES IN CANBERRA

A Reconciliation Action Plan (RAP) was originally identified as one common, but not exclusive, means for businesses and community service organisations in Australia to achieve the goal of building a stronger relationship with Aboriginal and Torres Strait Islander people and communities. SHFPACT remains committed to culturally safe and accessible services, and to the relationships built with other indigenous service delivery organisations.

REVIEW OF STRATEGIC DIRECTIONS

In early 2018, the SHFPACT Council and senior staff embarked on a process of review and renewal of strategic goals and priorities in the final year of the current Strategic Plan. These resulted overall in the confirmation of current strategic goals.

With the late 2018 or early 2019 release of important policy, needs analysis and research that shape the operating environment for the organisation, a decision to delay release of a new Strategic Plan to early 2019 was taken to enable the incoming Council to review and confirm the strategic directions against these important reference points.

They include:



CONCESSIONS POLICY AND BULK-BILLED SERVICES (SERVICES NOT FUNDED BY ACT GOVERNMENT)

The new SHFPACT concessions policy introduced in October 2016 to replace the majority of bulk-billed services continued through 2017-18, with eligible clients out of pocket between \$15-\$30 per consultation depending on the service accessed and their circumstances.

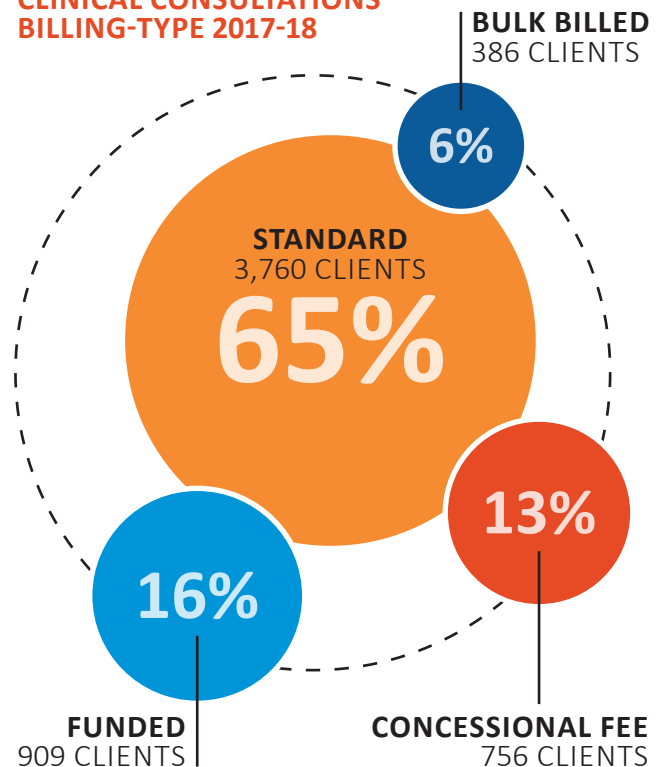
Over 2,500 people accessed and received membership discounts when accessing clinical reproductive and sexual health care services. For many clients, this resulted in a concession membership payment of \$15 providing access to nursing services at no additional cost throughout the year, and a reduced rate to see a doctor. The new concessional rate applied to identified priority groups, including:

- Young people aged 21 or under
- Full-time students to age 25 years
- Health Care Card holders and other pensioners or entitlement holders
- People with disabilities

Bulk-billed appointments were reduced, but continue to be offered on a case-by-case basis to support access for clients facing financial hardship.

Combined with services funded by ACT Government, for which no fee is charged, one-third of all clients seen by the SHFPACT clinic last year paid no fee or accessed a low-fee service.

CLINICAL CONSULTATIONS BILLING-TYPE 2017-18



ACCESSIBLE CLINICAL SERVICES PROVISION

639 consultations were provided to people who are low income earners or were not otherwise eligible for a concessional fee. These patients received a free service from the SHFPACT clinic funded by ACT Government (ACT Health). Clients accessing this service include:

- Low income earners accessing sexual health nursing services;
- International students who do not have access to Medicare;
- Young people who do not have their own Medicare card;
- Workers in the sex industry;
- Clients referred through community partner organisations as part of combined health education/clinic visits that involved a consultation.

94% of these consultations were for women and 42% were for young adults aged 15-29 years, predominantly for SHFPACT's specialised contraception services (40%), women's health and gynaecological services (45%) and sexually transmissible infections (11.5%).

Working within the recently revised national data dictionary for family planning organisations, 'Gynaecology' refers to a broad principal service category related to female reproductive health. The consultation is not provided by a specialist gynaecologist, and the category includes:

- Cervical screening services and follow up of abnormal results
- A range of vaginal and vulval symptoms and conditions, that may require investigation and treatment
- Irregular menstrual cycle and bleeding problems
- Painful sex
- Investigation, treatment and referral for pelvic pain
- Information and management of menopausal symptoms, including advice on HRT and non-HRT management of gynaecological symptoms both related and unrelated to menopause or perimenopause

Many of these issues require more complex follow up than some GPs feel skilled to manage and/or require longer consultations that earn less income in general practice.

CERVICAL SCREENING

A SIMPLE TEST THAT COULD SAVE YOUR LIFE

The Cervical Screening Test looks for HPV, the virus which can cause cervical cancer. If you have a cervix, are between 25 and 74 and have ever been sexually active you should get tested.

Even if you have not been sexually active recently, or have been in a long term monogamous relationship, HPV can be dormant and become active again so testing is still important.

This includes women who are same sex attracted and people who identify as transgender.

MAKE AN APPOINTMENT WITH ONE OF OUR
EXPERIENCED NURSES TODAY 6247 3077
SHFPACT.ORG.AU

 **SHFPACT**
SEXUAL HEALTH AND
FAMILY PLANNING ACT

GET PrEP

**PRE-EXPOSURE PROPHYLAXIS (PrEP)
IS NOW AVAILABLE ON THE AUSTRALIAN
PHARMACEUTICAL BENEFITS SCHEME (PBS).**

While any GP can prescribe PrEP, many may not be familiar with it or not confident prescribing it to you. At **Sexual Health & Family Planning ACT** you can be confident that we can help you every step of the way and have the knowledge that you need to make the right decision for you.

In most cases, the cost will be \$39.50 per month or \$6.40 per month for concession card holders.

**To find out more or to make an appointment
call SHFPACT on 6247 3077. We are located at
Level,1 28 University Avenue Canberra City.**

 **SHFPACT**
SEXUAL HEALTH AND FAMILY PLANNING ACT
SHFPACT.ORG.AU

OUTREACH CLINICAL SERVICES

Tertiary education institutions and university residential colleges regularly request sexual health information for university students. SHFPACT Clinic Outreach Program combines these presentations with outreach chlamydia and other STI/BBV testing opportunities and direct referral for additional services at the SHFPACT clinic.

This program also supports clinic visits for young people, people using specialist homelessness services, and men and women with disabilities referred from other community-based disability support services.

SHFPACT clinical outreach activities included our continuing partnership with Canberra Sexual Health Centre to provide:

- Coordinated health outreach services to Canberra Community Cares, a nationally-recognised program that supports young parents to stay connected with the education system. A significant proportion of the young people using this service are Aboriginal/Torres Strait Islander.
- SWOP Shop, a regular outreach program to sex workers in parlours and brothels to provide sexual health screening and information.

The ongoing SHLiRP (Sexual Health, Lifestyles and Relationships Program) partnership with Canberra Sexual Health Centre and ACT Government secondary colleges continues to provide an engaging health education and sexual health testing opportunity to Year 11 and 12 students. The program runs on a calendar year. In 2017-18 five ACT secondary colleges were visited.

The participation rate by young men in the SHLiRP consultations (45% of clients in the SHFPACT Clinic Outreach Program) is well above young men's attendance in other primary care clinical settings for sexual health issues.



In 2017-18, ACT Health funded a collaboration of SHFPACT with AIDS Action Council and Hepatitis ACT to deliver a program of enhanced STI/BBV outreach health promotion and testing activities. The SHFPACT-led contributions to this project increased service delivery capacity by an additional 151 engagements with harder-to-reach and priority populations.

The outreach services partnerships demonstrated the ability of community health NGOs to leverage existing community connections and staff capacity, and develop new partnerships to substantially increase activity with additional government resource investment.

UNPLANNED PREGNANCY COUNSELLING

SHFPACT provides the only free, all-options, unbiased pregnancy counselling service in the ACT, to assist women with an unplanned pregnancy by providing information and counselling support. The service can also extend to their partner and other family members, or partner-in-pregnancy.

This resource is provided at no cost to clients to reduce barriers to the service and meet the needs of young and/or financially disadvantaged women in this area, and is funded by ACT Health on an availability basis.



SHFPACT has developed resources relating to unplanned pregnancy, including a Pregnancy Options brochure which provides information for women and their partners facing an unplanned pregnancy and includes referral points and contacts; and an Early Pregnancy information handout which provides basic information regarding health in pregnancy, pregnancy care, birth options and referral points and contacts, including relevant websites.



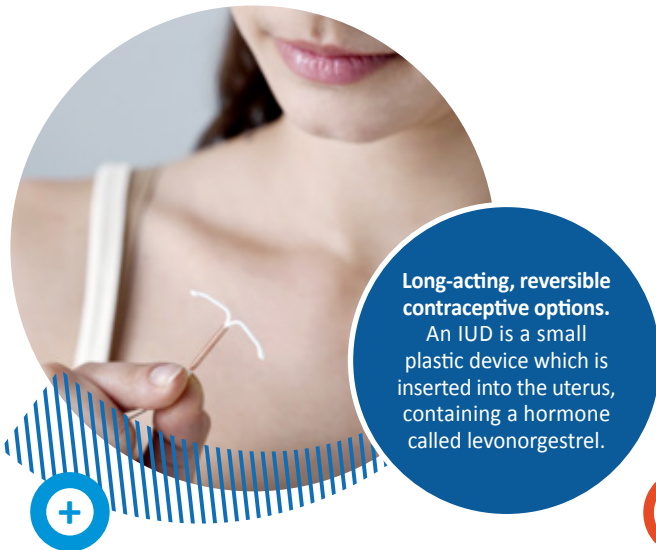
MEDICAL EDUCATION AND TRAINING PROGRAMS

SHFPACT offers the following accredited training courses for medical practitioners:

FPAACERTIFICATE IN SEXUAL AND REPRODUCTIVE HEALTH FOR DOCTORS

The nationally recognised and RACGP/RANZCOG endorsed curriculum is delivered by family planning organisations, including SHFPACT. The program delivered in the ACT covers six one-day Theory Modules, Objective Structured Clinical Examination and a 30-hour Clinical Placement, representing a substantial commitment by participants.

- **15 GPs participated in 2017 program**, and 9 completed the Clinical Attachment Component of the Doctors Course in 2017.
- **13 GPs participated in the 2018 program**, with 1 having completed Clinical Attachment at end of the financial year, the majority of this cohort to complete clinical attachment training by the end of the year.
- **10 participants** were awarded the FPAACertificate in Reproductive and Sexual Health for Doctors in 2017-18.



Long-acting, reversible contraceptive options.
An IUD is a small plastic device which is inserted into the uterus, containing a hormone called levonorgestrel.

And two short-course programs for GPs focused on long-acting reversible contraception (LARC):

- IUD Insertion (theory and clinical practicum)
- Implanon® Training
 - The interactive IUD Workshop was enjoyed by 15 participants, 8 of whom have completed clinical IUD insertion training in the clinic, and are ready to independently deliver this LARC service to our local and regional communities.

Consistent with national policy priorities and SHFPACT's own Strategic Objectives, our work in this area has significantly increased access to these improved forms of contraception in primary care settings in the Canberra region.

SUPPORTING CONTINUING PROFESSIONAL DEVELOPMENT

SHFPACT supports the continuing professional development of the health workforce in the areas of reproductive and sexual health through:

- Ensuring regular clinical meetings attract RACGP CPD points, and are opened by invitation to clinicians who have undertaken training with SHFPACT or work in the reproductive and sexual health area.
- Hosting a multidisciplinary ACT Pelvic Pain Group attended by GPs, gynaecologists, dermatologist, nurses, psychosexual therapists, and pelvic floor physiotherapists who are interested in the care of women experiencing pelvic pain conditions.
- Offering meeting space for the ACT Chapter of the Society of Australian Sexologists, an interdisciplinary forum for therapists, educators and researchers working broadly in the field of sexual therapy, sexuality education and sexology.
- Presenting updates on key reproductive and sexual health issues and clinical practice to other professional networks and organisations.

NURSE AND MIDWIFERY EDUCATION AND TRAINING PROGRAMS

SHFPACT WELL WOMEN'S SCREENING COURSE FOR NURSES

The program includes distance education modules, a one-day classroom learning and skills workshop, followed by minimum 15-20 hours clinical placement to learn clinical skills and demonstrate competency. The program is designed for and trains to a scope of practice relevant for practice nurses in general practice and other primary healthcare settings.

- 7** registered nurses participated in the SHFPACT Well Women's Screening Course and completed clinical placements for the program in 2018.

UNIVERSITY OF CANBERRA MIDWIFERY PROGRAM PLACEMENTS

SHFPACT has continued offering observational placements for students from the midwifery program at University of Canberra. Students are exposed to family planning, reproductive health and sexual health services generally, and to the work of SHFPACT specifically, through a one-day placement. Over time it is anticipated that this engagement will improve the knowledge of and referral to family planning, reproductive health and sexual health services as midwives graduate and begin to practice.

- 24** UC Midwifery students participated in placements in 2017-18. As in previous years, participants highly valued the placement experience at SHFPACT.



PROFESSIONAL EDUCATION AND TRAINING

SHFPACT provides a variety of professional development education and training courses, workshops and seminars for professionals working in the education, community services, disability support and other allied health fields on request. This program is partly supported by funding from ACT Health.

In 2017-18, activities in the education sector expanded with the trial and delivery of a new TQI-accredited teacher education program *Doing It For The First Time*, a skills development and reflective practice program for educators newer to teaching relationships and sexuality education. 350 primary and secondary teachers and learning support assistants participated in professional education workshops, including at non-mainstream education programs to support students at risk of education disengagement, and in specialist inclusion schools for students with high support needs.

More than 300 people participated in workshop/seminar or mini-conference presentations by SHFPACT staff to university students and professional bodies. These primarily focused on inclusion strategies to meet the communication and learning needs of people with cognitive disabilities for sexuality and relationships education and social skills training, or inclusion strategies for same-sex attracted, intersex, and gender diverse people in professional and education settings.

6 participants completed SHFPACT's flagship Introduction to Sexuality and Health course over three-days of intensive training. This was the first time this program has been offered since 2016. The participants were largely later year university students and early career allied health professionals seeking to build their knowledge, skills and confidence in working with clients in the areas of human sexuality and relationships, and sexual and reproductive health and rights.

SCHOOLS EDUCATION

SHFPACT continues to actively engage with primary and secondary schools to build the capacity of school communities to provide accurate, comprehensive, age and developmentally appropriate relationships and sexual health education. The roles of parents and teachers in the lives of children and young people are central in this endeavour, and our services are provided to support and enhance these roles, not to replace them. SHFPACT prioritises the delivery of programs in schools to those where an existing program is in place and the use of external facilitators or guest speakers has been well considered.

2,620

2,620 senior primary school children and young people attending secondary school participated in health education programs delivered in schools by SHFPACT staff, primarily puberty education programs in 'mainstream' school settings, and tailored sexuality education program delivery for students with disabilities.

2,070

2,070 senior secondary students participated in SHLiRP health education sessions in secondary colleges.

280

280 parents and carers attended Parent Information Evenings facilitated by SHFPACT staff in conjunction with schools-based health education and other community programs.



ACT SAFE AND INCLUSIVE SCHOOLS INITIATIVE

The new ACT Safe and Inclusive Schools (SAIS) Initiative was officially launched in March 2018, with positive media coverage on ABC Radio Canberra and The Canberra Times, and with strong public support from the ACT Government, Minister for Education Yvette Berry, along with community and health stakeholders, and parent peak bodies Association of Parents & Friends of ACT Schools (non-government schools) and ACT P&C Council (Canberra public schools). The Association of Independent Schools and Catholic Education Office were briefed ahead of the launch in order to provide their schools with clear and consistent information about the Initiative and its supports.

Since the launch and to the end of the financial year, the Initiative provided professional learning programs to one whole school staff team (40+ participants), the ACT public school psychologist service (50+ participants), and offered two general sessions to allow relief staff and other school staff who may be on leave to access the training content and assist with maintaining TQI accreditation.

A public community feedback session on the professional learning was also held to mark International Day Against Homophobia, Transphobia, Biphobia and Intersex Discrimination (IDAHOBIT), which was attended by a small but diverse participant group including parents, teachers, senior secondary college students and community organisation staff.

The program successfully sought ACT Teacher Quality Institute (TQI) accreditation for the core training unit, and 24 of approximately 120 participants have claimed TQI CPD points.

Support and advice on addressing school-specific needs was provided to 7 public and 2 non-government schools, across the range of SAIS Initiative supports — individual student needs and welfare, student community awareness of inclusion and diversity, consultation on inclusive curriculum design, planning/review with school leaders on inclusion strategies, and management of school staff and parent community information needs.

The Initiative website saisact.info was updated to include links to community and health support organisations, and a first set of other useful online resource and information links. The Initiative does not produce or endorse any specific set of teaching/learning materials, but continues to work on a case-by-case basis to support teachers and school leaders to identify, adapt and use appropriate learning materials relevant to the Australian Curriculum, identified student learning needs, and the school community context.

In the second half of 2018, the Initiative is working to support schools with upcoming Wear It Purple Day. The Initiative is finalising school review tools to assist school leaders to assess current community needs and plan for activities to improve how schools welcome, recognise and support student, staff and family diversity, which will be trialled with schools in the second half of the year. A short-form curriculum resource review tool is also nearing completion.



NDIS: EDUCATION AND BEHAVIOUR SUPPORT PROGRAMS

In 2017-18, SHFPACT maintained its NDIS registration and continued to grow the range of programs and services offered under NDIS funding arrangements.

As in the previous two years of transitions to NDIS business models, participant demand for group work programs continues to exceed demand for individual education and training services.

Both participant numbers and revenue from NDIS activities grew again in 2017-18, but SHFPACT remains very concerned that the transition from block-funded approaches that supported services accessible to any person with disability and their parents/carers, has resulted in both less activity overall compared to pre-2016 services provided, and services exclude those who do not have an NDIS plan. Because SHFPACT has found ways to deliver group programs under individual funding plans, they are excluded from consideration for ILC (information, linkages and capacity building) funding which would make them available to people with individual NDIS plans in place. For example, in the last two rounds of NDIS ILC funds, SHFPACT has submitted its SoSAFE! Goes To Work work readiness and support program for consideration and it has been excluded both times.

The length of time from initial connection with a potential client for SHFPACT's services and actual delivery of those services can take up to 12 months as plans and funding are aligned.

Through variations to our service funding agreements with ACT Health, SHFPACT is able to provide a limited initial engagement to assess needs and plan for services that is not billed through the NDIS, and supports a minimal needs identification and referral approach for people with disabilities who do not have an individual funding package with the NDIS.

While SHFPACT is very proud of the quality of the programs we can offer under these arrangements, we remain concerned overall that the needs of Canberrans with disabilities in the areas of skills, information and support in relation to sexual and reproductive health, sexuality and relationships continue to be more limited than they were in the past.

COMMUNITY HEALTH EDUCATION

SHFPACT continues to respond to requests to provide other community education and health information events, including:

- Men's and women's health information events at ANU residential colleges, CIT and University of Canberra including international students recently arrived in Australia.
- Presentations to small groups of young people on sexual health issues, with other community and youth service providers and youth homelessness and out-of-home-care services.

In 2018, in conjunction with expanded outreach STI/BBV testing opportunities funded by ACT Health in one-off funding and delivered by a partnership with AIDS Action Council, Hepatitis ACT and Canberra Sexual Health Centre, SHFPACT focused on increasing engagement with ANU and UC residential colleges.

SOSAFE! PROGRAM

SHFPACT continued to delivery training in the award-winning, evidence-based social skills safety training program SoSAFE! throughout the year. Locally during 2017-18, 125 educators, allied health professionals, or parents/carers participated in one-day SoSAFE! User Training in the ACT and region.

SHFPACT's ownership and development of the SoSAFE! Framework as a program supporting achievement of SHFPACT's purpose and a revenue diversification strategy continued to progress with the signing of new training partner SHQ in Western Australia in early 2018, and work to explore options for training partnership with Family Planning Victoria. SHFPACT continues to have training agreements in place with Family Planning Tasmania (renewed mid-2018) and Pyramid Education Consultants UK. SHFPACT trialled a limited individual training licence that supported SoSAFE! User Training and implementation support work for schools in one regional NSW Catholic Diocese late 2017 into 2018.

In 2018, work to review and update the SoSAFE! Framework materials, release new implementation support resources, and develop better systems and consistency for an expanding training partners network gained pace. A new program resource, the Talk Touch Triangle Wall Chart Box Set, was finalised for release in August 2018, and beta testing ahead of the release of Apple Store Apps that support the SoSAFE! Framework was commenced. These are anticipated for release by the end of 2018.



A new program resource, the Talk Touch Triangle Wall Chart Box Set, was finalised for release in August 2018, and beta testing ahead of release of Apple Store Apps that support the SoSAFE! Framework was commenced. These are anticipated for release by the end of 2018.



SPECIAL THANKS

Association of Parents & Friends of ACT Schools (APFACTS)
ACT Cervical Screening Program
Australian Education Union (ACT)
Belconnen Community Service
Capital Health Network
Advocacy for Inclusion
A Gender Agenda
AIDS Action Council of the ACT
Australian National University
ANU Students Association
ANU Medical School
Australian Primary Health Nurses Association (APNA)
Australian Research Centre for Sex, Health & Society (ARCSHS)
ASHHNA (Australasian Sexual Health & HIV Nurses Association)
Assurance Accounts
Ms Bec Cody, MLA
Burton & Garran Hall residents
Canberra Institute of Technology
Canberra Rape Crisis Centre
Canberra Sexual Health Centre, Canberra Hospital

Capital Pathology
CentreRed IT
CIT Students Association
Companion House
Forensic & Medical Sexual Assault Care, Canberra Hospital
FUSE Magazine & Lithium Innovation Pty Ltd
Griffin Legal
Hepatitis ACT
Koomarri
LEAD
Northside Community Service
Melissa McGrath
Royal Australasian College of General Practice
Sex Worker Outreach Project
Dr Sheridan Kerr
Society of Australian Sexologists (SAS)
University of Canberra
UC Students' Association
Ursula College residents
Vincent's
Winnunga Nimmityjah Aboriginal Medical Service
Women's Centre for Health Matters
Women's Health Service
Women With Disabilities ACT (WWDACT)



Our members and clients who donated to SHFPACT, and employees of the Commonwealth and ACT Public Services who donated to SHFPACT through payroll deduction schemes, contributing to our continuing ability to improve reproductive and sexual health in the Canberra community.

Presenters from our community partner organisations and community of professional support who contributed to outstanding learning opportunities for participants in our training programs.

Students and staff of ACT schools who supported delivery of sexual health and relationships education programs.

Elected and appointed members of the SHFPACT Council, who voluntarily contribute their time, expertise and wisdom to guide the organisation on behalf of the wider membership.

Members of the ACT Legislative Assembly for continued public advocacy to support all students to be welcome, safe and included in Canberra schools regardless of sexuality, intersex status, or gender identity/presentation, and for legislating to improve access to abortion services for women in the Canberra community.

thank
you

SHFPACT STAFF

RECEPTION & CLINIC SUPPORT

- Kylie King
- Raylene Foster
- Susanne Gardiner
- Kate King
- Mandy Mottram

SEXUAL HEALTH NURSES & UNPLANNED PREGNANCY COUNSELLORS

- Anne Carroll
(CNC)
- Amy Faden
- Hilary Freeman
(Nurse Education Coordinator)
- Libby McCutchan
- Kristen Reed
- Antonia Taylor

MEDICAL OFFICERS

- Tracey Baker
- Jill Bestic
- Tara Frommer
- Heidi He
- Jenny Leung
(Senior Medical Officer, Medical Education Coordinator)
- Jennifer Leung
- Clare Holberton
(Senior Medical Officer)
- Rosa O’Kane
(Senior Medical Officer)
- Sonia Res *
- Kelly Teagle
- Kaisa Thomson *
(Senior Medical Officer)
- Kath Turner

HEALTH PROMOTION, EDUCATION & TRAINING

- Lauren Cannell
(SoSAFE! Framework Product Development)
- Sue Ellerman
(Community Education & Health Promotion Officer)
- Patricia Jones
(Manager Education, Health Promotion & Training)
- Pi Lee
(Project Officer)
- Jen Lewis
(Safe & Inclusive Schools Initiative Project Officer and Educator and Trainer)
- Louise Stockton*
(Project Officer)
- Aga Włodarczyk
(Community Education & Health Promotion Officer)

BUSINESS SERVICES, FINANCE & ADMINISTRATION

- Leanne Blewitt
(Manager Business Services Unit)

MARKETING & COMMUNICATIONS

- Alexander Thatcher

MANAGEMENT TEAM

- Leanne Blewitt
(Manager Business Services Unit)
- Anne Carroll
(Clinic Nurse Coordinator)
- Lisa Grant*
(Director Client Services)
- Drs Jenny Leung, Clare Holberton, Kaisa Thomson
(Senior Medical Officers)
- Patricia Jones
(Manager Education, Health Promotion & Training)
- Kylie King
(Coordinator Reception)

EXECUTIVE DIRECTOR

- Tim Bavinton

* Staff member departed during the year.

SHFPACT COUNCIL

PRESIDENT:	Ms Joanna Spratt
VICE PRESIDENT:	Mr Matthew Sammels
VICE PRESIDENT:	Mr Matthew Noonan
SECRETARY:	Ms Heidi Yates
TREASURER:	Ms Sarah Stringer
MEMBER:	Ms Janelle Weissman
MEMBER:	Mr Scott Malcolm
MEMBER:	Ms Bronwyn Clark
MEMBER:	Mx Eun Ju Kim-Baker
MEMBER:	Dr Melissa Hobbs
MEMBER:	Ms Alyssa Shaw

ANNUAL REPORT 2017-2018

SEXUAL HEALTH & FAMILY PLANNING ACT

Street	Level One, 28 University Ave, Canberra ACT 2601
Mail	GPO Box 1317, Canberra ACT 2601
Telephone	+61 2 6247 3077
Fax	+61 2 6257 5710
SMS	0400 770 999
Email	shfpact@shfpact.org.au
Web	shfpact.org.au
Facebook	facebook.com/shfpact
Twitter	twitter/shfpact
Issuu	issuu/shfpact



ISSUU.COM/SHFPACT



SHFPACT.ORG.AU