

SEXUAL HEALTH AND FAMILY PLANNING ACT

STRATEGIC PLAN 2019 | 2023

IMPROVING
SEXUAL AND
REPRODUCTIVE
HEALTH FOR
THE CANBERRA
COMMUNITY



Supported by funding from the ACT Government and the generosity of our clients and donors.

SHFPACT'S PURPOSE

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.

ABOUT US

SEXUAL HEALTH AND FAMILY PLANNING ACT (SHFPACT) is a non-government, not-for-profit organisation working in the Canberra community for over 45 years, delivering sexual and reproductive health services, education and clinical training to advance sexual and reproductive health for all. The organisation is an incorporated association governed by a volunteer Council elected by members each year at the association's Annual General Meeting. SHFPACT is a registered charity with the Australian Charities and Nonprofits Commission (ACNC). SHFPACT is endorsed by the Australian Taxation Office as a health promotion charity and deductible gift recipient.

SHFPACT is the ACT member of Family Planning Alliance Australia (formerly Sexual Health and Family Planning Australia), a national federation of state and territory family planning and sexual health organisations, and the Australian associate member of the International Planned Parenthood Federation (IPPF), in the East and South-East Asia and Oceania Region.

SHFPACT's membership of these national and international bodies gives it unique local expression in the Canberra community, and access to the global perspectives and experience of an international movement dedicated to promoting sexual and reproductive health and rights.

SHFPACT values delivering services based on sound principles of evidence and the identified needs of local communities. Australian members and many of IPPF's international affiliates have been leaders in advocacy, development and delivery of reproductive and sexual healthcare services, as well as sexual health education over many decades, and continue to be recognised as critical players and resources for professional development training programs skilling the health, education and community services workforces in these areas.

SHFPACT values and works collaboratively with local government and other community-based organisations to provide services that meet Canberra community needs. Our local partnerships are an essential part of achieving our purpose to improve sexual and reproductive health for the Canberra community. SHFPACT recognises that a diverse community requires a diversity of services and service models.

IMPROVING SEXUAL AND REPRODUCTIVE HEALTH FOR THE CANBERRA COMMUNITY

STRATEGIC POSITION

SHFPACT is a non-government organisation working across the health, education and community services industries. Our key relationships and partners operate in the government, non-profit/for-purpose and commercial sectors. The organisation employs professionals with diverse qualifications and professional experience, including medicine, nursing, social work, education, health promotion, finance and administration, among many others.


SHFPACT achieves its impact through the provision of healthcare services, including counselling, directly to the community; and by strengthening community and workforce capacity through information, education and training services that build health literacy and skills in the areas of sexuality, relationships, and sexual and reproductive health. Providing direct services ensures that the organisation's industry knowledge and skills are relevant and current, and inform advocacy, health promotion and workforce development activities as well as deliver specialised, safe and respectful services to priority populations who may have limited access options to appropriate services.

In the absence of a national or ACT reproductive and sexual health policy or strategy, SHFPACT's work interacts particularly with priorities and directions drawn from public policy on sexually transmissible infections (STI) and blood-borne viruses (BBV), women's and men's health, youth, disability, and social inclusion, amongst others.

SHFPACT is one of only a few non-government, non-profit organisations in the Canberra community bridging clinical services delivery, education and training, and health promotion work, and that is relevant and responding to health needs that affect the entire Canberra community.


SHFPACT'S AREAS OF WORK

CLINICAL SERVICES IN THE AREA OF SEXUAL AND REPRODUCTIVE HEALTH



SHFPACT provides a client centred suite of reproductive and sexual health primary healthcare services, including sexual health screening, contraception, pregnancy, menopause, and women's and men's healthcare. Services are provided from a primary clinical site and through outreach activities.


COUNSELLING



SHFPACT provides Canberra's only free unplanned pregnancy counselling service that is client-centred, non-directive and refers for all pregnancy options.


SHFPACT's support to people with disabilities includes one-to-one and group counselling programs to enhance relationships, sexuality, sexual and reproductive health, and social safety skills and understanding.

PROFESSIONAL DEVELOPMENT TRAINING




SHFPACT delivers theory and clinical attachment training for medical practitioners, registered nurses and allied health professionals in sexual and reproductive healthcare, and a wide range of professional development and training activities to support workers in the education, youth, community, and disability support and advocacy sectors to improve reproductive and sexual health.

COMMUNITY AND SCHOOLS EDUCATION



SHFPACT provides 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.

HEALTH PROMOTION AND INFORMATION SERVICES



SHFPACT works with community partner organisations to promote access to sexual and reproductive health services, and improve sexual and reproductive health literacy through community-based health promotion projects and activities.

SHFPACT provides a range of health information resources in person, in print and online to inform decisions about sexual and reproductive health.

PRIORITY POPULATIONS

SEXUAL HEALTH AND FAMILY PLANNING ACT RECOGNISES THE FOLLOWING PRIORITY POPULATIONS FACE BARRIERS TO ACHIEVING IMPROVED SEXUAL AND REPRODUCTIVE HEALTH:

- A** Young people
- B** People on low incomes or who are otherwise facing financial hardship and disadvantage
- C** People from culturally and linguistically diverse backgrounds
- D** People with disabilities
- E** Aboriginal and Torres Strait Islanders
- F** People who identify as gay, lesbian, bisexual, or queer; people who are same-sex attracted; and people who are sex and/or gender-diverse

Recognising that the needs of identified priority populations are not uniform, SHFPACT addresses barriers through the most appropriate combination of: community consultation and needs analysis; the provision of cost-effective, evidence-based programs and services that address identified needs; advocacy; and/or capacity/knowledge building. SHFPACT seeks to build community and individual agency, and to learn from and support the capacity and capability of other organisations to serve these needs effectively.

SEXUAL HEALTH AND 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.

SHFPACT'S VALUES, PRINCIPLES AND APPROACH

Sexual and reproductive rights are human rights related to sexuality, reproduction and relationships.

SHFPACT works within and advocates for a comprehensive definition of sexual and reproductive health consistent with the World Health Organization's definitions.

The expression of sexuality occurs across the lifespan, in the context of human relationships. Sexual and reproductive health needs evolve and change at different stages of life and in different social and relational contexts.

We value the understanding of community health needs and health outcomes that derive from an analysis of the social determinants of health and wellbeing. We value sharing of information about community needs in order to collaboratively address diverse health needs through targeted prevention and intervention approaches.

SHFPACT approaches its work through the lens of evidence-based healthcare.

We strive to achieve equitable access that reflects the different needs and barriers experienced by priority populations to high quality, affordable, relevant and accessible services.

Working within a health promotion framework unites the various services and diverse activities undertaken by the organisation in achieving its purpose.

Our impact, particularly on priority populations, is augmented and amplified through capacity building approaches and working in partnership with others.

SHFPACT affirms and advocates anti-discrimination principles set out in ACT and Australian laws and international conventions.

We value the benefits and challenges that come from community diversity, and are committed to learning with and from diverse community members to better advocate for and address their needs.

Services are delivered within a person-centred and pro-choice approach.

SHFPACT'S STRATEGIC VISION + STRATEGIC GOALS

SHFPACT IS A DYNAMIC, EFFECTIVE AND TRUSTED ORGANISATION LEADING AND CONTRIBUTING TO COORDINATED RESPONSES THAT SUPPORT SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS, PARTICULARLY OF UNDERSERVED PEOPLE AND COMMUNITIES.

1

ADDRESS BARRIERS TO AND IMPROVE SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS STATUS OF THE CANBERRA COMMUNITY.

Current issues, areas of community need and strategic focus include:

- Addressing increasing cost barriers to quality healthcare;
- Community/consumer awareness of where and how to access services in an environment of changing and increasing numbers of providers (e.g. reproductive and fertility healthcare, menopause, sexual health services, disability support services);
- Health service planning and commissioning, and the role of NGO providers in relieving pressure on public providers and improving access alternatives;
- Increasing STI notification rates in ACT and Australia;
- An emphasis on sexual health needs in Aboriginal and Torres Strait Islander communities in national STI/BBV policy;
- Changes in access to abortion in the ACT, and the role for SHFPACT in: a) supporting a skilled primary care workforce; b) unplanned pregnancy counselling; c) communicating availability of new access points to the Canberra community.

2

INCREASE THE PROFILE OF SEXUAL AND REPRODUCTIVE HEALTH ISSUES AND ADDRESS BARRIERS TO REPRODUCTIVE AND SEXUAL HEALTH WITH POLICYMAKERS, DECISION MAKERS, AND THE BROADER COMMUNITY.

Areas of strategic focus:

- Monitoring new and emerging needs and issues, and communicating priorities to key stakeholders;
- Increasing community awareness of SHFPACT's services through service promotion and marketing.

3

STRENGTHEN ORGANISATION SYSTEMS, CAPACITY AND CAPABILITIES.

Areas of strategic focus:

- Human resources capability development;
- Quality improvement and program evaluation planning;
- Outcomes and impact measurement and monitoring (agency and collective);
- Revenue diversification and financial resilience;
- Structure the organisation and its programs to ensure effective and sustainable service models that enhance access for priority populations.

STRATEGIC OBJECTIVES, STRATEGIES AND INTENDED OUTCOMES

SUPPORT

1.1

DELIVER HIGH QUALITY SERVICES THAT SUPPORT AND IMPROVE THE SEXUAL AND REPRODUCTIVE HEALTH STATUS AND WELLBEING OF THE CANBERRA COMMUNITY.

- Improved reproductive and sexual health and rights outcomes for individuals, couples, families and communities.
- Services provided by SHFPACT are valued and sought after.
- SHFPACT demonstrates and shares effective and accessible clinical, education/training and health promotion models for improving reproductive and sexual health and rights.
- ACT Government and other stakeholders have confidence in SHFPACT's services and advice.
- SHFPACT achieves its Purpose and Ends.

1.2

INCREASE AWARENESS OF SHFPACT AND ITS SERVICES IN THE CANBERRA COMMUNITY.

- SHFPACT's services are known, accessible and used by those who need or benefit from them.
- SHFPACT is informed and responsive to current and emerging community needs.
- SHFPACT responds to the evolving environment and community needs, and addresses barriers to reproductive and sexual health.
- SHFPACT accurately understands its relative strengths and competitive advantage, and plans accordingly.

DELIVER

INVEST

GROW

2.1

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

- SHFPACT responds to the evolving environment and community needs, and addresses barriers to reproductive and sexual health.
- SHFPACT is a valued and respected collaborative partner contributing to shared impact.
- SHFPACT is a trusted and effective organisation leading responses that support sexual and reproductive health and rights.
- Public policy and systemic influences are more conducive to good reproductive and sexual health outcomes and respect for sexual and reproductive health and rights for individuals, couples, families and communities.

COLLABORATE

3.1

INVEST IN THE FACILITIES, INFORMATION AND COMMUNICATIONS TECHNOLOGY INFRASTRUCTURE REQUIRED TO ACHIEVE OUR GOALS AND MISSION.

3.2

MAINTAIN SHFPACT'S SUPPORTIVE ORGANISATIONAL CULTURE, WITH LOYAL, HIGH-QUALITY STAFF AND VOLUNTEERS WHO ARE COMMITTED TO SHFPACT'S MISSION.

3.3

CONTINUE TO DIVERSIFY REVENUE, IMPROVE FINANCIAL RESILIENCE, AND INVEST IN ADVANCING THE ORGANISATION'S PURPOSE/MISSION.

- SHFPACT is a resilient, well-managed and well-governed organisation that attracts, retains and values high-quality staff and volunteers.
- SHFPACT accurately understands its relative strengths and competitive advantage, and plans accordingly.
- SHFPACT is a trusted and effective organisation leading responses that support sexual and reproductive health and rights.
- SHFPACT is able to invest its financial resources to support services, activities and programs that improve reproductive and sexual health and rights in the Canberra community (unmet or otherwise unfunded needs).
- SoSAFE! and Menopause Centre Canberra are net surplus contributors to SHFPACT's financial position.

DIVERSIFY



SHFPACT CLINICAL SERVICES

- Contraceptive advice, information and services
- IUDs and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STI) testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception advice
- Sexual difficulties and sexuality education
- PrEP information, advice and prescriptions

TRAINING, EDUCATION AND INFORMATION SERVICES

- Clinical training programs for healthcare workers
- Individual and group counselling and education programs for people with disabilities
- Professional development training programs for the education and community services workforce
- Health information services
- Working with other education and community service organisations to improve health and wellbeing
- Community and schools education programs in sexual health and relationships

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