

Nova Scotia Association for Sexual Health
Office Profile: Cape Breton Centre for Sexual Health

Year founded:

- Established 1979 as the Family Planning Resource Team, later Planned Parenthood Cape Breton

Clients seen in 2005:

- 2005: 2,356 clients including 75 presentations to 1,613 people

Staff complement:

- Full time: 1; part-time: 0; volunteer board members: 8

Total annual office budget in 2005:

- \$54,013.34

Most urgent sexual health issues facing community today:

- Adolescent sexual activity leading to STI's and unplanned pregnancies
- Supporting clients with mental health challenges
- Limited access to pro-choice physicians
- Lack of consistency and accountability in sex education programming

Most urgent sexual health issues facing community 5-10 years from now:

- Rise in STI's
- Limited access to pro-choice physicians
- Rise in infertility
- Limited access to sexual health services

Areas where office excels in serving community today:

- Delivering educational presentations on various sexuality issues
- Networking with other organizations to address Cape Bretoners' sexual health needs.

Areas office is currently unable to adequately serve community today:

- If the sole employee is out in the community conducting workshops or networking for more resources, then the office is closed to those who need to access services until she returns.

Office claims to fame

- Founding member of the AIDS Coalition of Cape Breton, "Sharp Advice" Needle Exchange and the four local Youth Health Centres
- Co-chair of the Sexual Health Network that seeks to find ways to ensure accurate and timely sexuality education for all regional students
- Helped direct *Talking To Teachers About Teaching Sexuality* research study
- Developed sexuality programs for organizations working with those afflicted with mental illness
- Work with Children's Aid and Community Services delivering parenting workshops
- Work with Addiction Services to deliver programs and individual counselling (esp. adolescents)

Critical facts about office that are misunderstood or unknown locally that need clarification, correction or reinforcement locally:

- Many don't see beyond the reproductive issues to the full range of services, the support and information we offer and the community capacity-building work we do.

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