

Alberta Society for the
Promotion of Sexual Health
Annual Report

For the Fiscal Year - February 1, 2020 - January 31, 2021

April 30, 2021



Introduction

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April 30, 2021 - Annual General Meeting - Agenda

Friday, April 30, 2021, 5:00 pm MT (Virtual Meeting) - Call to Order:

1.0 Approval of Agenda

2.0 Approval of Minutes from April 28, 2020 AGM

3.0 Reports - Chair/President's Report

3.1 Treasurer's Report - Financial Statements Attached

3.2 Education Coordinator's Report

3.3 Report of the Nominations Committee

4.0 Election of the Board of Directors:

Nomination to the Board for 3 year term:

Madison Wrights - Medicine Hat, AB

Board Elected for continuing 3 year term:

Emily Dawson - Edmonton, AB

Emily Diaczun - Calgary, AB

Dr. Genevieve Godin - Desert Blume, AB,

Re-election (one year term):

Dr. Shaniff Esmail -Edmonton, AB,

Edward Sandberg - Vancouver, B.C.

Heather Cobb -Calgary, AB,

Tracey Burnett - Camrose, AB

Dr. Jenny Rand -Wolfville, N.S.,

Tammy Troute-Wood - Calgary, AB

Dr. Margaret Newbury-Jones - Kelowna, B.C.

Jenise Finlay - Calgary, AB

5.0 New Business

6.0 Adjournment

ASPSH AGM Meeting Minutes

April 28, 2020

Board Members Present: Heather Cobb, , Shaniff Esmail, Jenny Rand, Tracey Burnett, Tammy Troute-Wood, Edward Sandberg, Eve Godin, Emily Dawson, Margaret Newbury-Jones, Teresa Lambert

Employee Present: Melanie Anderson

Guests Present: Jessica Dales, Renate Braul

Regrets: Jenise Finlay Emily Diaczun

Heather called the Zoom meeting to order 5:02pm.

Items:

Approval of Agenda Approval of agenda moved by Jenny, Seconded by Eve, all in favour

Approval of minutes from 2018 AGM May 1, 2019 Approval of minutes moved by Teresa, seconded by Shaniff, all in favour

Reports

- **Chair/President's Report:** Please see the full report to the board on page 6 of the Annual Report. Special thanks to our volunteer board of directors and the volunteers that work so very hard for our organization to make things happen. Our only employee, Melanie, is also a very big part of this organization, thank you for all your hard work! The online workshops transitioned to a new user friendly platform. Several new workshops were offered this year with success. The casino funds enabled ASPSH to host Marty Klein for an informative, one day education session in Calgary in September. Approx. 100 people attended. The Biennial Conference was scheduled for May but due to the Covid-19 Pandemic the conference is currently postponed to November 2020. At the time of the postponement, we had a full slate of presenter and 50 individuals registered. We have Andrew Gurza booked for a free workshop on May 2 with 95 registrants.
- **Treasurer's Report:** Emily Dawson prepared the financial statements, and they were audited by board members Jenise Finlay and Eve Godin. Emily stated that we are in good standing with Revenue Canada.

- **Education Coordinator's Report** Please see the Report from the Education Coordinator in the Annual Report. ASPSH held 20 online workshops last year with an average participation rate of 10 individuals. We transitioned to a new platform for our online workshops and it has been positive. Very simple to use. A huge thank you to our online facilitators, conference sponsors, SIECAN, the ASPSH Board of Directors and to Heather for making 2019 a really great year for ASPSH

Report of the nominations committee.

- There were no new board members added to ASPSH this year. Heather made a motion to re-elect our current board members to their positions. Shaniff seconded the motion and all members were in favour. This motion was passed.

Current Board Members:

Continuing

- Teresa Lambert – Edmonton, AB – Starting year 3
- Dr Margaret Newbury-Jones, Kelowna, BC – Starting year 3
- Emily Dawson – Edmonton, AB – Starting year 2
- Dr. Genevieve (Eve) Godin – Desert Blume, AB – Starting year 2
- Emily Diaczun – Calgary, AB – Starting year 2

Re-election (one year term)

- Dr. Shaniff Esmail – Edmonton, AB
- Heather Cobb – Calgary, AB
- Edward Sandberg – Vancouver, BC
- Jenny Rand – Wolfville, N.S.
- Tracey Burnett – Camrose, AB
- Tammy Troute-Wood – Calgary, AB
- Jenise Finlay – Calgary, AB

New Business

- Andrew Gurza Workshop May 2. Financially supported by the Casino Fund. Thank you to Margaret for connecting with Andrew to make this happen.
- Conference 2020, tentatively postponed to November. Decision will depend on University of Alberta allowing in person learning at that time. Anticipated time frame is end of May for the decision.

Adjournment Meeting adjourned at 5:28pm MST

Report from President - Heather Cobb

I did hope to prepare my report for 2021 to deliver in person. However, a year on from my last annual report, we are now all used to meeting online and connecting digitally. This has been challenging and new for lots of us but we are making it work finding ways to support each other and work our way through this extraordinary time. Our 14th biennial conference in 2020 was postponed in response to public health measures but we are hopeful and excited to welcome our colleagues from across Canada in 2022.

Despite the changes, ASPSH has remained very strong as we've carried on with our online workshops and new, live online webinars. Once we knew that the conference was cancelled we knew we had to stay connected with our members and community. We offered two webinars from Andrew Gurza and Dr. Lorri Brotto with excellent attendance and participation. Both events were free to participants and enabled us to use our casino funds for anyone who wished to sign up.

I'm happy to report that our workshops have been more successful than ever with higher participation rates. The topics offered by skilled and committed facilitators are varied and responsive to the needs of members who frequently request themes. The success of our workshop calendar is largely down to the efforts of Education Coordinator Melanie Anderson. Melanie has established strong relationships with both facilitators and participants. Thank you Melanie for your enthusiasm and commitment.

Finally I would like to thank the volunteers and the Board of Directors who make ASPSH work, from assisting with the website, to organizing webinars and helping to keep the day-to-day operations of ASPSH healthy. Many of these people have been impacted professionally by Public Health efforts of the last year. A big thank you to you all for continuing to bring your enthusiasm and skills to our Society while juggling many other tasks.



Heather Cobb, President
Alberta Society for the Promotion of Sexual Health

Report from Education Coordinator - Melanie Anderson

ASPSH's online workshop program was introduced in 2005 in response to the findings of a province-wide needs assessment that found 100% of the organizations surveyed wanted more sexual health training and education opportunities for their staff. Accessibility, time and costs were however, major barriers. Thanks to the many sexual health professionals who have shared their expertise with ASPSH over the years, our online workshops continue to meet these needs by reaching professionals, parents and students across Canada in rural, remote and urban communities. This past year we offered 16 online workshops with 163 participants from all parts of Canada and since the beginning of 2021, we have seen a significant increase in the number of participants.

The following workshops were offered during the 2020-21 calendar:

Spring 2020

- Teaching About Human Sexuality - Christine Sturgeon, Calgary
- Understanding Masculinity & Sexual Violence - Marek Buchanan and Joe McGuire, Calgary
- Sexual Health History Taking, Contraception & STI Basics - Tammy Troute-Wood, Calgary
- Beyond #MeToo: Moving Forward to Sexual Empowerment - Angel Sumka, Edmonton
- Counselling Skills & Sexual Health: Helping Clients Make Informed Decisions - Lucy Snider, Kelowna
- Talking & Teaching About Sexuality: Parents, Children and Teens - Heather Cobb, Calgary
- Sexual Health Considerations for Youth In Group Homes & Residential Treatment Facilities - Rene Ross - Cumberland County, Nova Scotia

Summer 2020

- Talking & Teaching About Sexuality - People with Intellectual Disabilities - Dr. Margaret Newbury-Jones, Kelowna
- Supporting Someone Before, During & After Abortion - Emily Diaczun and Emily Sulzer, Calgary
- Social Justice 101 - Angel Sumka, Edmonton

Fall/Winter 2020/21

- Practicing Sex Positivity in a Sex Negative Society - Erica Van Kuppeveld, Edmonton

- Talking & Teaching About Sexuality: Parents, Children and Teens - Heather Cobb, Calgary
- Human Sexuality in Every Day Life - Why Sex Ed Matters in the Intellectual Disability Community - Sofia Ashley, Yukon
- Rethinking Prevention - Hilary Jahelka and Rita Antwi, Calgary
- Sexual Health History Taking, Contraception & STI Basics - Wendi Lokanc, Calgary
- Exploring Sex Toys for All Bodies - Erican Van Kuppeveld, Edmonton

In addition to thanking our online workshop facilitators I would like to express special thanks for the participants for their support and ongoing interest in our workshops.

During the first wave of Co-Vid we received requests for workshops that had been offered during the previous months. In June we again offered these workshops without a facilitator at a reduced cost allowing access to the workshop content. Twenty-four people participated and registered for a total of 53 workshops.

Unfortunately the 14th Biennial Western Canadian Conference on Sexual Health was postponed until November 2020, then to May 2021 and finally the Conference Committee made the difficult decision to postpone the conference to 2022. Emails were sent out to all of the conference sponsors and attendees with the options to receive a refund, to make a charitable donation to ASPSH or to defer their conference fee to the 2022 conference. The vast majority chose to defer their fees to our 2022 conference.

Due to the cancellation of our face-to-face conference, ASPSH hosted our first very successful webinar featuring Andrew Gurza, our conference keynote speaker, who shared his experience as a disability advocate. We hosted our second successful webinar in January with Dr. Lori Brotto who addressed the research she highlighted in her book *Better Sex Through Mindfulness: How Women Can Cultivate Desire* (2018).

In closing, my sincere thanks to the ASPSH Board of Directors, Executive and President Heather Cobb, for their leadership and unwavering commitment to sexual health and to ASPSH. Their dedication ensures the continued success of our organization.

Respectfully Submitted,



Melanie Anderson, Education Coordinator

Nominations Committee Report

Teresa Lambert resigned from the Board of Directors mid-year. Madison Wright was nominated to the Board on an interim basis at the March Board Meeting and her name will be put forward at the AGM for a three year term to formalize her nomination. All other Board Members have agreed to continue their role on the Board for the 2021-2022 year. The addition of Madison will bring the Board membership to 12 members.

2020-2021 Board of Directors:

EXECUTIVE COMMITTEE:

- Heather Cobb
- Dr. Shaniff Esmail
- Tracey Burnett
- Emily Dawson

DIRECTORS:

- Emily Diaczun
- Edward Sandberg
- Dr. Genevieve (Eve) Godin
- Jenise Finlay
- Dr. Jenny Rand
- Dr. Margaret Newbury-Jones
- Tammy Troute Wood
- Teresa Lambert **

** Resigned from the Board Mid-Term

2020-2021 STAFF:

- Melanie Anderson - Education Coordinator

Kudos

This past year has been a challenging one for many organizations but ASPSH has been able to continue to offer our services because of the support of many supporters across Canada. Although our Biennial Western Canadian Conference on Sexual Health was postponed due to the pandemic, we were most fortunate that our dynamic conference keynote speaker, **Andrew Gurza**, immediately agreed to share his life's experiences as a disability awareness consultant with participants from coast to coast via a live webinar. Special thanks to **Dr. Lori Brotto** who shared her expertise with us via another fascinating webinar, **USING MINDFULNESS TO CULTIVATE SEXUAL DESIRE** in January 2021.

Thank you to our **online workshop facilitators and participants** without whom we would not be able to continue to offer these online learning opportunities to our network across Canada. Sincere thanks to the many **conference registrants and sponsors** who chose to defer their conference refund to the 2022 Conference. Much gratitude is extended to our **membership**, both Organization and Individual members who through their membership ensure the continuation of our education programs. A sincere thank you to the organizations that contributed financially and in-kind to ASPSH over the past year.

Last but not least, many thanks to the **ASPSH Board of Directors** for their continued commitment to ensure professionals, parents, students and anyone interested in sexual health have access to current, comprehensive and non-judgemental sexual health information and services through our education program. Special thanks to the **Executive Members - Heather, Shaniff, Tracey and Emily** who provided exemplary leadership for our organization and thank-you to board member, **Eve Godin**, who spent hours setting up our membership database and leading us through planning sessions. Thank you to our **Education Coordinator Melanie Anderson** for her long-standing commitment to ASPSH.

We sincerely appreciate your support.

Supporters/Partners - 2020-2021

- Alberta Gaming, Liquor and Cannabis Commission
- University of Alberta, Occupational Therapy
- Alberta Health Services, Sexual and Reproductive Health, Calgary
- Action Canada for Sexual Health and Rights