

# HEALTH INITIATIVE FOR MEN

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HIM IS DEDICATED TO STRENGTHENING THE HEALTH & WELL-BEING OF GAY MEN



## ANNUAL REPORT

APRIL 1<sup>ST</sup>, 2018 – MARCH 31<sup>ST</sup>, 2019

**HiM** | HEALTH  
INITIATIVE  
FOR MEN

10 YEAR ANNIVERSARY

[www.checkhimout.ca](http://www.checkhimout.ca)

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# MESSAGE FROM BOARD CHAIR

Within the span of a decade HIM has become a leader for gay men's health in Canada. Its success is the product of various factors: an ongoing need for sexual health information, cooperative partnerships with like-minded organizations, community-based program delivery, sustained financial support, teams of professional staff, passionate leaders, an army of well-trained volunteers, and incredible community support for HIM.

"Success is rarely achieved suddenly, nor without reason."

Since inception, responsibility for governing HIM has been a special privilege that several members have shared. The 2018–2019 Board of Directors sincerely thanks all members – past and present – who have helped HIM grow and develop, especially those who volunteered time and energy through the full length of board terms. The continuity of their involvement was invaluable as HIM's governance practices matured and evolved. Thank you so much.

During the past year there was a great deal of "homework" completed by the Board and its committees – reviewing its governance role, addressing gaps in its governance tool box, aligning practices and protocols to HIM bylaws – as well as a highly productive effort in fund development (Blue Ball 1). One particular highlight of Board accomplishment was the successful revision and approval of HIM's 5-year strategic plan. In the context of contemporary thinking and practice, the new plan provides an excellent map for board and staff to follow. Looking ahead, informed by the plan, there are exciting governance topics that the Board will address in 2019–2020 and beyond.

Shedding light on colonial practices and protocols in gay men's health promotion affords a great opportunity for HIM to contribute to reconciliation with BC's indigenous cultures; collaborative work will progress to adopt meaningful change that fosters closer partnership. To help safeguard HIM's fiscal sustainability, the Board will work toward measurements of "performance success" that are expressed in accountable terms. In partnership with staff, there will be development of better feedback tools to help HIM regularly evaluate its community impact and the ongoing effectiveness of HIM activities. Also, developing a strategic approach to fund development and targeted campaigning will offer greater opportunities for board members and staff to promote HIM across a broader spectrum of potential funders.

All in all, the 2018–2019 term has been a year full of successes for the HIM Board. With the support of new board members, expanded committees, HIM staff, and other volunteers, there are more to follow.



DOUG LEAVERS  
BOARD CHAIR



# MESSAGE FROM THE EXECUTIVE DIRECTOR

We made it! We celebrated significant milestone, our ten year anniversary in November 2018, and what a momentous ten years it has been! From a fledgling grassroots nonprofit started by a group of dedicated gay men passionate about their health, HIM has grown into a well-respected, innovative and mature organization that is a respected voice for GBT2Q health in the Lower Mainland, throughout BC and across Canada.

This is due in no small part to our amazing Board of Directors, army of dedicated volunteers, and fantastic team of passionate staff members. As the person at the helm of this complex endeavor that we call Health Initiative for Men, I can attest to the fact that our involvement with HIM is a labour of love, with HIM bringing to life the adage that the whole is more than the sum of its parts. The teamwork that I see evident every day demonstrates that HIM is successful because of the many diverse strengths that each person brings to the large HIM table. The past year has seen HIM rise to new heights in its ability to strengthen the health and wellbeing of GBT2Q men as a result of that teamwork and collaboration.

Program highlights of the past year include development of a comprehensive smoking cessation resource, the introduction of a drug checking service, development of an accessible counselling model to offer increased access to counselling supports (*HIM Helps*), the implementation of express testing

at the HIM on Davie Health Centre, and the development of new, relevant and innovative opportunities for connection and support (*Connections with HIM in Abbotsford, Queer Life in Colour, Meth and Sex* support group, *Re-Wired* anxiety support group, *The Climb, QueeReaders Book Club, Every Body* support group, and *Condom Packing in New Westminster*). We also found a new home for our HIM on the Drive Health Centre, undertook the 2018 Sex Now survey (complete with dried blood spot testing!) at four pride celebrations, and introduced the BC CommA capacity building program. Quite a list!

As we launch into our second decade, I am acutely aware of the challenges our communities still face as we work to build healthy lives together. I am also grateful for the ten years of collective experience, wisdom, innovation and team work that help guide Health Initiative for Men as we continue to contribute to greater health equity for GBT2Q men.



GREG OUDMAN  
EXECUTIVE DIRECTOR



# BOARD MEMBERS AND HIM STAFF

## BOARD MEMBERS

- Doug Leavers – Chair
- Nicholas Danford – Vice Chair
- Adrian Pape – Treasurer
  
- Conner Copeman
- Jag Bilkhu
- Kevin Contzen
- Kevin Hisko
- Michael Leclair
- Nathan Lachowsky
- Robert Taylor

## STAFF

- Greg Oudman - Executive Director
- Aaron Purdie
- Alvaro Luna
- Andrew Poon
- Billy Taylor
- David Russell
- Hans Bosgoed
- Jas Basra
- Joshua Edward
- Kiarmin Lari
- Kirill Vinogradov
- Lance Hansen
- Matthew Taylor (on leave)
- Sam Larkham
- Sam Stiegler
- Spencer Johnston
- Simon Rayek



# HIM HIGHLIGHTS

## ABOUT HEALTH INITIATIVE FOR MEN

Health Initiative for Men (HIM) is a non-profit society that aims to strengthen the health and well-being of gay men. We offer the full spectrum of gay men's sexual health testing, as well as professional counselling, sexual health education, and an engaging mix of social and volunteer opportunities. HIM takes an integrated approach to gay men's health, focussing on determinants of overall health: physical, sexual, social, and mental.



## OUR HISTORY

After years of discussion among gay men in Vancouver about the need for a gay men's health organization, Health Initiative for Men opened in the heart of Vancouver's gay village in 2008.

In 2009, HIM entered a formal contract with the Vancouver Coastal Health Authority to deliver health promotion services to gay men.

We remain at the forefront of gay men's health issues, collaborating on important research projects, and offering primary and sexual health care. Through the tireless work of our volunteers, we are able to deliver programs for a diverse range of men, from sex workers to yoga aficionados.

## KEY FACTS

- Legal Name:  
H.I.M. – Health Initiative for Men Society
- Founded: November 2007
- Sites of Operations:  
Office, 310 – 1033 Davie Street  
Health Centres:  
HIM on Davie, 416 – 1033 Davie Street  
HIM on The Drive, 1145 Commercial Drive  
HIM in New West, 40 Begbie Street  
HIM in Surrey, 220 – 10362 King George Boulevard  
HIM in Abbotsford, 104 – 34194 Marshall Road
- Find us on the Internet:  
[www.checkhimout.ca](http://www.checkhimout.ca)  
[www.facebook.com/HealthInitiativeforMen](https://www.facebook.com/HealthInitiativeforMen)  
[www.twitter.com/HIMtweets](https://www.twitter.com/HIMtweets)

## OUR MISSION

Strengthening the health and well-being of gay men.

## OUR VISION

Gay men building healthy lives together.

## OUR VALUES

We value gay men's ability to make informed decisions.

We value the role of our communities.

We value scientific research.

We value a non-judgmental, sex-positive, and strengths-based philosophy.

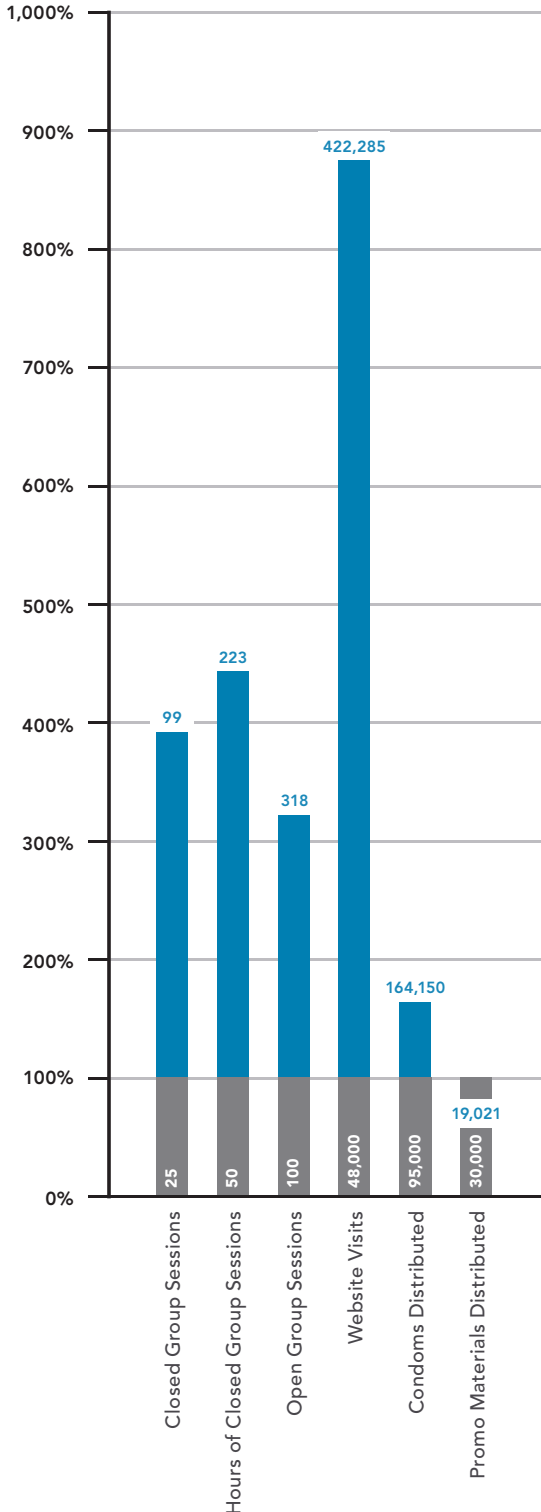
We value a comprehensive approach to healthy living.

We value capacity building and collaboration.

# HIM HIGHLIGHTS

## Service Output Indicators

BLUE: Performance Level  
GREY: Contract Targets



## HIM HEALTH CENTRES

HIM's five health centres administer (rapid, standard, & NAAT) HIV tests as well as offer clinical counselling and peer support/coaching programs. They're staffed by registered nurses, volunteer receptionists, and HIM employees, and are successful partnerships between HIM, *Vancouver Coastal Health*, *Fraser Health Authority* and the *BC Centre for Disease Control*. They are located in high-traffic areas where gay men live and socialize.

This has been a record year in the mental programs at HIM. Throughout the year, a record-breaking **192 gay, bi, queer and guys into guys accessed counselling** with one of HIM's highly-trained mental health professionals who (as a team) **volunteered over 1,444 hours of their time and expertise** toward the improvement of community mental health. HIM's coaching program continues to empower volunteer coaches to learn about motivation and coaching skills that they then applied to **helping and supporting 21 community members**.

## KEY PROGRAM INITIATIVES

### Physical Health

Fitness clinics, yoga classes, dragon boating sessions, nutrition workshops as well as partnerships with community fitness and sport groups (ie. *Learn to Run* workshops).

### Sexual Health

British Columbia's largest distributor of condoms to gay, bi, trans, queer men (and omsm), HIV prevention campaigns, risk reduction information, nationally-recognized web technology and social media tools (including SMS and e-mail-based HIV testing reminders) and five health centres offering counselling services as well as STI and HIV testing.

### Social Health

Volunteer-facilitated initiatives and social groups include *CONNECTIONS with HIM* (a collaborative workshop developing skills for thriving in a straight man's world), *Get Kinky with HIM*, *Queer Life in Colour*, *Men 55+*, *Every Body*, *Tango with HIM*, *Life Drawing*, *Queer Reader's Book Club*, *Dream Group with HIM*, *Jazz Funk with HIM*, *Improvise with HIM*, and *The Climb*.

### Mental Health

Professional clinical counselling and coaching (peer support) services and *Take Time for Your Mind* campaign.

# SERVICE OUTPUT INDICATORS

## PROGRAM DELIVERABLES

### VOLUNTEERS

# of trained volunteers **35**

### GROUPS & COUNSELLING

# of closed group sessions **25**

# of hours of closed group sessions **50**

# of unique attendees at closed group sessions **280**

# of open group sessions **100**

# of hours of open group sessions **250**

# of unique attendees at open group sessions **1,000**

### COMMUNITY ENGAGEMENT & KNOWLEDGE TRANSLATION

# of venue-based outreach events **30**

# of festival-related events **8**

# of condoms distributed **95,000**

### # OF PRINT ITEMS DISTRIBUTED

# condom boxes **45,000**

# promo materials **30,000**

# print ad impressions **600,000**

# of website visits **48,000**

### CLINIC

# of HIV tests **970**

# of STI tests **300**

# of hours clinic is open **500**

INDICATORS	Q1: APR – JUN	Q2: JUL – SEP	Q3: OCT – DEC	Q4: JAN – MAR	FISCAL YEAR TOTAL
<b>Volunteers</b>					
# of trained volunteers	18	15	19	19	<b>71</b>
<b>Groups &amp; Counselling</b>					
# of closed group sessions	23	45	17	14	<b>99</b>
# of hours of closed group sessions	39	128	28	28	<b>223</b>
# of unique attendees at closed group sessions	68	377	63	54	<b>562</b>
# of open group sessions	62	128	58	70	<b>318</b>
# of hours of open group sessions	93.5	96	78	105	<b>372.5</b>
# of unique attendees at open group sessions	654	826	786	882	<b>3,148</b>
<b>Community Engagement &amp; Knowledge Translation</b>					
# of venue-based outreach events	3	8	8	14	<b>33</b>
# of festival-related events	3	5	0	5	<b>13</b>
# of condoms distributed	24,850	47,600	49,300	42,400	<b>164,150</b>
<b># of print items distributed</b>					
# condom boxes	12,425	23,800	24,650	21,200	<b>82,075</b>
# promo materials	3,667	4,202	5,829	5,323	<b>19,021</b>
# print ad impressions	418,195	1,081,461	1,470,520	169,103	<b>3,139,279</b>
# of website visits	58,568	84,172	98,269	181,276	<b>422,285</b>
<b>Clinic</b>					
# of total HIV tests *	1,134	1,050	1,052	1,123	<b>4,359</b>
# of STI tests *	1,276	1,240	1,335	1,461	<b>5,312</b>
# of hours clinic is open	1,972	2,010	826	797	<b>5,605</b>
# of clients seen	1,872	2,067	2,137	2,213	<b>8,289</b>

\* for HIM on Davie and HIM on The Drive only



“The best thing about working with HIM is that I am becoming a member of a community of HIM employees, volunteers and the people who use HIM’s services. It is such a healthy thing to do for me to be helping with the health of our larger community and to be working with others with the same interest.”

– Brian, Volunteer

## Yoga with HIM

in Surrey



Join HIM for Yoga in Surrey, for a fun, upbeat way to stay healthy and meet like-minded guys while building better yoga practices.  
Please bring a yoga mat, water bottle, and towel. All levels welcome.

**Date/Time:** Drop-in every Wednesday, September 12<sup>th</sup> – December 12<sup>th</sup>, 2018  
7:00pm – 8:30pm

**Location:** HIM in Surrey Health Centre  
220 – 10362 King George Blvd, Surrey

**Cost:** Free or by donation

For more information, please phone 604.488.1001 or email [register@checkhimout.ca](mailto:register@checkhimout.ca).




## Get Kinky with HIM & VML

Play Parties: How To Go and How To Throw!



Get Kinky is a series of talks held by Health Initiative for Men (HIM) and Vancouver Men in Leather (VML) to further the understanding and exploration of Fetish and Kink for Gay and Bisexual Men who have sex with Men.

**Date/Time:** Wednesday, October 24<sup>th</sup>, 7:30 – 9:00pm

**Location:** The Pumpkin Pub, 1167 Davie Street, Vancouver

**Cost:** FREE

For more information or to register, please phone 604.488.1001 or email [register@checkhimout.ca](mailto:register@checkhimout.ca).




## HIM ON THE DRIVE

HEALTH CENTRE is located in the basement


**HIM ON THE DRIVE HEALTH CENTRE HOURS**  
Mondays – Wednesdays 4:00 – 9:00pm

Just walk in or call **604.488.1001** (778.708.3568 during clinic hours) or visit [www.checkhimout.ca](http://www.checkhimout.ca) to book your appointment or to find another HIM Health Centre location.




## Connections in Abbotsford

Connect with like-minded guys





Come have coffee (or tea) and snacks while meeting other like-minded guys. Monthly topics announced online at [www.checkhimout.ca](http://www.checkhimout.ca).

**Date/Time:** Last Monday of each month, 7–8:30pm

**Location:** HIM in Abbotsford  
104 – 34194 Marshall Rd, Abbotsford

**Cost:** FREE or by donation

For more information or to register, please phone 604.488.1001 or email [register@checkhimout.ca](mailto:register@checkhimout.ca).

## LIFE ON THE GO?

### HIM EXPRESS TESTING IS HERE FOR YOU!



Express Testing is a convenient and fast way to get routine HIVSTI tests done. Routine samples will be collected by a lab technician and you will not see a nurse.

You qualify for Express Testing if:

- You do NOT have symptoms
- You did NOT have an event\* you are concerned about
- You have been tested at HIM on Drive or HIM on the Drive in the past year
- You want routine testing and you don't need to see a nurse for questions or counseling

\*You with a partner with known STI or symptoms, concerned about sexual encounter in last 72 hours, have concerns to discuss with a nurse.

For more information or to make an appointment with a nurse, please visit: [www.checkinout.ca/express-testing](http://www.checkinout.ca/express-testing)





## Dance with HIM: Jazz Funk



Emerging in the 1980s, this dance form was brought about by the popularity and commercial influence of Hip Hop dance. Jazz Funk, sometimes known as Street Jazz, borrows movement from other dance styles – ballet, modern, hip hop, to lyrical – and blends them into a funky style that is both cool and expressive!

Come dance with HIM and connect with other fun-spirited dancers. Bring your best dancing shoes and flexible clothing. No previous skills or partner required.

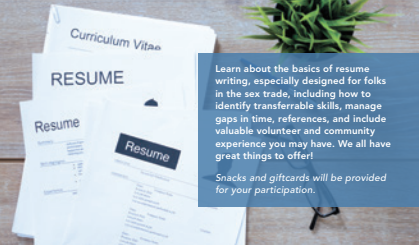
Date/Time: Tuesdays, 7:30 – 9:00pm  
 Location: Studio 1 – The Stage New West, Lorne Street Studio  
 50 Lorne Street, New Westminster (just off Camarvon Street; quick walk from Skytrain stations)  
 Cost: Free or by donation

For more info or to register, email [register@checkinout.ca](mailto:register@checkinout.ca) or call 604.488.1001.



## Resume Writing

For folks in the trade with **Billy & Alvaro**  
 Trade Talks Series







Learn about the basics of resume writing, especially designed for folks in the sex trade, including how to identify transferable skills, manage gaps in time, references, and include valuable volunteer and community experience you may have. We all have great things to offer!

Snacks and giftcards will be provided for your participation.

Date/Time: Wednesday, November 14<sup>th</sup>, 2018  
 7:20 – 8:20pm  
 Location: Contact for details  
 Cost: FREE

For more information, please visit: [www.checkinout.ca/male-ssw-work-support](http://www.checkinout.ca/male-ssw-work-support)  
 To register, please phone 604.488.1001 or email [alvaro@checkinout.ca](mailto:alvaro@checkinout.ca).

## Meth & Sex

An 8-week support group for guys



Want to talk about Meth and Sex?  
 Feeling pressure to party n'play? HIM is here for you!

This group is designed to be a supportive space for gay, bi, queer, and other guys into guys who are stopping, or reducing use of Crystal Meth. Get resources, join in facilitated group discussions, learn about harm reduction options, and explore CBT (Cognitive Behavioural Therapy) strategies.

This group is open to self-identified men (trans men, cis men, and other men), non-binary, and gender-queer folks who also identify as bisexual, asexual, gay, queer, and/or guys who have sex with other guys for any reason – including for work.

Date/Time: Wednesdays, September 19<sup>th</sup> – November 7<sup>th</sup> (8 weeks)  
 6:30pm – 8:30pm  
 Location: For privacy reasons, group participants will be informed about the location upon registration confirmation.  
 Cost: FREE or by donation

Space is limited. For more information or to register, please phone 604.488.1001 or email [register@checkinout.ca](mailto:register@checkinout.ca).

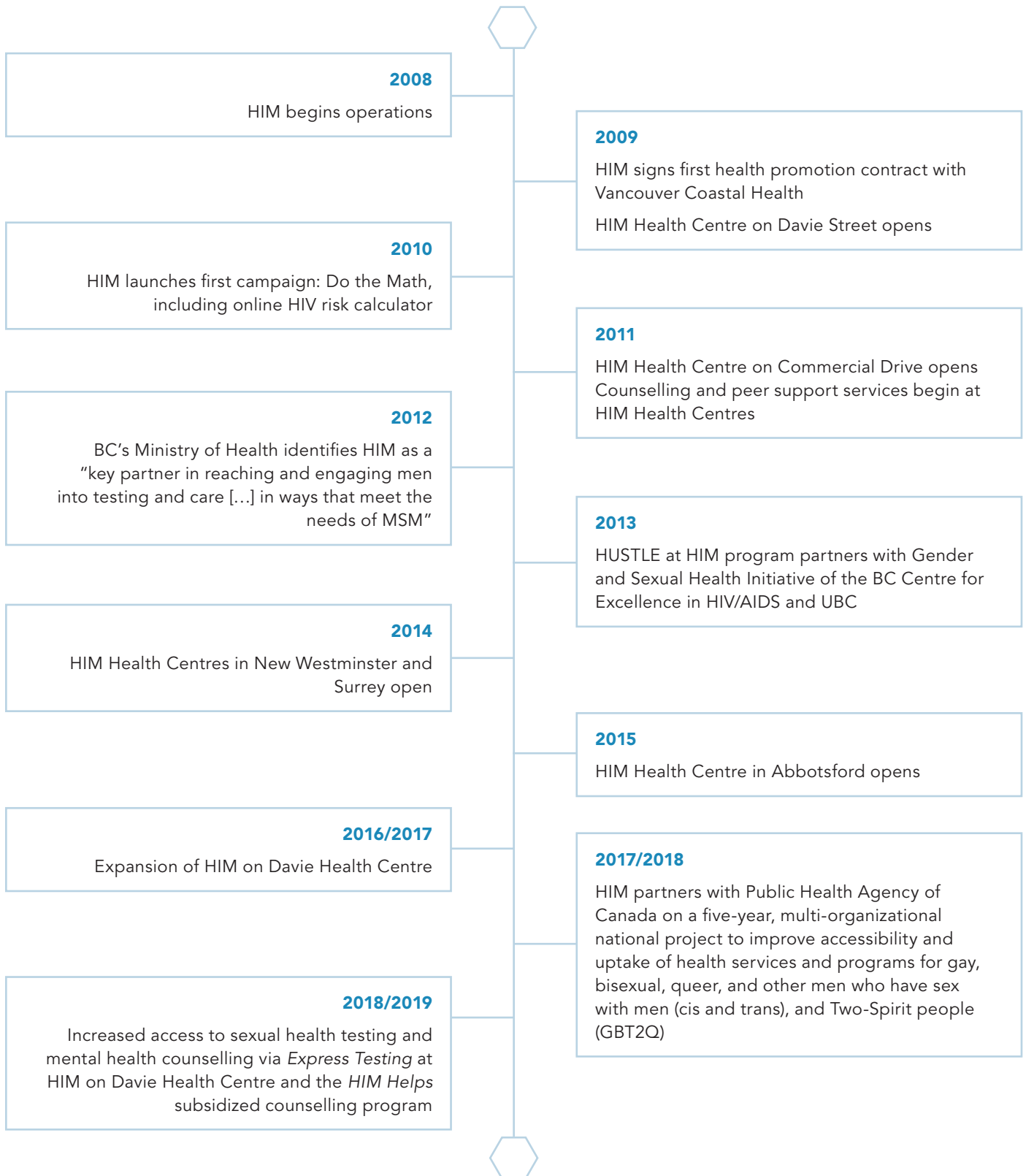


*“Being part of the HIM Surrey reception team has been a great experience for my husband and myself. Many of the clients tell us what a great service HIM is providing and how happy they are to be able to access sexual health services in their community. [...] We are glad to be able to do our part to provide assistance for men seeking HIM services.”*

*– Claude & Freddie,  
 Health Centre Receptionists*

# HIM MILESTONES

For a complete history of him, please visit [www.checkhimout.ca/history](http://www.checkhimout.ca/history).



# OUR MODEL IS WORKING

In 2018/19:

- celebrated its ten-year anniversary with the first ever HIM *Blue Ball*;
- increased access to sexual health testing through the launch of *Express Testing* at HIM on Davie Health Centre;
- significantly increased opportunities for mental health counselling through the introduction of the *HIM Helps* subsidized counselling program;
- developed a new, community-informed and responsive strategic plan that will help guide the organization in its work for the next five years.

*"[My Coach] helped me re-frame my thoughts, asked me questions and ideas that I had not considered... and gave me relevant and helpful homework questions for reflection. [My Coach] is an absolute pleasure to work with as he helped improve my life and I am grateful."*

*– Participant, Coaching with HIM*



# FINANCIAL STATEMENTS FOR THE YEAR ENDED MARCH 31, 2019

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## INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF H.I.M. HEALTH INITIATIVE FOR MEN SOCIETY

REPORT ON THE AUDIT OF THE FINANCIAL STATEMENTS

### QUALIFIED OPINION

We have audited the accompanying financial statements of H.I.M Health Initiative for Men Society (the "Society"), which comprise the Statement of Financial Position as at March 31, 2019, and the Statements of Operations, Changes in Net Assets and Cash Flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, except for the possible effects of the matter described in the Basis for Qualified Opinion section of our report, the accompanying financial statements present fairly, in all material respects, the financial position of the Society as at March 31, 2019, and its results of operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

### BASIS FOR QUALIFIED OPINION

In common with many not-for-profit organizations, the Society derives revenue from donations and fundraising activities the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of the Society. Therefore, we were not able to determine whether any adjustments might be necessary to donation and fundraising revenue and excess of revenues over expenses for the years ended March 31, 2018 and 2019, current assets as at March 31, 2018 and 2019, and net assets as at April 1 and March 31 for both the 2018 and 2019 years. Our audit opinion on the financial statements for the year ended March 31, 2018 was modified accordingly because of the possible effects of this limitation in scope.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of this report. We are independent of the Society in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion.

### RESPONSIBILITIES OF MANAGEMENT AND THOSE CHARGED WITH GOVERNANCE FOR THE FINANCIAL STATEMENTS

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Society's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Society or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Society's financial reporting process.

## AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Society's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Society's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Society to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

## REPORT ON OTHER LEGAL AND REGULATORY REQUIREMENTS

As required by the Societies Act of British Columbia, we report that, in our opinion, the accounting principles in Canadian accounting standards for not-for-profit organizations have been applied on a basis consistent with that of the preceding year.

## *BDO Canada LLP*

Chartered Professional Accountants

Vancouver, British Columbia

August 13, 2019



Tel: 604 688 5421  
Fax: 604 688 5132  
vancouver@bdo.ca  
www.bdo.ca

BDO Canada LLP  
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925 West Georgia Street  
Vancouver BC V6C 3L2 Canada

BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms.

# STATEMENT OF FINANCIAL POSITION

For the year ended March 31	2019	2018
<b>Current</b>		
Cash and cash equivalents	\$ 425,857	\$ 139,049
GST receivable	6,701	6,183
Accounts receivable	18,651	53,213
Prepaid expenses	28,840	38,062
	<b>480,049</b>	<b>236,507</b>
<b>Capital Assets (Note 4)</b>	<b>74,588</b>	<b>121,903</b>
	<b>\$ 554,637</b>	<b>\$ 358,410</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>Current</b>		
Accounts payable and accruals (Note 5)	\$ 107,219	\$ 57,650
Deferred revenue (Note 6)	246,662	174,423
Deferred capital contribution (Note 7)	12,690	50,759
Current portion of capital lease (Note 8)	4,496	13,621
	<b>371,067</b>	<b>296,453</b>
<b>Obligation under capital lease (Note 8)</b>	<b>30,110</b>	<b>44,954</b>
	<b>\$ 401,177</b>	<b>\$ 341,407</b>
<b>Net Assets</b>		
Invested in capital assets	\$ 27,292	\$ 12,569
Unrestricted	126,168	4,434
	<b>153,460</b>	<b>17,003</b>
	<b>\$ 554,637</b>	<b>\$ 358,410</b>

On behalf of the Board:

 Director

 Director

The accompanying summary of significant accounting policies and notes are an integral part of these financial statements.

# STATEMENT OF OPERATIONS

For the year ended March 31	2019		2018	
<b>REVENUE</b>				
Vancouver Coastal Health grants (Note 6)	\$	978,286	\$	952,357
Government of Canada grants (Note 6)		199,069		84,066
Fraser Health Authority grants (Note 6)		171,684		171,684
Donations and other revenue		124,763		35,881
Other government grants (Note 6)		92,696		112,255
Non-government funding grants (Note 6)		65,000		5,000
Amortization of deferred capital contributions (Note 7)		38,069		38,069
	\$	1,669,567	\$	1,399,312
<b>EXPENSES</b>				
Advertising and promotion	\$	111,935	\$	82,540
Amortization		57,598		53,127
Bank and interest charges		2,394		1,429
Board and meeting		2,173		4,569
Insurance		3,045		3,145
Interest on capital leases		5,583		6,705
Office and miscellaneous		19,301		19,412
PHAC project expenses – Advance Alliance		128,693		–
PHAC project expenses – SWCA		70,375		–
Professional development		887		874
Professional fees		9,300		12,000
Project supplies and services		18,116		59,843
Rent		151,194		160,830
Salaries and benefits		833,369		834,802
Subcontracts		39,684		22,471
Telephone		15,299		17,554
Travel		28,682		30,715
Website development and maintenance		35,482		46,827
		1,533,110		1,356,843
<b>Excess of revenue over expenses</b>	\$	136,457	\$	42,469

The accompanying summary of significant accounting policies and notes are an integral part of these financial statements.



## STATEMENT OF CHANGES IN NET ASSETS

For the year ended March 31	Invested in Capital Assets	Unrestricted	Total
Net assets, March 31, 2017	\$ 7,013	\$ ( 32,479 )	\$ ( 25,466 )
Excess (deficiency) of revenue over expenses	( 15,058 )	57,527	42,469
Purchase of capital assets	8,115	( 8,115 )	–
Principle payments on capital lease obligation	12,499	( 12,499 )	–
Net assets, March 31, 2018	\$ 12,569	\$ 4,434	\$ 17,003
Excess (deficiency) of revenue over expenses	( 19,529 )	155,986	136,457
Purchase of capital assets	20,631	( 20,631 )	–
Principle payments on capital lease obligation	13,621	( 13,621 )	–
<b>Net assets, March 31, 2019</b>	<b>\$ 27,292</b>	<b>\$ 126,168</b>	<b>\$ 153,460</b>

The accompanying summary of significant accounting policies and notes are an integral part of these financial statements.

# STATEMENT OF CASH FLOWS

For the year ended March 31	2019	2018
<b>CASH PROVIDED BY (USED IN)</b>		
<b>Operating activities</b>		
Excess of revenue over expenses	\$ 136,457	\$ 42,469
Amortization of capital assets	57,598	53,127
Amortization of deferred capital contribution	( 38,069 )	( 38,069 )
Changes in non-cash working capital balances		
Accounts receivable	\$ 34,563	\$ ( 24,351 )
Prepaid expenses	9,221	( 20,762 )
Accounts payable and accruals	49,051	( 43,235 )
Deferred revenue	72,239	81,339
<b>Increase in cash from operations</b>	<b>\$ 321,060</b>	<b>\$ 50,518</b>
<b>Investing activity</b>		
Purchase of capital assets	\$ ( 20,631 )	\$ ( 8,115 )
<b>Financing activity</b>		
Repayment of obligation under capital lease	\$ ( 13,621 )	\$ ( 12,499 )
Repayment on sale of lease obligation	–	–
Purchase of lease obligation	–	–
<b>Increase in cash during the year</b>	<b>\$ 286,808</b>	<b>\$ 29,904</b>
<b>Cash and cash equivalents, beginning of year</b>	<b>139,049</b>	<b>109,145</b>
<b>Cash and cash equivalents, end of year</b>	<b>\$ 425,857</b>	<b>\$ 139,049</b>
<b>Non-cash supplemental information</b>		
Acquisition of capital assets financing through capital lease	\$ 21,525	\$ 18,750

The accompanying summary of significant accounting policies and notes are an integral part of these financial statements.

# NOTES TO FINANCIAL STATEMENTS

March 31, 2019

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## 1. Significant Accounting Policies

<b>Purpose of the Society</b>	<p>The Health Initiative for Men Society (the "Society") is incorporated under the Societies Act of British Columbia effective November 30, 2016 (Note 2). As a registered charity, it is not subject to income taxes under section 149(1)(f) of the Income Tax Act.</p> <p>The Society's purpose is to strengthen gay men's health and well-being through trusted, tailored, targeted research-based health promotion services and by engaging the community through volunteer involvement, online access and events. The Society fosters mutually beneficial relationships among gay men and health professionals to ensure the best possible outcomes.</p>
<b>Basis of Presentation</b>	<p>These financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations.</p>
<b>Revenue Recognition</b>	<p>The Society follows the deferral method of accounting for contributions.</p> <p>Unrestricted contributions and donations are recognized as revenue when received or receivable if the amount can be reasonably estimated and collection is reasonably assured.</p> <p>Restricted contributions and donations are recognized as revenue in the year the related expenses are incurred. Restricted contributions for the acquisition of capital assets are deferred and amortized over the remaining useful life of the asset acquired.</p>
<b>Contributed materials and Services</b>	<p>The Society benefits greatly from contributed services in the form of volunteer time. The value of volunteer time is not recognized in these financial statements. Contributed materials are recognized when value can be reasonably estimated and when the contributed materials would otherwise have been purchased for use in the normal course of operations. Donated materials for the year valued at \$5,160 have been recorded in the financial statements.</p>
<b>Cash and Cash Equivalents</b>	<p>Cash and cash equivalents consist of cash and investments with maturity dates of three months or less at the date of acquisition.</p>
<b>Leases</b>	<p>Leases are classified as capital or operating leases. A lease that transfers substantially all of the benefits and risks incidental to the ownership of property is classified as a capital lease. At the inception of a capital lease, an asset and an obligation are recorded at an amount equal to the lesser of the present value of the minimum lease payments and the property's fair value at the beginning of the lease.</p>

## 1. Significant Accounting Policies (continued)

### Capital Assets

Capital assets are recorded at cost less accumulated amortization.

Amortization commences once the asset is put into use. Amortization is provided on a straight line basis over the following periods:

Computer equipment	3 years
Furniture and equipment	5 years
Leasehold improvements	Term of lease
Assets under capital lease	Term of lease
Website	3 years

### Financial Instruments

The Society's financial instruments consist of cash, accounts receivable and accounts payable. The Society initially measures all of its financial instruments at fair value and subsequently at amortized cost using the effective interest rate method.

Financial assets are tested for impairment when changes in circumstances indicate that the asset could be impaired. Transaction costs on the acquisition and sale of financial instruments are expensed for those items re-measured at fair value at each balance sheet date and charged to the financial instrument for those measured at cost.

### Use of Estimates

The preparation of financial statements in accordance with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities at the date of the financial statements, and the reported amounts of revenue and expenses during the reporting period. Actual results could differ from management's best estimates as additional information becomes available in the future.

# NOTES TO FINANCIAL STATEMENTS (CONTINUED)

## 2. Remuneration of Directors, Employees and Contractors

The Societies Act (BC) requires that the Society disclose the total remuneration paid to the Directors, for either being a director or acting in another capacity, as well as the total number of employees or contractors with annual remuneration equal to or greater than \$75,000 and the aggregate remuneration of those employees/contractors. During the fiscal years ended March 31, 2019 and March 31, 2018, there were no directors who received remuneration or contractors who received remuneration in excess of \$75,000. A total of 1 (2018 – 1) employee received remuneration in excess of \$75,000 which resulted in an aggregate expenditure of \$97,784 (2018 – \$95,492).

## 3. Cash and Cash Equivalents

During the year, the Society has been granted credit (the “Credit Facility”) by TD Canada Trust which provides for an operating line of credit of \$25,000 (2018 - \$25,000). This credit facility was not utilized as at March 31, 2019 or 2018.

## 4. Capital Assets

	Cost	Accumulated Amortization	Net 2019	Net 2018
Computer equipment	\$ 6,874	\$ 3,437	\$ 3,437	\$ 5,728
Furniture and equipment	17,181	8,342	8,839	12,275
Leasehold improvements	88,420	74,578	13,842	47,235
Assets under capital lease	40,276	9,434	30,842	56,665
Website	17,824	196	17,628	–
	\$ 163,701	\$ 95,987	\$ 74,588	\$ 121,903

During the year, capital assets were acquired at an aggregate cost of \$34,768 (2018 – 26,866), of which \$21,525 (2018 – \$18,751) was acquired by means of capital leases. One capital lease was traded-in with net book value of \$32,230 (2018 – \$0) and remaining obligation of \$31,873 (2018 – \$0).

## 5. Government Remittances Payable

Included in accounts payable and accruals are government remittances payable of \$18,454 (2018 – \$16,410).

## 6. Deferred Revenues

	2018			2019		
	Opening	Amounts Received	Grants Spent / Revenue Recognized	Closing		
Vancouver Coastal Health Authority	\$ 103,682	\$ 969,849	\$ ( 978,286 )	\$ 95,245		
Government of Canada	1,434	284,745	( 199,069 )	87,110		
Fraser Health Authority	14,307	171,684	( 171,684 )	14,307		
Other government	–	112,696	( 92,696 )	20,000		
Non-government	55,000	40,000	( 65,000 )	30,000		
	\$ 174,423	\$ 1,578,974	\$ ( 1,506,735 )	\$ 246,662		

## 7. Deferred Capital Contributions

	2019		2018	
Unamortized balance, beginning of year	\$	50,759	\$	88,828
Amortized to revenue		( 38,069 )		( 38,069 )
<b>Unamortized balance, end of year</b>	<b>\$</b>	<b>12,690</b>	<b>\$</b>	<b>50,759</b>

## 8. Capital Lease Obligation

	2019		2018	
Obligation under capital lease for photocopier due September 2021, repayable in monthly instalments of \$1,202, including principal and interest at 9.81%	\$	–	\$	42,597
Obligation under capital lease for photocopier due March 2024, repayable in monthly instalments of \$1,017, including principal and interest at 52.32%		21,525		–
Obligation under capital lease for phone system due April 2022, repayable in monthly installments of \$398, including principal and interest at 13.01%		13,081		15,978
	\$	34,606	\$	58,575
Less: current portion		( 4,496 )		( 13,621 )
	\$	30,110	\$	44,954

The future minimum lease payments are as follows:

Year	Amount
2019	\$ 19,204
2020	19,204
2021	19,204
2022	11,990
2023	1,829
	\$ 71,431
Less: imputed interest	( 12,856 )
	\$ 58,575

# NOTES TO FINANCIAL STATEMENTS (CONTINUED)

## 9. Commitments

The Society has entered into a lease agreement for office space in a multi-tenant office building that extends to fiscal year 2025. The annual payments due for the next five years are as follows:

<b>Year</b>	<b>Amount</b>
2019	\$ 66,688
2020	85,155
2021	93,346
2022	93,346
2023	94,760
Thereafter	133,655
	<b>\$ 151,843</b>

## 10. Financial Instruments

The Society is exposed to various risks through its financial instruments. The following analysis provides information about the Society's risk exposure and concentration as of March 31, 2019.

### Credit Risk

Credit risk is the risk that one party to a financial instrument will fail to discharge an obligation and cause the other party to incur a loss.

The Society is subject to concentrations of credit risk through its cash deposits. The Society maintains its cash deposits at one Canadian financial institution. The maximum credit risk is equivalent to the carrying value. The Society is also subject to concentrations of credit risk through its accounts receivable. The carrying amount of accounts receivable represents the maximum credit exposure and the risk is limited due to written agreements with the respective agencies.


### Liquidity Risk

Liquidity risk is the risk the Society will not be able to meet its financial obligations as they come due. The Society has taken steps to ensure that it has sufficient working capital available to meet its obligations.

### Interest Rate Risk

Interest rate risk is the risk that fair value or future cash flows of a financial instrument will fluctuate because of changes in market interest rates. It is management's opinion that that the Society is not exposed to significant interest rate risk arising from financial instruments as the interest rates of the Society's cash balances and leases are fixed.

## Dream Group with HIM



A dream group where men come together to discuss their dreams, learn skills to look more deeply into dreams, and find out how to utilize them for self-development and guidance.

**Date/Time:** Sundays, September 9<sup>th</sup> – 23<sup>rd</sup>, 1:30 – 3:00pm (3 classes)  
**Location:** HIM on Davie Health Centre  
 416 – 1033 Davie St, Vancouver (buzzer #416)  
**Cost:** FREE or by donation

For more information or to register, please phone 604.488.1001 or email [register@checkhimout.ca](mailto:register@checkhimout.ca)

 **HIM** HEALTH INITIATIVE FOR MEN 10 YEAR ANNIVERSARY [www.checkhimout.ca](http://www.checkhimout.ca)

## HIM IS HERE FOR YOU!

10 YEARS OF GAY MEN BUILDING HEALTHY LIVES TOGETHER



Check HIM out at any of our 5 health centre locations:  
 DAVIE ST · THE DRIVE · NEW WESTMINSTER  
 SURREY · ABBOTSFORD

Just walk in or call to make an appointment. Or book online at [www.checkhimout.ca](http://www.checkhimout.ca)

 **HIM** HEALTH INITIATIVE FOR MEN 10 YEAR ANNIVERSARY [www.checkhimout.ca](http://www.checkhimout.ca)

## CHECK YOUR STASH AT HIM

GET YOUR DRUGS CHECKED



HIM is providing free, confidential drug checking services at the HIM on Davie Health Centre. Bring in your drug of choice to have it checked for fentanyl and other components using fentanyl test strips and a spectrometer operated by Vancouver Coastal Health.

*Only a very small amount of your sample – like a grain of sand – will be needed for the drug check.*

**Date/Time:** Fridays, November 16<sup>th</sup> – December 14<sup>th</sup>  
 5:00 – 8:00pm  
 Friday, December 28<sup>th</sup>  
 5:00 – 10:00pm  
**Location:** HIM on Davie Health Centre  
 416 – 1033 Davie St, Vancouver (buzzer #416)


For more information please visit [www.checkhimout.ca](http://www.checkhimout.ca)

HIM has received designation from Vancouver Coastal Health to allow for illicit substances to be checked at our HIM on Davie Health Centre

 **HIM** HEALTH INITIATIVE FOR MEN 10 YEAR ANNIVERSARY [www.checkhimout.ca](http://www.checkhimout.ca)

## Legal Advice for Sex Workers

with Kerry Porth from *Living in Community*  
 Trade Talks Series





Know your rights, the laws around the trade, and ask questions you may have.

Kerry will be talking about Canadian laws regarding sex work, how they may constitute a violation of our rights, and responding activism in Canada and the world.

Snacks and giftcards will be provided for participation.

**Date/Time:** Wednesday, August 15<sup>th</sup>, 2018  
 7:30 – 8:30pm  
**Location:** Contact for details  
**Cost:** FREE

For more information or to register, please phone 604.488.1001 or email [alvaro@checkhimout.ca](mailto:alvaro@checkhimout.ca)

 TRANSITIONS  **HIM** HEALTH INITIATIVE FOR MEN 10 YEAR ANNIVERSARY [www.checkhimout.ca](http://www.checkhimout.ca)

*“Thanks for guiding me towards the answer, rather than giving it right off the bat. It makes me value the journey and appreciate the destination even more.”*

– Participant,  
 Coaching with HIM

*“I get more than I give as a volunteer at the HIM Health Centre.”*

– Michael,  
 Health Centre Receptionist



“HIM is a great organization that provides immense value to our community, and I am always glad for the opportunity to give back and support it. I also always have fun volunteering with HIM; I meet people I otherwise wouldn't, and in a context that enables different connections than are often made online or in a bar.”

– Landon, Outreach

## SexNow Survey



**Help end the blood ban\***

**Shape policy and services for queer men**

**Earn \$10**

Completely anonymous • 15 minute survey  
5 minute finger prick & blood sample collection

For more information, please visit [bit.ly/sexnow2018](http://bit.ly/sexnow2018)

\*The SexNow survey aims to provide evidence that guys-into-guys know their HIV status.



## The Climb

In partnership with AIDS Vancouver

Life can be stressful, and can feel like a lonely, upward climb – but you don't have to do it alone. The Climb is a supportive, flexible, and sex-positive group for learning, exploring, and making connections. You will have opportunities to reflect about yourself, and share ideas with a diverse group on a range of topics.

- Week 1 | HIV and undetectability
- Week 2 | Stigma and shame
- Week 3 | Loneliness and isolation
- Week 4 | Sex-positivity
- Week 5 | PnP (Party and Play)
- Week 6 | Aging awareness and goal setting


Date/Time: Mondays, starting February 11<sup>th</sup>  
7:00 – 9:00pm

Location: HIM on Davie Health Centre  
416 – 1033 Davie Street, Vancouver

Cost: FREE or by donation

For more information or to register, please phone 604.488.1001 or email [register@checkhimout.ca](mailto:register@checkhimout.ca).


This group is open to self-identified men (trans, cis, and other men), two-spirit and non-binary folks who also identify as gay, bi, queer, sexual, and/or as guys who are into/love sex with guys (for any reason – including for work).



## Financial Planning Basics for Sex Workers

with *Billie Sinclair*, experienced financial strategist & advocate for sex workers' rights

Trade Talks Series



Learn about the basics of financial planning and answer questions you may have about: consumerism and money pressures, credit & debt, banking and investing, financial goals and planning, and how to manage your money in a smart way!


Snacks and giftcards will be provided for participation.

Date/Time: Wednesday, September 19<sup>th</sup>, 2018  
7:30 – 8:30pm

Location: Contact for details

Cost: FREE

For more information or to register, please phone 604.488.1001 or email [alvaro@checkhimout.ca](mailto:alvaro@checkhimout.ca).



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GAY MEN BUILDING HEALTHY LIVES TOGETHER

