

April 1st, 2013 – March 31st, 2014

**ANNUAL
REPORT**

14



HEALTH INITIATIVE FOR MEN

HIM is dedicated to strengthening the health and well-being of gay men.

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Message from the Board of Directors

HEALTH INITIATIVE FOR MEN KNOWS GAY MEN'S HEALTH, and we continue to see our message and approach spread throughout the community. With success comes growth and a constant commitment to strengthen the health and well-being of gay men. The Board of Directors is very excited to see the organization further serve and build our community by staying in the forefront of gay men's health. 2013 was a year full of change and progress for HIM. We welcomed new staff and Board members, obtained charitable status, created a strategic plan to guide us, and fostered collaborative partnerships that will have a lasting and positive impact for our ever-changing community.

A considerable amount of time was spent working on HIM's charitable status this past year. On August 15th, we were excited to see the hard work and dedication of our Executive Director, Wayne Robert, come to fruition with the successful registration of Health Initiative for Men as a charity. This new status will enable new and exciting opportunities for growth. We acknowledge and sincerely thank Wayne and all the staff and volunteers for their contributions to the application process.

With the opportunities that our new charitable status offers, we undertook an extensive strategic planning session in January and focused the fiscal year end on a commitment to serving gay men beyond Vancouver, towards growth in other parts of the Lower Mainland.

Our success is the community's success, and we are proud to be working with a wide range of dedicated, caring individuals and organizations. We thank Vancouver Coastal Health and Fraser Health Authority for their forethought and innovation in supporting our mission. Our funding continues to diversify, and we are grateful for the opportunities every investment provides to engage gay men. We look forward to another year of collaboration and future partnerships.

Perhaps our most valuable stakeholders are our volunteers. From counselling to yoga, the majority of work to provide our long list of services is carried out by volunteers. Our community invests in this organization every day, and we offer a huge thanks to them for every hour they've generously donated.

The Board, the organization, and the community are appreciative beneficiaries of the staff's combined dedication to our mission and countless hours invested in our community. We are truly grateful for the team that comes to work at HIM every day.

We are extremely excited for what's in store for the HIM; it's set to be another healthy year of opportunity. Keep engaging and get involved. Here's to gay men building healthy lives together.

BOARD OF DIRECTORS



Message from the Executive Director

THESE ARE VERY EXCITING AND BUSY TIMES FOR GAY MEN'S HEALTH. In reviewing our history for this annual report, we have reflected on the achievements of this organization and are recognizing our many accomplishments.

In my role at HIM, I am honoured to have been a part of the partnerships that come together from all areas each year – funders, donors, community partners, board, staff, and volunteers. The guys who engage in our services whether it's testing at our health centres, joining a social group, attending a counselling session, or participating at boot camp, also play an important role in providing feedback on the services they receive to help us change, grow, and innovate.

Staff members and volunteers are the heart of this organization. The passion and commitment displayed every day inspires me. A sincere thank you to the staff, volunteers and many supporters who directly demonstrate their belief in the direction Health Initiative for Men is moving. Thank you for all that you do.

I want to express my thanks and appreciation to our Board for their time and dedication. Their work to achieve HIM's goals on behalf of our various stakeholders is commendable. HIM's achievements in 2013-14 demonstrate that we have a great team that is devoted to providing impactful gay men's health services in our community.



A handwritten signature in blue ink that reads "Wayne Robert". The signature is stylized and cursive.

WAYNE ROBERT
Executive Director

Board Members and HIM Staff

BOARD MEMBERS

- Rob Gair – *Chair of the Board*
- Michael Kwag – *Vice Chair*
- Michael Leclair – *Secretary*
- Dakota Descoteaux – *Treasurer*
- Daniel Griffin
- Nicholas Danford
- Ryan Lee
- Sam Martorana
- Greg Whalen

STAFF

- Wayne Robert - *Executive Director*
- Hans Bosgoed
- Lance Hansen
- Jody Jollimore
- Sam Larkham
- Andrew Poon
- Keith Reynolds
- Billy Taylor
- Matthew Taylor
- Darren Usher



HIM Highlights

HEALTH INITIATIVE FOR MEN

Our mission 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. We foster mutually-beneficial relationships among gay men and health professionals to ensure the best possible outcomes.

We do this because we value the ability of gay men to make informed decisions, we value the role of our community in supporting the foundations for healthy living, and we value scientific research.

KEY PROGRAM INITIATIVES

Physical Health – Weekly fitness clinics, weekly yoga classes, partnerships with community fitness and sport groups, nutrition workshops.

Sexual Health – British Columbia’s largest distributor of condoms to gay men, HIV prevention campaigns, risk reduction information, nationally-recognized web technology and social media tools (including SMS and e-mail-based HIV testing reminders) and two sexual health centres offering counselling services as well as STI and HIV testing.

Social Health – Volunteer facilitated initiatives include *CONNECT with HIM*, *Men On Men* (a collaborative workshop developing skills for thriving in a straight man’s world), a ‘Winter Chill Lounge’ safe and educational space for WinterPRIDE in Whistler, and the ongoing *Vancouver Fabulous* campaign.

Mental Health – Professional clinical counseling services, peer support services, *Take Time for Your Mind* campaign.

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, 421 – 1033 Davie Street
HIM on The Drive, 101 – 1416 Commercial Drive
- Find us on the Internet:
www.checkhimout.ca
www.facebook.com/HealthInitiativeforMen
www.twitter.com/HIMtweets

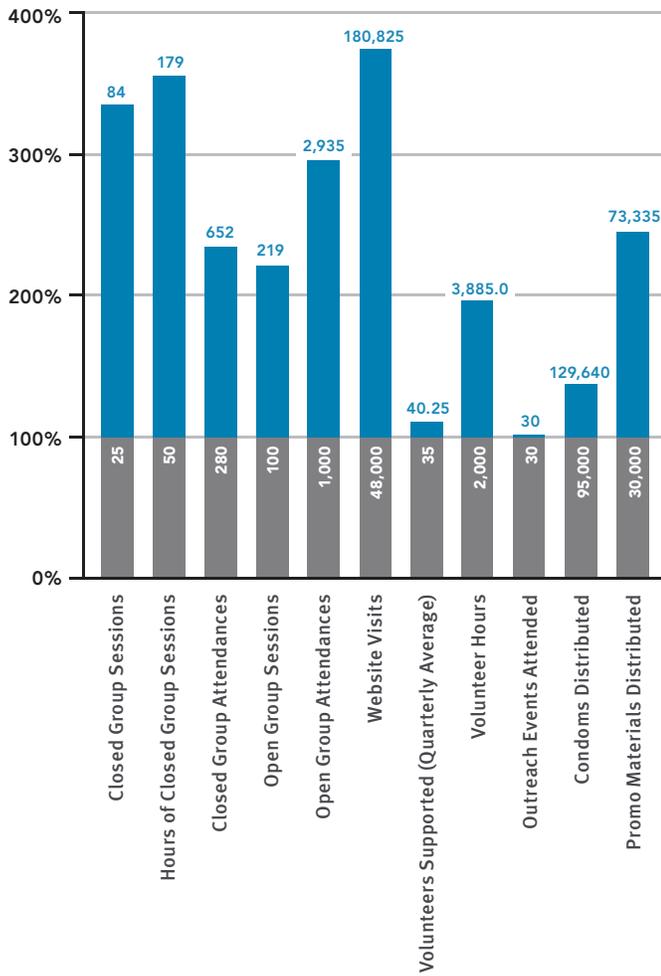
HIM connects gay men with health promotion and scientific research through targeted programming, social marketing campaigns, volunteer opportunities, and partnerships.



HIM takes an integrated approach to gay men’s health, focussing on determinants of overall health: physical, sexual, social and mental.

Service Output Indicators

BLUE: Performance Level
GREY: Contract Targets



HIM HEALTH CENTRES

In the 2013/2014 year, the HIM Health Centres administered 6,847 HIV tests and conducted 498 hours of clinical counseling and peer support services. These two health centres, staffed by registered nurses, volunteer receptionists, and HIM employees, are successful partnerships between HIM, Vancouver Coastal Health and the BC Centre for Disease Control. They are located in high-traffic areas where gay men live and socialize.

HEALTH RESEARCH

HIM authored and published a paper on Post-Exposure Prophylaxis to begin the process of expanding PEP to include access for non-occupational exposure in British Columbia. HIM also published a position paper on Pre-Exposure Prophylaxis for gay men, and has partnered with research studies such as the Momentum health study (BCCfE, National Institutes of Health, Canadian Institute for Health Research) and the BCCDC's CIHR Team in the Study of Acute HIV Infection in Gay Men.

VCH RECOGNIZES “SIGNIFICANT SUCCESS”

“Over the past five years since its initial funding contract with VCH, HIM has achieved significant success in supporting the physical, sexual, social and mental health of gay men and OMSM, including contributing to the prevention of HIV. This review of its infrastructure, programs and services has identified many strengths and generally confirmed the effectiveness, efficiency, and economy of HIM’s operations.”

*HIM Operational Review
Vancouver Coastal Health*

Service Output Indicators

Program Deliverables:

Closed Groups Support

# of closed group sessions	25
# of hours of closed group sessions	50
# of attendances at closed group sessions	280
# of distinct individuals attending closed group sessions	100

Open Groups Education/Skills Development

# of open group sessions	100
# of hours of open group sessions	250
# of attendances at open group sessions	1,000

Website

# of visits	48,000
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Volunteers

average # of volunteers supported per quarter	35
# of volunteer hours	2,000
# of volunteer supervision groups	20
# of volunteer clinical supervision person-hours	300
# of volunteer training courses	2
# of volunteer training person-hours	240

Clinic

# of POC rapid HIV tests	750
# of early tests (RNA/NAAT)	120
# of STI tests	300
# of standard HIV tests	100
# of hours clinic is open	500

Outreach / Health Promotion

# of venue-based events attended for outreach	30
# of festival-related events attended for outreach	8
# of condom distribution shifts	100
# of condoms distributed	95,000
# of print items distributed: 45,000 condom boxes, 30,000 promo materials, 600,000 print ad impressions	

Indicators	Q1: Apr to Jun	Q2: Jul to Sep	Q3: Oct to Dec	Q4: Jan to Mar	Year to Date
Closed Groups Support					
# of closed group sessions	18	20	14	32	84
# of hours of closed group sessions	44	47	28	60	179
# of attendances	147	138	99	268	652
# of distinct individuals attending	36	42	21	46	145
Open Groups Education/Skills Development					
# of open group sessions	58	79	42	40	219
# of hours of open group sessions	77	110	64	68	319
# of attendances	767	990	603	575	2,935
Website					
# of visits	26,560	31,244	51,514	71,507	180,825
Volunteers					
# of volunteers supported (YTD is avg)	45	46	37	33	40.25
# of volunteer hours	894	861	1,043	1,087	3,885.0
# of volunteer supervision groups	9	10	9	9	37
# of volunteer clinical supervision person-hours	61.5	54	36	63	214.5
# of volunteer training courses	2	2	3	0	7
# of volunteer training person-hours	191	165	113	0	469
Clinic					
# of POC rapid HIV tests	574	678	502	693	2,447
# of early tests (RNA/NAAT)	1,030	1,092	1,004	1,274	4,400
# of STI tests	664	598	585	779	2,626
# of standard HIV tests (combined with RNA/NAAT tests)	1,030	1,092	1,004	1,274	4,400
# of hours clinic is open	420	511	400	375	1,706
Outreach					
# of venue-based events attended for outreach	13	3	5	9	30
# of festival-related events attended for outreach	1	10	0	4	15
# of condom distribution shifts	102	24	30	26	182
# of condoms distributed	29,140	42,240	30,540	27,720	129,640
# of print items distributed – condom boxes	14,570	21,120	15,270	13,860	64,820
# of print items distributed – promo materials	3,000	5,050	44,108	21,177	73,335
# of print items distributed – print ad impressions	150,100	386,050	191,600	713,956	1,441,706

OUR MODEL IS WORKING.

We're having an impact.

In 2013:

- Condom distribution reached 500,000. HIM launched a mini-campaign called “One Million Orgasms” in celebration.
- HIM relaunched its website, *checkhimout.ca*. The new site includes appointment booking and interactive chat features.
- HIM’s social marketing was found to have an impact on the Acute HIV Study, which prevented between 25 and 75 new HIV infections.
- HIM responded to HPV research with a position paper calling for HPV vaccinations for gay men and other men who have sex with men.
- Research capacity increased with HIM’s involvement in 16 different research projects benefiting gay men.
- New groups were launched, including Dirty Talk, a discussion group for guys who are into adventurous sex.
- Two community consultations were conducted with gay men, one with substance users, the other with Chinese speakers.
- HIM began developing a safer substance use campaign, a web series and resources translated into prominent languages.

HIM Milestones

FOR A COMPLETE HISTORY OF HIM, please visit www.checkhimout.ca/history.



NEW LOOK, SAME GREAT SUPPORT SERVICES!



ON DAVIE

421 – 1033 Davie Street
604.488.1001
Monday – Thursday 4 – 9pm
Friday 11am – 4pm
Saturday 10am – 3pm



ON THE DRIVE

101 – 1416 Commercial Drive
604.488.1001 or
778.708.3568 during clinic hours
Monday & Tuesday 4 – 8pm

**HIM Health Centre:
A Service for Gay Men**

- Rapid HIV Testing – get your results in a minute
- Early HIV Testing – test two weeks after risk
- Standard HIV Testing
- All STI Testing
- Peer Support
- Counselling Services – by appointment
- Access to PEP – available at Davie St. only
- Free Condoms

Just walk in or call to make an appointment!
www.checkhimout.ca



“HIM’s educational workshops every Tuesday night have been such an eye opener for me. I learn so much from both the presenters and the other guys who attend. I also feel like part of the group and comfortable to share my thoughts and feelings.”

– Men On Men Participant

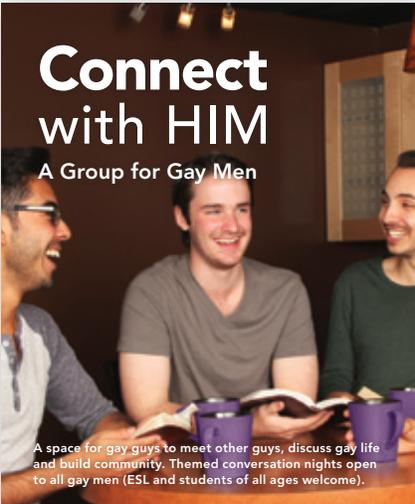
Men on Men
Skills for Thriving in a Straight Man’s World
A collaboration between QMUNITY and HIM



Date/Time: Drop-in group every Tuesday from 6:30 – 8pm
Location: Gordon Neighbourhood House
1019 Broughton Street, West End
(please check at reception for room number)

Connect with HIM
A Group for Gay Men



A space for gay guys to meet other guys, discuss gay life and build community. Themed conversation nights open to all gay men (ESL and students of all ages welcome).

Date/Time: Drop-in every Wednesday from 6:30 – 8pm
Location: 310 – 1033 Davie Street
Cost: FREE

“Thanks to the HIM summer program, I now make exercise a part of my weekly routine all year round.

On my exercise nights, if someone asks me out to a social, I say ‘only after I finish my exercise’ – it’s that important to me.”

– Fruit Camps Participant

WHERE FITNESS MEETS FABULOUS

WHERE SMART MEETS SEXY

WHERE SOCIAL MEETS SAVVY

WHERE STRENGTH MEETS SERENITY

HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca

HIM is dedicated to strengthening the health and well-being of gay men.

Yoga with HIM

A Group for Gay Men
All levels welcome

An easy-going group without attitude. Bring a mat, towel + positive energy! The instructors are certified and bring their passion for fitness and yoga with others. Donations accepted to help cover cost of space.

Date/Time: Drop-in every Friday 7pm (sharp) – 8:20pm
Location: The Dance Centre at Scotiabank Dance Centre
677 Davie Street

HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca

PERSONAL SAFETY for GAY GUYS

WHEN: 1st Wednesday of every month
6.30 pm to 8:30 pm

WHERE: HIM office
310 - 1033 Davie St. (buzz 310)

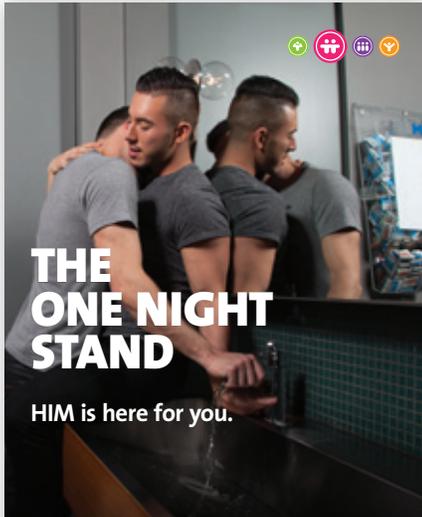
COST: FREE

HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca

Fruit Camps

Outdoor Summer Fitness Groups for Gay Guys

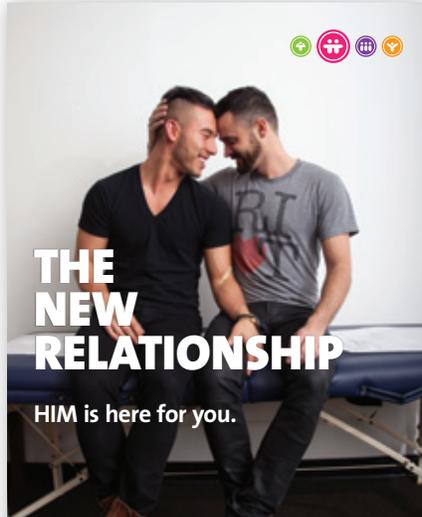
HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca



THE ONE NIGHT STAND

HIM is here for you.

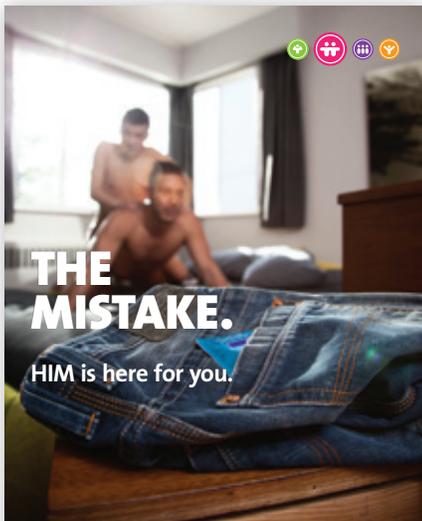
Most gay guys use condoms when hooking up with partners they don't know. HIM distributed 168,000 condoms to gay guys in Vancouver last year.

THE NEW RELATIONSHIP

HIM is here for you.

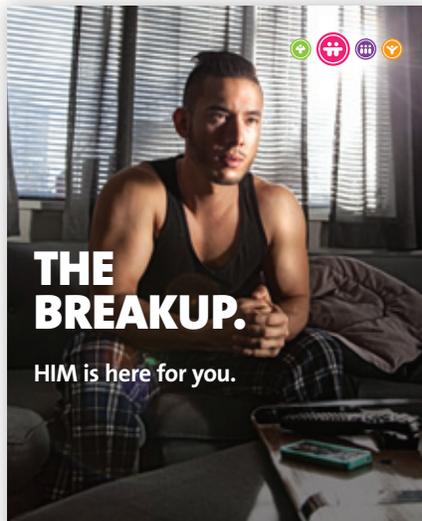
Many gay guys get tested with their partners. HIM operates two Health Centres that offer STI & HIV testing, and counselling.

THE MISTAKE.

HIM is here for you.

Condoms break – or sometimes aren't used at all. Guys who are exposed to HIV can access PEP, a tool that can prevent HIV from taking hold. Act quickly. There are five locations in Vancouver that offer PEP.

THE BREAKUP.

HIM is here for you.

Break-ups, bad dates or bad days... sometimes, you just need to talk. HIM offers Peer Support, Professional Counselling, and other ways to take time for your mind.



“It’s my fifth year volunteering with HIM. I feel it’s really important to give back to my community and support people the way they supported me in the past. I love volunteering and hope to do it for many years to come.”

– HIM Yoga Instructor

“I was starting to isolate myself as I’m now in my 60’s, but last year the HIM fitness program got me out every night of the week.

This year, I volunteered for the program and I now feel so much more connected to my community. It’s really helped both my physical and my mental health.”

– Participant/Volunteer

Buying or selling sex in Vancouver? CHAPS wants to hear from you!

The CHAPS (Community Health Assessment of Men who Purchase and Sell Sex) Project is a study of the health, safety, working and purchasing conditions for men involved in the sex industry Metro Vancouver wide. We are currently looking for self-identified men who have experience purchasing or selling sexual services, who have solicited/been solicited in indoor, outdoor or online venues in Vancouver and who would be interested in participating in this study.

The project is part of a larger qualitative and ethnographic exploration of working conditions, health and safety in the sex industry.

This study is part of a community-based research project of the Gender and Sexual Health Initiative of the BC Centre for Excellence in HIV/AIDS and University of British Columbia, in partnership with the HUSTLE program at Health Initiative for Men (HIM).

Participants will receive an honorarium for their time.

If you're interested in participating and would like more information about the CHAPS Project, find out if you're eligible by calling 778-668-7465, or emailing chaps@cfenet.ubc.ca. Additional information at www.gchi.cfenet.ubc.ca/chaps.

DIRTY TALK: Come Talk 'Dirty' to HIM

Gay guys have hot, adventurous sex, but even in our liberated communities, talking about sex often remains taboo. This October, we invite you to talk Dirty to HIM.

The guys at HIM have teamed up with F22 to offer a six week discussion group where we want to talk about the dirty, raunchy, kinky joys of gay sex.

Each Tuesday evening, we will explore a different theme with sexually experienced gay guys. Come join us and share what you know and what you'd like to know in a space where the only thing frowned upon is the judgement of others.

Dirty Talk will be facilitated by HUSTLE at HIM and discussion will be led by a different guest peer presenter from our community each week. So, grab a towel (optional), bring an open mind, and come talk dirty to HIM!

Starts: Tuesday, October 22nd
When: Tuesdays, 6:30 – 8:00pm
Where: F212 Steam, 1048 Davie St.

Check HIM out at WinterPRIDE!

HIM is dedicated to strengthening the health and well-being of gay men.

HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca

Hanky Mingler
 Network and check HIM out!

SUGGESTED DONATION OF \$2 PER HANKY

HIM is dedicated to strengthening the health and well-being of gay men.

HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca

Wanna Check Us Out?



Sign up for our monthly e-newsletter!



[facebook](https://www.facebook.com/checkimout)
twitter.com/HIMnews



HIM HEALTH INITIATIVE FOR MEN
www.checkimout.ca

A drop-in monthly group

Philosophers' Cafey

...what's on your mind?



WHAT: Join interesting people to explore thought provoking themes in a drop-in discussion. Meet fellow thinkers and explore the extent of your growth into consciousness, your perceptions on life, the universe, and beyond the physical. Please check HIM's online calendar for each month's topic.

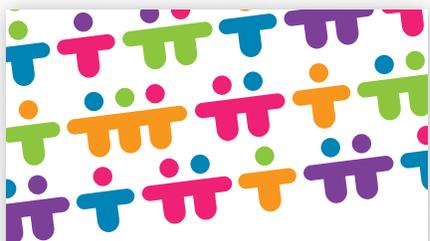
WHEN: 2nd Tuesday of every month (drop-in)
 6:30 pm – 8:30 pm

WHERE: HIM office (buzzer # 310)
 Room 310 – 1033 Davie Street



For more information, please email register@checkimout.ca or call (604) 488-1001.

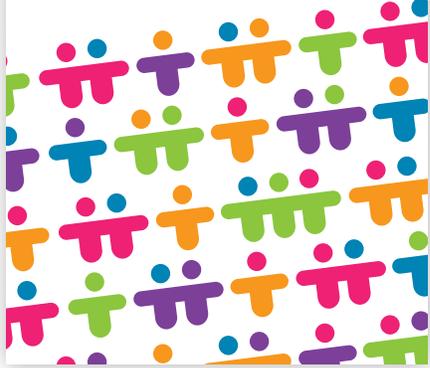
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HIM | HEALTH INITIATIVE FOR MEN
www.checkimout.ca



Gay men building healthy lives together



A 10-week ongoing weekly group

Our Lives, Our Stories

Creative Writing for Gay Men



WHEN: Starting on January 28th, 2014 at 6:30 pm – 8:30 pm & weekly every Tuesday until April 1st

WHERE: HIM office
 310 – 1033 Davie Street (buzz 310)



For more information or to register, email register@checkimout.ca or call (604) 488-1001.

HIM HEALTH INITIATIVE FOR MEN
www.checkimout.ca

Financial Statements

THE ATTACHED FINANCIAL STATEMENTS PROVIDE, as required by the Society Act, a balance sheet (entitled “Statement of Financial Position”), and a statement of Profit and Loss (entitled “Statement of Operations and Changes in Net Assets”). All of these statements relate to the period from April 1st, 2013 to March 31st, 2014.

- HIM Balance Sheet as of March 31st, 2014
- HIM Statement of Profit and Loss as of March 31st, 2014



Notice to Reader

On the basis of information provided by management, I have compiled the statement of financial position of **H.I.M. Health Initiative For Men Society** as at March 31, 2014 and the statement of operations and changes in net assets for the year then ended.

I have not performed an audit or a review engagement in respect of these financial statements and, accordingly, I express no assurance thereon.

Readers are cautioned that these statements may not be appropriate for their purposes.

VANCOUVER, BC
June 27, 2014

Rodney W. McNeil Professional Corporation
Certified General Accountant

H.I.M. HEALTH INITIATIVE FOR MEN SOCIETY

Incorporated under the laws of British Columbia

Statement of Financial Position

As of March 31

Unaudited – See Notice to Reader

	2014		2013
ASSETS			
Current			
Cash	\$ 230,627	\$	225,308
Accounts receivable	16,770		29,177
Prepaid expenses	9,011		10,634
Total Current Assets	256,408		265,119
Capital assets <i>{note 2}</i>	25,890		50,775
	\$ 282,298	\$	315,894
LIABILITIES			
Current			
Accounts payable	\$ 39,263	\$	54,237
Unearned revenue	228,079		220,078
Total Liabilities	267,342		274,315
NET ASSETS			
Unrestricted net assets	14,956		41,579
	\$ 282,298	\$	315,894

Statement of Operations and Changes in Net Assets

For the year ended March 31

Unaudited – See Notice to Reader

	2014		2013
REVENUE			
Vancouver Coastal Health funding	\$ 934,275	\$	895,007
Other government funding	56,490		24,615
Non-government funding	61,030		28,721
Donations	411		4,076
Rental	–		9,350
Interest	1,725		185
	1,053,931		961,954
EXPENSES			
Advertising and promotion	76,639		50,471
Amortization	25,619		26,348
Bank charges and interest	315		232
Board and meeting	2,759		3,172
Equipment lease	6,358		6,273
Insurance	2,808		2,505
Licenses and dues	897		695
Office and miscellaneous	10,917		11,460
Professional development	575		327
Professional fees	26,262		21,698
Project supplies	95,965		56,707
Rent	99,451		87,736
Repairs and maintenance	2,287		2,000
Salaries and benefits	617,630		583,920
Subcontract	93,685		93,873
Telephone	11,913		11,452
Travel	6,474		8,193
	1,080,554		967,062
Excess (deficiency) of revenues over expenses	(26,623)		(5,108)
Net assets, beginning of the year	41,579		46,687
Net assets, end of the year	\$ 14,956	\$	41,579

Notes to the Financial Statements

1. MISSION STATEMENT

“The Mission of HIM 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. We foster mutually beneficial relationships among gay men and health professionals to ensure the best possible outcomes. We do this because we value the ability of gay men to make informed decisions, we value the role of our community in supporting the foundations for healthy living, and we value scientific research.”

2. CAPITAL ASSETS

Capital assets are recorded at cost and amortization is provided under the declining balance method over the estimated useful life of the assets using the following rates:

Furniture and equipment	20%
Computer equipment	20 – 45%

Leasehold improvements are recorded at cost and are amortized on the straight-line basis over the term of the lease plus the first renewal option.

Half-rates are applied in the year of acquisition and none in the year of disposal.

		Cost	Accumulated Amortization	Net Book Value
2014				
Furniture and equipment	\$	20,016	\$ 11,234	\$ 8,782
Computer equipment		24,394	21,467	2,927
Leasehold improvements		64,315	50,134	14,181
	\$	108,725	\$ 82,835	\$ 25,890
2013				
Furniture and equipment	\$	20,016	\$ 9,039	\$ 10,977
Computer equipment		23,660	19,482	4,178
Leasehold improvements		64,315	28,695	35,620
	\$	107,991	\$ 57,216	\$ 50,775

3. CHARITABLE ORGANIZATION DESIGNATION

During the year, the organization attained registered charity status with Canada Revenue Agency with an effective date of August 15, 2013 and is now designated as a Charitable Organization.

