

HEALTH INITIATIVE FOR MEN

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

2012 – 2013 ANNUAL REPORT

APRIL 1ST, 2012 – MARCH 31ST, 2013



HiM | HEALTH
INITIATIVE
FOR MEN

www.checkhimout.ca

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Message from the Board Chair



THIS 2012-2013 ANNUAL REPORT FRAMES ANOTHER YEAR OF ACCOMPLISHMENTS FOR HEALTH INITIATIVE FOR MEN (HIM).

The landscape of gay men's health is dynamic and undergoing rapid change. We are witnessing a significant shift in public health priorities toward gay men who remain the most vulnerable population affected by HIV. There is a movement away from the AIDS paradigm toward a model of HIV prevention and health promotion. Much of this comes from HIM's commitment to its mission and its goals for our community. We continue to strengthen the health and well-being of gay men by providing a range of services in four key areas: physical, sexual, social, and mental health.

Together with partners such as Vancouver Coastal Health, Providence Health, the B.C. Centre for Disease Control, the B.C. Centre for Excellence in HIV/AIDS, and the B.C. Ministry of Health, our staff and volunteers lead numerous initiatives and research-based programs covering areas such as community engagement and knowledge translation, workshops and counselling, fitness groups, health centre services, and support for male sex workers. This last year saw the completion of the STOP HIV/AIDS pilot, which provided HIM with added resources to address some of the complex and nuanced health challenges that gay men confront. We also engaged with partners across the country and are involved in a number of ongoing national projects.

Health Initiative for Men started in 2008 with a modern vision for gay men's health. I am proud to be a part of this important movement and to have witnessed our transition from humble beginnings to a strong local community organization and a national leader. There is still much to do and I encourage you to get involved. With your help, we can build on successes, strengthen partnerships, and create opportunities.

I look forward to another year of health and prosperity for our organization and for all gay men.

A handwritten signature in blue ink, appearing to read 'Rob Gaier'.

ROB GAIER

Chair, Board of Directors

Message from the Executive Director

GAY MEN ARE THE HEART OF OUR ORGANIZATION. Their engagement and response has been inspiring, not only to the board, staff, and volunteers at HIM, but to our partners, in British Columbia and across Canada, who work together with us to advance the quality of life of gay men.

Our partnership with Vancouver Coastal Health continues to flourish as we find more and more alignment in our mutual goals. Their recognition of our key role in the STOP HIV/AIDS pilot, and their continued commitment to an integrated approach to health makes possible the results seen here. This year, we were invited to join the B.C. Mental Health & Substance Use Provincial Health Literacy Network, supporting their mission to improve health literacy in mental health and substance use in British Columbia. BCCfE also selected us as one of the participating sites for their pilot project to provide access to HIV post-exposure prophylaxis treatment.

Community allies also support our work. For example, Vancouver Pride Society and Positive Living BC were our partners in addressing erectile dysfunction in an accessible and engaging manner. We continue our partnerships with Qmunity in presenting our year-round Men on Men group, while our association with the Queer Arts Festival promotes the positive links between queer art and health. The list goes on.

I am inspired by the commitment of the individuals who volunteer at HIM. From the many community leaders who donate their expertise to Totally Outright, to the professionals who provide counselling, legal assistance, administrative support, communication skills, and policy advice, we all benefit from these 'knowledge philanthropists'. Men also join us in providing direct action in every one of our programs. There are opportunities for everyone – and gay men are up to the challenge!

This work is only made possible by the forward-thinking and innovative governance of our Board of Directors, who maintain their focus on the long term and work hard to create the solid foundation we build upon. The team of professionals who comprise our staff are true leaders, not only in the way they constantly add value beyond what was thought possible, but by preserving our quality as they conquer practical challenges. In my role, I am privileged to witness these men's careful dedication to getting it right. Indeed, they are the definition of confident leadership.

The future looks bright!



WAYNE ROBERT
Executive Director



Board Members and HIM Staff

BOARD MEMBERS

- Rob Gair – *Chair of the Board*
- Michael Kwag – *Vice Chair*
- Dakota Descoteaux – *Treasurer*
- Daniel Maki – *Secretary*
- Daniel Griffin
- Michael Leclair

STAFF

- Wayne Robert - *Executive Director*
- Hans Bosgoed
- Jody Jollimore
- Sam Larkham
- Daniel McGraw
- Andrew Poon
- Steve Reid
- Keith Reynolds
- Denis Richer
- 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

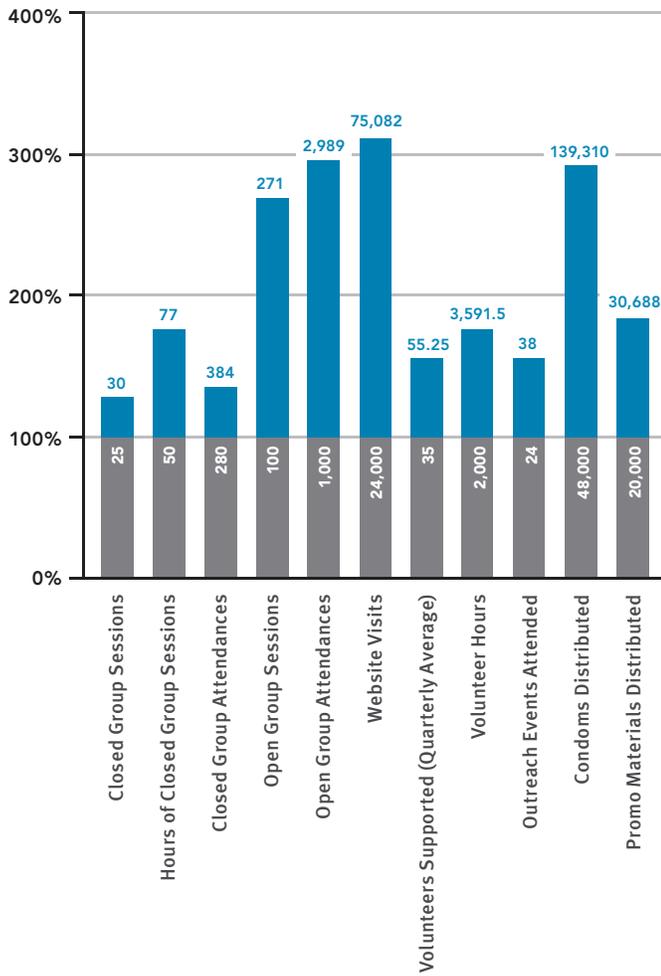
HIM connects gay men with health promotion and scientific research through targeted programming, social marketing campaigns, volunteer opportunities, and partnerships.



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 CLINIC

In the 2012/2013 year, the HIM Health Centres administered 2,400 HIV tests and conducted 960 hours of clinical counseling and peer support services. These two clinics, 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.

THE IMPACT OF A SINGLE HIM CLINIC:

“Health Initiative for Men’s Davie Street Health Centre has had a very large impact on testing results over three years, achieving a 2.2% positivity rate and accounting for almost 10% of new HIV diagnoses among MSM, or 1 out of every 20 new HIV diagnoses in BC.”

Dr. Mark Gilbert

Physician Epidemiologist,

STI/HIV Prevention and Control

BC Centre for Disease Control

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	24,000
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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	24
# of festival-related events attended for outreach	4
# of condom distribution shifts	100
# of condoms distributed	48,000
# of print items distributed: 24,000 condom boxes, 20,000 promo materials, 300,000 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	3	5	17	5	30
# of hours of closed group sessions	6	15	45	11	77
# of attendances	40	176	85	83	384
# of distinct individuals attending	17	39	27	26	109
Open Groups Education/Skills Development					
# of open group sessions	89	91	49	42	271
# of hours of open group sessions	151	141	88	72	452
# of attendances	898	939	629	523	2,989
Website					
# of visits	11,741	18,787	21,676	22,878	75,082
Volunteers					
# of volunteers supported (YTD is avg)	68	58	34	61	55.25
# of volunteer hours	1,264.5	918	724	685	3,591.5
# of volunteer supervision groups	12	9	9	12	42
# of volunteer clinical supervision person-hours	114	76.5	61	85	336.5
# of volunteer training courses	1	1	3	1	6
# of volunteer training person-hours	90	90	147	27	354
Clinic					
# of POC rapid HIV tests	534	550	482	521	2,087
# of early tests (RNA/NAAT)	0	0	0	0	0
# of STI tests	550	617	486	616	2,269
# of standard HIV tests	834	1,006	820	938	3,598
# of hours clinic is open	380	375	335	375	1,465
Outreach					
# of venue-based events attended for outreach	10	18	7	3	38
# of festival-related events attended for outreach	5	5	0	0	10
# of condom distribution shifts	24	25	22	21	92
# of condoms distributed	37,860	44,120	29,720	27,610	139,310
# of print items distributed - condom boxes	18,930	19,540	14,860	13,805	67,135
# of print items distributed - promo materials	9,465	12,761	4,847	3,615	30,688
# of print items distributed - print ad impressions	139,763	382,763	114,100	108,000	744,626

OUR MODEL IS WORKING.

We're having an impact.

In 2012, we:

- Tested more than 2,400 men for HIV in our two Health Centres
- Identified 1 out of every 20 new HIV diagnoses in British Columbia
- Held 410 one-on-one counselling and peer support session for gay men
- Distributed more than 186,00 condoms
- Wrote, printed and distributed 38,000 issue-specific brochures about gay men's health
- Hosted 56,000 unique visits to checkhimout.ca
- Facilitated more than 3,000 men at our education, skills development and support groups

“...we know that the majority of new infections in B.C. continue to be among men who have sex with men. Collaboration on designing and implementing services that work to engage this population is critical.”

*– From Hope to Health:
Towards an AIDS-free Generation,
BC Ministry of Health*

HIM Milestones

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

2008

HIM begins operations

2009

Signs first health promotion contract with Vancouver Coastal Health

2009

Opens HIM Health Centre
– Davie Street

2010

Launches Do the Math online HIV risk calculator

2011

Opens HIM Health Centre
– Commercial Drive

2011

Begins counselling and peer support services at HIM Health Centres

2012

BC's Ministry of Health identifies HIM as a “key partner in reaching and engaging men into testing and care [...] in ways that meet the needs of MSM”

EVERYTHING GAY GUYS ALWAYS WANTED TO KNOW ABOUT ERECTILE DYSFUNCTION DRUGS*

*** BUT WERE AFRAID TO ASK**

post exposure
PEP
prophylaxis

PEP is a tool that could prevent you from picking up HIV

PEPinBC.ca

Fruit Camps

Outdoor Summer Fitness Groups for Gay Guys

HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca

Join the **FRUIT CAMPS** on the **GROUSE GRIND**

WHEN: Sunday, August 26th at 9am
WHERE: Meet at Nelson Park

Sign up via email at register@checkhimout.ca or call 604.488.1001

HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca

“I count my time spent with you as a major contributor to my healing from a cancer diagnosis. I feel a lot better, which is reflected in many of my test results. Please accept my heartfelt appreciation for your time and expertise. Thank you again!”

– Fruit Camps Participant

“You continue to help me stay fit and healthy and I really appreciate it, since I don’t think I would do anything like this by myself. I also met some really nice guys and it makes me feel better about our community.”

– Fruit Camps Participant

A 10-week ongoing weekly group

FEELINGS INTO WORDS

Self-Expression Through Writing For Gay Men



WHEN: Starting on October 12, 2012 at 7:00 pm – 9:00pm & weekly every Friday until December 14th

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

WHO: We welcome positive, negative and unknown HIV status guys, men of all ages and ethnic identities, gay, bisexual, queer, trans, two-spirit guys and all men who love men.

Expressing yourself through writing can be a powerful and enlightening experience! We all have events and experiences in our lives that we want to express or to tell others. 'Feelings into Words' is a FREE consecutive 10-week creative writing group specifically designed for gay men. We provide a safe, supportive environment for you to create and share your stories.

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

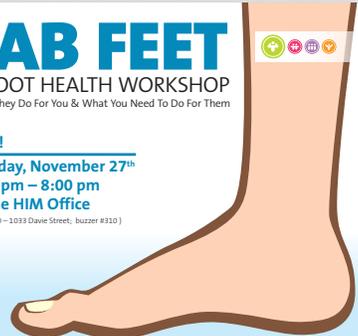
HIM HEALTH INITIATIVE FOR MEN
www.checkimout.ca

FAB FEET

A FOOT HEALTH WORKSHOP
What They Do For You & What You Need To Do For Them

FREE!

Tuesday, November 27th
6:30 pm – 8:00 pm
At the HIM Office
(Suite 310 – 1033 Davie Street; buzzer #310)



This one-time workshop will offer insights and knowledge on how to care for your feet as you've never seen or thought of before.

Our specialist nurse, Don Velle, will help you navigate everything you ever wanted to know about keeping your feet healthy — good foot care routines, foot care in the gym and bathhouse, explanation of medical concerns, and how your feet directly affect your overall health. This is purely an information session; you won't be asked to show your feet since this is a hands-off workshop with lots of time for Q&A.

More information available at www.checkimout.ca

Registration is required.
Please email register@checkimout.ca or call (604) 488-1001.

HIM HEALTH INITIATIVE FOR MEN
www.checkimout.ca

Panda and The Fab Five

PERSONAL SAFETY

SKILLS FOR GAY GUYS



EMPOWERMENT
SELF-AWARENESS
SAFETY
CONFIDENCE
RESILIENCE

Friday, November 16
& Friday, November 23
6:30pm – 8:30pm
HIM Office

This free two-session workshop will increase your awareness to threat cues that will keep you from a potentially harmful event. Lead by a *Peace Officer* who's been an instructor of *Self-defense* and *Use of Force* for over 18 years, you will learn simple techniques that will empower you to safely escape an assailant and avoid any physical harm. Learn new skills and release your own inner Fab 5 awesomeness.

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

HIM HEALTH INITIATIVE FOR MEN
www.checkimout.ca

ME
Male Elements *Living Healthier*



WHEN every 2nd Tuesday
(beginning December 4)

TIME 5 - 7pm

LOCATION HIM Office Lounge, 310 - 1033 Davie St
(buzz #310)

HUSTLE
How U Survive This Life Everyday



HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca

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

“Like other HIM offerings, you make this shy guy and everyone else feel very welcome! Although level of participation is totally up to you, they make you feel so comfortable though, that it’s hard to just sit back and watch!”

– Self-Defense Workshop Participant

Take Time For Your Mind



Along with your physical, social, and sexual health, make sure to take time for your mind. Being mindful of your mental health is yet another key part of your self-care.

Talk to HIM about our three mental health resources:
Peer Support, Professional Counselling, and Personal Strategic Advising.

Find out more at www.checkhimout.ca/mind.

To register for your appointment, call the HIM Office at 604-488-1001.



HIM HEALTH INITIATIVE FOR MEN
www.checkhimout.ca

“I want to thank you so much for leading us over the summer and giving so generously of your time and skill to help our community.

The classes are important to me for my health and for getting me out to meet other people and feel connected to a group. You guys are amazing and I can’t wait for Fruit Camps to start again next year.”

– Fruit Camps Participant

HOMINUM presents
“MOVING FORWARD”

Moving Forward is an 8-week ‘personal growth’ program for gay, bisexual, trans, and questioning guys over 40 coping with the challenges of being married, separated, or single.

HIM HEALTH INITIATIVE FOR MEN
www.checkimout.ca

RUNNING GROUP

Wednesdays at 6:30pm & Saturdays at 9:00am
starts **Wednesday, March 7th** (information session)
ends **Saturday, May 12th**
First session at HIM office – then outside

Time to kick start your fitness routine? Training for the Sun Run? Or, just getting your body cardio ready for Spring? HIM is collaborating with Vancouver Frontrunners for an “all levels” introductory-level Run/Walk group that is designed to be a fun, motivational way to get you out and meet other like-minded guys this Spring. The group will be led by Dom, a certified trainer and gym owner, who knows how to respect people’s personal limitations while motivating them to push themselves to the next level. Participants are asked to commit to the full ten-week program of 2 sessions per week: Wednesday evenings and Saturday mornings. The program has been designed by experts to gradually increase your stamina. Full details at the briefing session in our office on Wednesday, March 7th at 6:30pm.

Sign up via email at register@checkimout.ca
or call 604.488.1001

@HIMtweets
HealthInitiativeforMen

HIM HEALTH INITIATIVE FOR MEN
www.checkimout.ca

NEW LOOK, SAME GREAT SUPPORT SERVICES!

HiM HEALTH INITIATIVE FOR MEN
ON DAVIE

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

HiM HEALTH INITIATIVE FOR MEN
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

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)

QMUNITY LGBT QUEER RESOURCE CENTRE **HiM** HEALTH INITIATIVE FOR MEN www.checkhimout.ca

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

HiM HEALTH INITIATIVE FOR MEN www.checkhimout.ca

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

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, 2012 to March 31st, 2013.

- HIM Balance Sheet as of March 31st, 2013
- HIM Statement of Profit and Loss as of March 31st, 2013



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, 2013 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
August 12, 2013

Rodney W. McNeil Professional Corporation
Certified General Accountant

Statement of Financial Position

As of March 31

Unaudited – See Notice to Reader

	2013	2012
ASSETS		
Current		
Cash	\$ 225,308	\$ 91,486
Accounts receivable	29,177	69,166
Prepaid expenses	10,634	12,338
Total Current Assets	285,119	172,990
Capital assets <i>{note 2}</i>	50,775	71,215
	\$ 315,894	\$ 244,205
LIABILITIES		
Current		
Accounts payable	\$ 54,237	\$ 41,512
Unearned revenue	220,078	156,006
Total Liabilities	274,315	197,518
NET ASSETS		
Unrestricted net assets	41,579	46,687
	\$ 315,894	\$ 244,205

Statement of Operations and Changes in Net Assets

For the year ended March 31

Unaudited – See Notice to Reader

	2013	2012
REVENUE		
Vancouver Coastal Health funding	\$ 895,007	\$ 854,760
Other government funding	24,615	13,260
Non-government funding	28,721	54,460
Donations	4,076	17,555
Rental	9,350	11,300
Interest	185	344
	961,954	951,679
EXPENSES		
Advertising and promotion	50,471	79,152
Amortization	26,348	13,298
Bank charges and interest	232	1,049
Board and meeting	3,172	6,378
Equipment lease	6,273	5,885
Insurance	2,505	2,323
Licenses and dues	695	519
Office and miscellaneous	11,460	14,497
Professional development	327	463
Professional fees	21,698	22,359
Project supplies	56,707	82,707
Rent	87,736	76,942
Repairs and maintenance	2,000	3,877
Salaries and benefits	583,920	495,145
Subcontract	93,873	136,558
Telephone	11,452	8,155
Travel	8,193	3,775
	967,062	953,082
Excess (deficiency) of revenues over expenses	(5,108)	(1,403)
Net assets, beginning of the year	46,687	48,090
Net assets, end of the year	\$ 41,579	\$ 46,687

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 aquisition and none in the year of disposal.

	Cost	Accumulated Amortization	Net Book Value
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
2012			
Furniture and equipment	\$ 19,486	\$ 6,361	\$ 13,125
Computer equipment	23,026	16,459	6,567
Leasehold improvements	59,570	8,047	51,523
	\$ 102,082	\$ 30,867	\$ 71,215

