

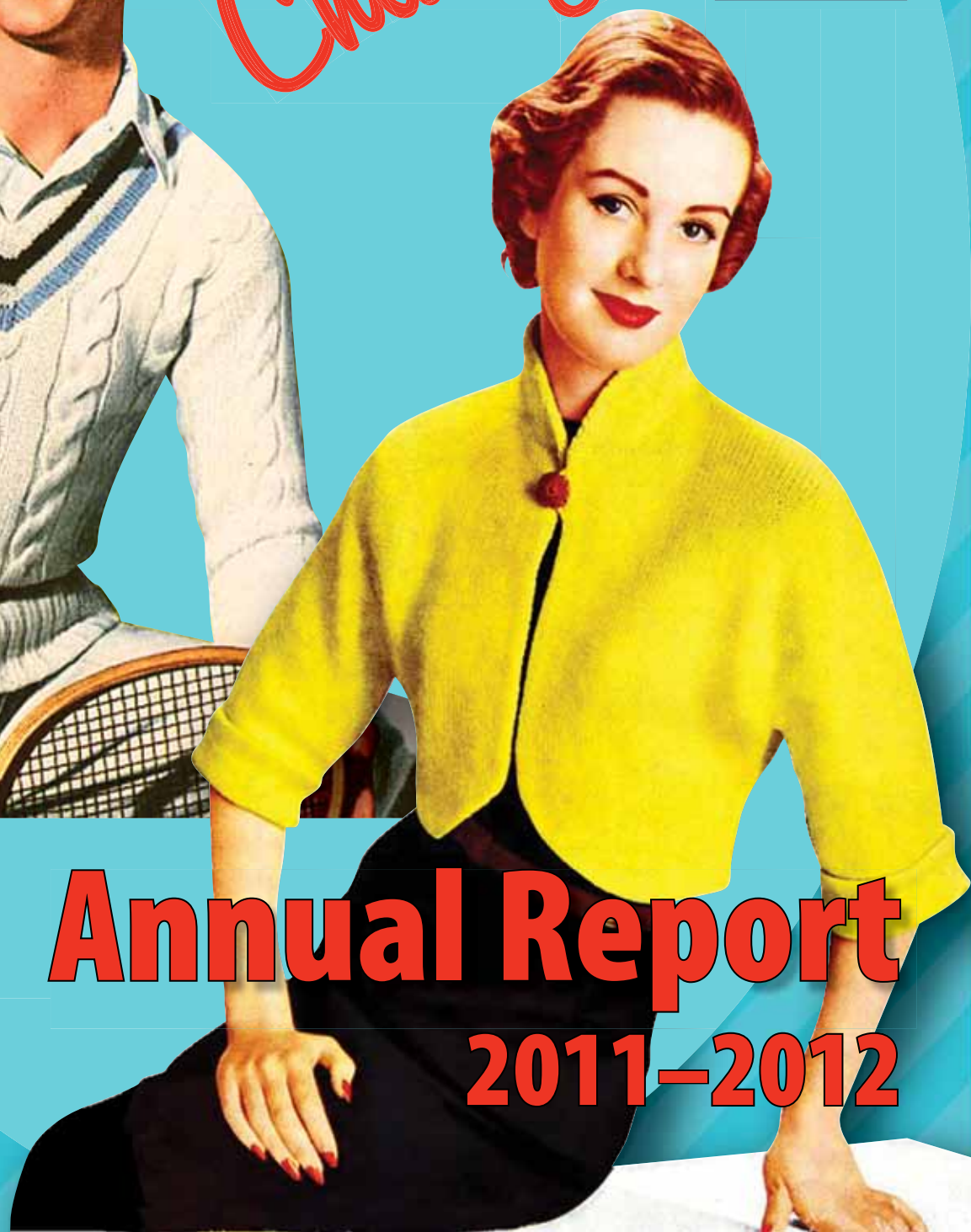
# SHine-SA

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IT'S  
EASY!

*Chlamydia*

1. EASY TO GET
2. EASY TO TEST
3. EASY TO TREAT



## Annual Report 2011-2012

# President and Council

# Chief Executive Officer

## About SHine SA

SHine SA is the lead sexual health agency in South Australia, working in partnership with government, health, education, and community agencies and communities to improve the sexual health and wellbeing of South Australians.

SHine SA is funded primarily by the South Australian Government through the Department of Health and by the Commonwealth Government through the Australian Health Care Agreement. Government financial support represents 92% of SHine SA's total income with 8% being raised by the organisation through its service provision. The annual operating budget is \$6.2 million (2011–12). We provide:

- prevention, promotion and education programs that build the capacity of communities in greatest need
- education programs that build the capacity of workers across all sectors
- clinical services that target communities with health inequalities and poor sexual health
- therapeutic counselling services that target individuals who are unable to afford private providers
- information about sexual health and wellbeing
- resources and library services that are accessible to workers and the community
- opportunities for partnerships with workers, governments and agencies
- individuals and workers with links to relevant services and supports
- leadership and advocacy for sexual health
- opportunities for participation by our communities of interest

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**This publication, together with the 2011–2012 audited financial report, constitutes the 2011–2012 Annual Report for SHine SA.**

### Annual Report Committee

This report has been prepared by the Annual Report Committee, comprising Kaisu, Amy, Bec, Jodi, Aaron, Danny and Désirée. The Committee would like to thank SHine SA staff for their contributions.



### In my first year as President I am honoured to provide the Annual Report on behalf of Council for 2011–12.

Council has faced some change over the last 12 months with both a new President and new representatives on Council. We have embraced this as an opportunity to re-examine how we work together for the benefit of the organisation and ensure that our decision making and strategic planning is efficient and effective.

In line with this Council has developed a purpose statement and set of values which guide how we work together. We will be developing a detailed strategic work plan to support in a productive and meaningful way the work of SHine SA and to inform its strategic focus.

Council enjoyed working with management on several strategic issues during the year and found this collaborative approach to be effective and rewarding.

2011–12, like others before it, has presented fresh challenges including increased demand for services, associated changes to staff structure to allow the organisation to adapt and changes to our funding agreement with SA Health. Council continues to be encouraged by the positive, innovative and enthusiastic manner in which staff approach any issue to ensure continued services and improved sexual health outcomes for those communities of interest. The commitment and passion for the work we do have not diminished and continues to be a key driving force for the organisation.

Council has and will continue to work together with staff to make decisions that support the aims of the organisation and maintain SHine SA's high regard in the field of sexual health services, education and advocacy.

Our sincere thanks go to Kaisu Vartto our CEO for her commitment and dedication to this organisation during her time as CEO, and we wish her all the best for her forthcoming retirement. Our continued admiration also goes to Desiree Schild for her outstanding administration support to Council.

We trust you will enjoy reading this year's Annual Report which provides some insight into the excellent work our staff and volunteers have delivered to our community over the past year.

**Chris Horsell**  
Council President on behalf of SHine SA Council

## Council members 2011–12

President .....	Chris Horsell
Deputy-president.....	Peta Smith
Ministerial nominee.....	Dr Kylie O'Connell
Staff nominee .....	Cara Taheny

**Philip Jackson, Angela Lawless, Barbara Power, Julian Roffe**



SHine SA (Sexual Health, information, networking and education SA) has a long and proud tradition of working with and for the South Australian community to improve sexual health and wellbeing. The breadth of work undertaken across the organisation over 2011/2012 is well captured in this Annual Report and I invite readers to take the time to read the many articles that provide a snapshot of the organisation's work.

Of note, is the successful campaign for Sexual Health Awareness Week which is in its twelfth year. The campaign, held in February 2012, focussed on encouraging young people to have a better understanding of Chlamydia with the slogan **Chlamydia... It's easy! Easy to get. Easy to test. Easy to treat.** The organisation worked closely with young people involved in the Youth Action Team to develop the key message for the campaign and in the development of resources that were distributed widely across South Australia. This campaign was picked up by a number of youth-based services and universities who assisted in getting the key message out to young people across South Australia.

The *Focus Schools Program* continues to grow with 82% of the Department for Education and Child Development schools with secondary students now engaged in the program. This means that more young people across South Australia have the opportunity to access quality relationships and sexual health education.

The organisation's clinical services have been reviewing ways to improve access for young people. One of the key changes to the work of clinical staff has been the move from a fully appointment-based system to the promotion of a drop-in service which allows young people to attend one of SHine SA's service sites to be seen by a member of the clinical team. In the organisation's Northern Primary Health Care Team, where this model was first trialled, approximately 500 young people aged in their teens accessed the clinical services in the current reporting period. Being able to come to a clinic at a time that suits them instead of having to make an appointment in advance, is welcomed by young people. This redesign of clinical services in the Northern Primary Health Care Team has supported the organisation to shift its focus to increase the number of young people accessing clinical services.

The organisation's Yarning On team, which commenced in January 2010, aims to build the capacity of workers and communities to address relationships and sexual health issues with young people in and out of the school system. A significant part of the program has been the community consultation process to ensure that the program and lesson content; activities and resources; are culturally and age appropriate. The program has developed strong partnerships with a number of Aboriginal communities across SA and works closely with key partner agencies to ensure the effectiveness and reach of the work.

In the past 12 months, the Workforce Development and Resources team at SHine SA has provided a broad range of sexual health education courses for doctors; nurses and midwives; teachers; and Aboriginal health, disability and youth workers. Sessions are also provided for medical, nursing and pharmacy students as well as specific training opportunities for workers in other organisations. The team has produced a number of high quality resources for use in training; clinical services; the workforce and for the

general public. There is also further developing the online learning areas for course participants and members of various network groups convened by the staff in the team. The Sexual Health Counselling team produced a resource that has already been picked up nationally. The DVD is titled *"Out of Sync: Dealing with mismatched desire"*.

The organisation's Youth Action Team (Y@) was very active and involved in a range of activities including the SHAW campaign. The team were central to the development of the resource material that supported the campaign. Two members of the team also attended the Youth Health Worker Conference in Sydney, supported by a worker from SHine SA. The team members attended a number of workshops and also had the opportunity to present a session on the work that SHine SA does through the Youth Action Team. The Youth Action Team was also responsible for ensuring SHine SA had a very visible presence at South Australia's Pride March in November 2011.

At the time of preparing this report, the organisation has just farewelled Ms Kaisu Vartto, who has been in the role of CEO for the past 19 years. Kaisu has led the organisation through many changes over that period, with her strong sense of social justice and her passion and commitment to improving the sexual health of the South Australian community. On behalf of the staff and Management Team I would like to acknowledge the extraordinary effort and contribution that Kaisu has made in the CEO role.

In closing, I would like to acknowledge and thank members of the SHine SA Council for their guidance and support in their governance role of the organisation. I would also like to acknowledge our key partner agencies – too many to mention here, who have worked with the organisation this past year; our key funders – SA Health; and in particular, the staff of SHine SA who have worked hard in their many and various roles to ensure the work of the organisation is carried out effectively.

**Desmond Ford**  
Acting Chief Executive Officer - SHine SA



# Youth participation and peer education

## Youth Action Team (Y@)

2011–12 saw an awesome and educational time participating in many community events to spread word of the fantastic work and services of SHine and the Y@s. This period also saw many changes to the Y@ program in SHine SA.

For the majority of the year the Y@s continued in their three teams in each SHine SA regional office but in March we all came together under the guidance of SHine SA's new Health Promotion Coordinator, Brindi, in a new centralised group. Previous Y@ Coordinators Jo, Naomi and Craig have all moved on to new and exciting things. We wish them all the best in their new endeavours and send out a massive thank you for the work they have done with us.

In October 2011, Y@ members Doug and Lisa collaborated with the City of Port Adelaide Enfield Council, the Anglicare Aerosol Angels and Simon Burt (AKA Store) for the Le Fevre skate park opening. This included an aerosol art display to promote SHine SA and youth sexual health. The aerosol art that was produced was great and the display drew quite a crowd. The event was originally organised for World Sexual Health Day, but it was thought that linking in with the skate park opening would result in better promotion. Other Y@s turned out on the day to share in the fun.

The colourful side to Y@s came to life in the 2011 Adelaide Pride March which began from Victoria Square and made its way to Light Square. Our balloon rainbow brought many people together who wanted to assist in stringing the balloons together and moving the rainbow through the march.

An exciting opportunity was offered to Y@s in November to attend the Youth Health Conference 2011 in Sydney. SHine SA was represented by community health worker Jo and Y@ members Lisa and Cheyenne, who attended two jam-packed days of presentations and amazing displays of young talent. At the conference they had the opportunity to listen to keynote presentations from experts in fields of psychology, human rights and Indigenous health, and to attend short sessions presented by key workers in different health fields. They also had the opportunity to present a session on the work we do at SHine SA through our Youth Action Team. The presentation was well received and those involved enjoyed the opportunity to get to know other youth delegates, learn about a wide range of youth health issues and gain an insight into the ever-growing youth health industry.

Sexual Health Awareness Week came around with Chlamydia in its sights. Y@s put their heads together to help out with the poster designs and in the creation of a bright archway leading to a specially organised toilet for STI testing at the University of South Australia Magill Campus open day. The day was a cold and rainy one which led to an early end to the day, but not before many condoms, lollies and wallet cards found their way into the hands of the students.

The year was topped off with a local council win. The Y@ team received the Group Youth Award from the City of Charles Sturt Council, which is a huge recognition of some of the fantastic work the Y@s do. A huge thank you to Brindi and Kaisu Vartto for nominating us for the award. We look forward to the professional workshops which come as the prize for winning the group award.

Currently Y@s are researching and organising the next steps for the Y@ program with the wonderful input from SHine SA staff. There are exciting times ahead with a few changes on the way.

Alex & all the Y@s

One of the highlights for me would be our appearance at the Pride March, showing our support for the GLBTIQ community and enjoying a great night out. Between the banners we created, our balloon display and the sheer number of SHine members who chose to come out and show their support, I think we made quite an impact!

Lauren



# Advocacy

## Contraception. Is it working for you?

**SHine SA in the southern suburbs of Adelaide has been involved in a partnership project with Flinders University, Southern Women's Primary Health and the Southern Adelaide Local Health Network (Noarlunga Health Services and Flinders Medical Centre) to develop short video clips and accompanying resources, called Contraception. Is it working for you?**

Based on the PhD research of Dr Wendy Abigail, a lecturer at the School of Nursing and Midwifery at Flinders University, and funded by a Commonwealth Knowledge Exchange Grant through Flinders University, the goal of the project was to translate Dr Abigail's research findings into practice. Her research found complex and multifactorial issues impacting on women's choices about managing their fertility, their choices in contraception and their choice of termination. According to Dr Abigail, '... abortion rates for women between the ages of 30 and 50 increased significantly between 1996 and 2006 in the southern area of Adelaide, despite very little change in overall termination numbers across the state during this time'.

Focus groups of community women and health professionals were involved in the development of the scripts for the video clips and they were filmed by professional and student film crews from Flinders University. The series of video clips shows different scenarios that can lead to an unwanted pregnancy.

These new resources will be made available for screening in GP offices, clinics and women's health centres, will go live on YouTube, will be linked to the web pages of a number of health sites in SA and interstate and will be used for educational and training purposes.

The project is also laying the foundation for ongoing sustainability through the formation of the Southern Partnerships in Sexual and Reproductive Health, which will continue to provide leadership on sexual and reproductive health initiatives in the southern area of Adelaide.



## Female condoms – all about pleasure!

**The new generation female condom, the 'FC2', produced by the Female Health Company, has become available in Australia, distributed by Glyde Health.**

This new version is made of nitrile, which is thinner (and 'quieter') than the first generation female condom. Nitrile is a good option for those who may have latex sensitivity. Using a female condom gives women – and men – another option for STI prevention.

Female condoms are being used widely in developing countries and increasingly in the United States, in areas of high HIV and STI prevalence. SHine SA has been working with a group of South Australian health and multicultural agencies that are looking at strategies as part of developing the CALD HIV Action Plan for SA Health. Promoting awareness of the female condom and making it more widely available is one strategy that is being pursued. This includes educating about the female condom whenever we discuss the use of the male condom for safer sex.

For more up-to-date information and to find out why the female condom is 'all about pleasure', go to: [www.youtube.com/watch?v=00Uguv0JICQ](http://www.youtube.com/watch?v=00Uguv0JICQ)

Anne

## Emergency Contraception: access and equity

The choice of Emergency Contraception (taking one or two tablets that add up to 1.5mg of the hormone levonorgestrel) is a safe, appropriate option where contraception has failed (a condom broke, a pill or two were missed), where sexual intercourse was unplanned, for sexual assault and where sex is rare.

Australian research has shown that not enough is understood in the community about this safe and effective method of preventing unplanned, unwanted pregnancy. Emergency Contraception (EC) became available in Australia for purchase over the counter in pharmacies nearly a decade ago; however, access to and use of EC continues to be surrounded by myths and misunderstandings.

Anne

Some negative attitudes in the community confuse EC with the abortion drug RU486. Others suggest that using EC may promote promiscuity (an old argument from the early days when contraception itself was first introduced!) or that using EC might reduce condom use and increase STI transmission. EC, like other contraceptive options, does not reduce the need to practise safer sex to reduce STI transmission.

SHine SA has been involved for many years in efforts to make EC more widely available in the community, as well as better understood. Although EC can be purchased at pharmacies, the cost can be a barrier for the most vulnerable women.

SHine SA has worked to promote free access to EC via emergency departments. We have worked with pharmacists and pharmacy assistants to help make the access of EC in a pharmacy a more welcoming experience for women. We have consulted with Women's Health services, Youth Health services, the Aboriginal Health Council of SA and SA Health's Health Promotion Branch in an effort to put in place guidelines supporting nurses and midwives to supply EC in health settings. SHine SA is developing an online module to accredit nurses and midwives to supply EC in public and community health sites. We have also welcomed the SA Health priority direction identified this year in the Primary Prevention Plan 2011–2016, to 'promote wide access to affordable emergency contraception'.

Anne & Helen



# Sexual Health Awareness Week 2012

Sexual Health Awareness Week (SHAW) has been running since 2002 and is launched in South Australia in the week of February 14–21 every year. The campaign's goal is to encourage young adults to consider the social, cultural and behavioural factors that can influence their own sexual health and relationships. The theme for SHAW 2012 was Chlamydia with the slogan **Chlamydia...It's easy! Easy to get. Easy to test. Easy to treat.** while also maintaining the SHAW slogan of Safety + Pleasure + Respect.

SHAW aims to broaden people's understanding of sexual health and relationships and to raise awareness of sexual health issues in South Australia. The main aim for this year's campaign was to encourage more young people to get tested and treated for Chlamydia and to understand how to prevent the spread of the infection. However, the focus of SHAW is not only about the prevention of infection. Its focus is also on open communication and acceptance of individual differences, leading to realistic expectations and an understanding of sexuality and relationships.

A range of resources were developed for this year's campaign including posters, postcards, a new STI fold-out card and condom packs. The resources were all very well received and distributed widely throughout the community. The resources also included a QR code, which can be scanned by smartphone users to link directly to STIs information on the SHine SA website.

This year's committee was successful in securing sponsorship from AVANT Card, whereby over 11 000 postcards were produced and distributed around Adelaide. Comments from AVANT Card included 'A fast moving card! Really popular at many varied venues. Received many positive comments on the appeal of this card from venues and the public'.

As in previous years, SHine SA had a significant presence in universities and TAFEs across South Australia with posters extensively displayed on many of the campuses including one rural campus. Articles were published in student magazines – *UniLife* at Uni SA and *On Dit* at the University of Adelaide. There was also a SHAW display at the Health and Counselling Services and O-Week booths of both the University of Adelaide and Flinders University. In addition, the pharmacy at Flinders University created an excellent window display and also gave out our resources during O-Week.

As well as a successful campaign on Fresh FM, a full page advert was also placed in *Rip It Up* magazine and 500 posters were distributed around the centre of Adelaide via MAD Promotions.

The Community Grants again proved very popular and there was a total of 36 activities held around SA. One of the highlights was a short film clip produced by young people from the City of Playford at the Northern Sound System. The clip has subsequently been uploaded on to our FaceBook page / YouTube channel.

All in all, a fantastic effort from everyone involved in this year's campaign

Rebecca

## Website statistics

There were 107 063 visitors who viewed 226 387 pages on our website from 1 July 2011 to 30 June 2012

## Summary of pages viewed:

Services .....	11%
Resources .....	38%
Workforce/community development .....	11%
Other/information .....	37%
Other .....	3%



Rebecca, SHAW Project Officer 2012





# Community education & development

## Life Out Loud

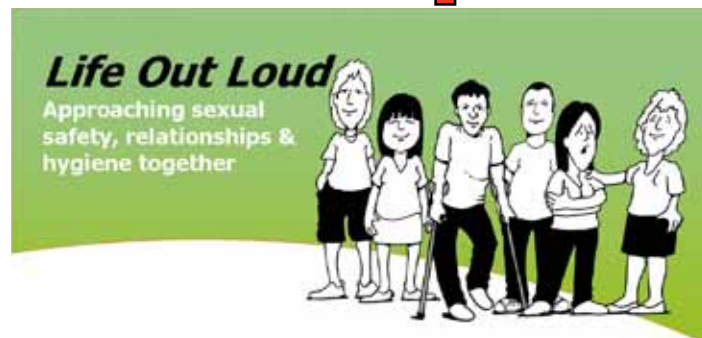
This multi-faceted project is now completed and SHine SA would like to publicly express its gratitude to Orana, which agreed to partner with SHine SA for the project. Orana provided staff to work with the project after they had completed the FRESH course and collaborated with the SHine SA project team. Orana also facilitated the engagement with parents, staff and a body of young employees and residents of Orana services. Special thanks must go to Orana's Senior Management for supporting some of their staff to be centrally involved.

Over 30 additional staff from various Orana sites undertook an Introduction to Sexuality and Disability module with the participation to varying degrees of 24 people with an intellectual disability aged 20–40, supported by their parents. Parent involvement in the project was variable, with some who worked through session worksheets and revision folders with their next-of-kin or had follow-through discussions with staff about specific issues.

This body of work provided both SHine SA and Orana with valuable insights into the level of work required to provide sexual health education to clients as well as the staff and training needs for those who will lead the process. Importantly, it operated as a testing ground for this approach to be used by SHine SA as a way of engaging with the sector into the future. An independent evaluation by the SA Community Health Research Unit (SACHRU) from Flinders University also demonstrated that a significant proportion of young people experienced an increase in their level of comfort and communication. Additionally, issues that might have previously been uncomfortable to discuss became more out in the open.

Comments included:

- Clients benefited by being made more aware of themselves, others and situations.
- My son was given a much better all round education and some practical life skills to take away with him.
- My daughter has better privacy practices . . . she is more aware of good hygiene practices.
- There is a calmness and maturity about items raised – a little more willing to talk.
- Supervisors and support workers have more confidence about how to raise sexual health and relationship issues.



- It's brought the issue out in Orana and we can all be on the same page and talk about it.
- We have participants openly talking in the workplace about private and public behaviours, and what they feel is appropriate or not appropriate.
- I learnt about all new things . . . I was happy to go every time and I can talk to my key worker about the things I learnt.

A large proportion of the young people reported moderately improved confidence and communication with other people about a range of matters. The areas of skill, knowledge, attitude and behaviour which were most consistently improved in the young people were: private body awareness; private and public behaviours; public and private places; and their own and other people's personal boundaries. Areas which had much less consistent improvement were: basic sexual awareness; managing a relationship; differences between adults and children; and saying YES to things they do want.

SHine SA will make some decisions about its future work with the disability sector based on the final evaluation report prepared by SACHRU. The final evaluation report can be accessed via the SHine SA website.

A comprehensive Life Out Loud manual will be produced and published electronically. It will include sections on: Sexual health and relationships policy; Assessing baseline sexual knowledge and awareness; Staff training; Program topics for young people; and Engaging with next-of-kin. This will be a comprehensive resource kit for agencies seeking to integrate sexual health and relationships issues more into their support and education programs.

Ralph

## Sexual Health Information

sexualhealthhotline@health.sa.gov.au

1300 883 793

country callers 1800 188 171

9 am to 1 pm Monday - Friday

A confidential free email and phone-in service providing information and referral on all areas of sexually transmitted infections, contraception, relationships, sexuality and sexual health.



## Southern Feast Fete

**SHine SA worked in partnership with Southern Primary Health – Southern Women's and community members to run the 8th Southern Feast Fete on 6 November 2011 at Market Square Reserve, Old Noarlunga.**

The Fete provided a range of community stalls selling art, craft, food, and clothing as well as providing relevant health information messages. Highlights of the day included local women's rugby team demonstration, performances from a range of musicians, a same-sex dance demonstration, the much loved dog show and a performance from women who had participated in a southern singing/songwriting workshop.

The aim of the day was to provide lesbians and same-sex attracted women, their family and friends with an opportunity to:

- connect with community in a fun, safe, family-friendly environment
- celebrate sexual and gender diversity
- find out about and connect with local services

SHine SA Southern Youth Action Team (Y@) members took a lead role in the day – supporting the set up and pack up procedures, running the SHine SA information table, and volunteering on a number of stalls.

An 'internet café', positioned next to the coffee van (with 4 laptops connected by Wi-Fi) provided a fun way to capture feedback about the day on a Survey Monkey. Survey questions explored respondents' understandings of local health services and ideas to help these services be accessible and responsive to lesbians and same-sex attracted women.

Comments included:

Why did you come?

- Nice day out, where the kids can have a great time and me and my partner can feel comfortable together.
- Great community atmosphere, great to catch up with other friends and relax in a women friendly, gay friendly safe environment.

What do you like most about the day?

- Everything, including the women's exhibition match, all the stalls, and the dog show, plus all the entertainment!
- The family, multicultural and queer friendly atmosphere :)
- Everything – I love it!
- A huge congrats to the organisers – what a fantastic job!

## iPOP Youth Peer Education Project

**This unique 5-year project, now in its second year, aims to support up to 30 young people from across the Limestone Coast, each year, to become peer educators and leaders in their community.**

The project, which is a partnership between regional councils, a range of health agencies and local young people, uses existing community resources to improve access for young people to health information and services. Council and health staff from across the region act as mentors to the young people. All participants are given training on youth health issues and opportunities to be involved in community education activities.

SHine SA workers delivered relationships and sexual health workshops in 2011 and 2012 as part of the participants' initial 3-day gathering/camp, and explored gender, power, respectful relationships, consent to sexual activity, contraception and sexually transmitted infections. A key strategy was to provide opportunities for young people to work through scenarios and explore ways to respond and support their peers in situations related to the above topics.

The section on homophobia and same-sex attraction was reported by young people to be the most interesting and useful section. This is potentially reflective of the higher than average rates of homophobia in regional areas and the need for young people to develop confidence, knowledge and skills in responding to homophobia and supporting gender and sexual diversity.

SHine SA is aiming to build the capacity of the local health workers, who are involved as iPOP mentors, to run this relationships and sexual health component in future years. There is significant sexual health knowledge and skills among workers in the South-East and, with support, future peer educators will learn from their local leaders and community members as this innovative project continues through to 2014.

Nat



### Community education @ a glance

There were 16 412 participants in community development programs for 2011–12.

These programs included:

- Sexual Health Awareness Week
- Northern Sexual Health Outreach Service
- International students

There were 48 registered participants in community groups who attended 27 sessions for 2011–12. These groups included Youth Action Teams and Safe & Free To Be Me.

Nat



## Southern Primary Health Care Team



### The Southern Team has branched out yet again, with our clinical and counselling services in the outer south now offered from the new, large, red and vibrant GP Plus Super Clinic Noarlunga.

Our team is getting used to adjustments, with significant changes to our working sites and our team membership over the past year — and the several years preceding!

We have farewelled Sarah (Schools Coordinator), who has left us to work in Sydney at the Inspire Foundation. After many years with SHine SA, Craig (Community Health Worker) and Anne (Casual Clinic Receptionist) have left, and we have been joined by Kathy (Medical Officer), Amy (Schools Coordinator) and Shayley (Casual Clinic Receptionist). We had the pleasure of being joined for short-term placements by two clinicians this year: Carina spent eight months in a sexual health nurse/midwife specialty mentored position, and Emily, a GP, spent four months with us in a Special Skills Post before she goes to continue her work in regional SA.

2012 saw ongoing integration with services at the GP Plus Health Care Centre Marion, where our Sexual Health Counsellor and our nurses and doctors provide services part of the week. We have made progress developing governance arrangements and solidifying referral pathways at this multi-service site. Our close work with Marion Youth Health Service has resulted in benefits for both organisations and the young people who we respond to.

In the 2011–12 period we have had Blackwood, Meningie, Grant and Naracoorte High Schools all joining the Focus Schools Program, strengthening our support across the city and south-east region for relationships and sexual health education for young people. Our SouthernY@ team remained dynamic through the year, participating in a range of resource development and health promotion events including the Southern Feast Fete and SHAW.

There has been significant team participation in the Life Out Loud project working with Orana, building the capacity of disability workers and the organisation to respond to the sexual health needs of the young people they work with. Southern Team staff travelled to Robe this year for the second iPOP workshop, offering sexual health and relationships training to the new crop of young peer educators, as well as mentoring and supporting local workers in the south-east to take this work on themselves in future years.

Many of our team have been involved in an ongoing review of our clinical services, which has contributed to the implementation of 'positive prioritisation' of our clinical services for clients who have 'most need and least choice'. This has occurred alongside planning for our move to the GP Plus Super Clinic at Noarlunga, a major piece of work!



This involved enormous collaboration and cooperation, and from March 2012 SHine SA was one of the earliest services operating from the new building after its opening. Saying goodbye to the clinical space in the Noarlunga Health Village that had been in use by SHine SA for more than 26 years (!) was bittersweet. As at Marion, close working relationships and referral pathways are being built with the services in and around the Super Clinic. In particular, the newly launched Headspace youth mental health service offers great opportunities for cross-referral.

All of our team participated in the organisational processes required for Quality Improvement Council accreditation in 2011.

For SHAW 2012, we focused on sporting clubs in the southern region. Thirteen local sporting clubs got involved, and displayed our SHAW Chlamydia posters.

The Noarlunga Super Clinic



An upcoming trial of Chlamydia testing with a southern football club is planned.

We are building closer links with the Onkaparinga Community Education Program for medical students from Flinders University who are based in the community at Noarlunga. These undergraduate medical students are working on an ongoing 'wellbeing' project with Christies Beach High School and we are ensuring that relationships and sexual health is considered in this mix.

Regional activities have included:

- participation in organising and running the Southern Feast Fete — including the opportunity to complete an online Survey Monkey in a Survey Café
- offering a Lesbian Health and Wellbeing Day for Pap Awareness Week

*Continued on page 11*

## East/West Community Development Actions

*Continued from page 10*

- mapping women's health services in the southern region
- partnership in the *Contraception. Is it working for you?* project and the beginnings of a Southern Partnerships in Sexual and Reproductive Health

At the broader state level, team members have been working on the establishment of a Safe Schools Coalition in SA, coordinating anti-homophobia work in schools and bringing on board Minister Ian Hunter as our Patron. Progress has been made with advocacy at the level of SA Health to promote wide access to affordable emergency contraception, and work has been ongoing with partner agencies on the CALD HIV Forum and emerging strategies.

I have had the personal privilege of participating in the Governor's Leadership Foundation Program for 2012, with the support of SHine SA. This has been an extraordinary personal capacity-building experience so far, making for a very busy and rich year — and I am only half way through.

Altogether, the Southern Primary Health Care Team has had a big year of changes, focused work and some new directions. We look forward to our role in the next year as a partner in the implementation of the South Australian STI Action Plan 2012–2015.

**Anne Nixon  
Manager  
Southern Primary Health Care Team**

Health promotion activities, workforce training and public information sessions have been key elements in SHine SA's model of comprehensive primary health care. For the multi-disciplinary East/West Primary Health Care Team, these responsibilities were shared between Community Health Workers, Focus Schools Coordinators, Community Health Nurses, Youth Action Team members, Sexual Health Counsellor and Administrative Workers. Here's an overview of the team's community development actions.

### Sexual Health Awareness Week (SHAW)

An important health promotion campaign on the SHine SA calendar, SHAW 2012 was titled *Chlamydia . . . It's Easy! Easy to get. Easy to test. Easy to treat.* The East/West Team relished the opportunity to get involved in developing resources and promotional activities aimed at reducing Chlamydia infections among young adults. Its health promotion actions included:

**Pimp My Toilet:** The intent: opportunistic Chlamydia testing. The audience: students attending Orientation Week Expo at UniSA's Magill campus. The team's creativity was unleashed to produce a spectacular, eye-catching entrance to a portable toilet that was positioned at the expo. Sadly this outdoor event was affected by heavy rain, but our adaptable staff relocated indoors to encourage students to 'pee in a cup'.

**Chlamydia Workshop:** The intent: Chlamydia information for workers. The audience: workers from the health, education and community sectors attended this workshop at the Education Development Centre, Hindmarsh. The East/West Team assisted the Workforce Development Team in role play scenarios, presentations and question time.

**Grant recipient events:** The intent: sexual health expertise and event support. The audience: community groups, health care agencies and their clients. The recipients of SHAW grants actioned a wide range of interactive and informative activities with assistance from East/West workers (e.g. Puppetry Workshop with The Second Story at Magill Training Centre; Healthfirst Network's Quick Bites Sexual Health evening for GP Practice Nurses; Ladder St Vincent Street sexual health information and testing for homeless youth; Picnic in the Park Chlamydia information sessions for young Afghani, Iraqi and Congolese women).

### World Sexual Health Day 4 Sept 2011

SHine SA celebrated World Sexual Health Day and its 2011 theme of *Youth Sexual Health . . . shared rights and responsibilities.* The intent: to highlight the participation of young people in shaping their own sexual health and encourage open and respectful discussion of their rights and responsibilities. The audience: young people

Maralyn, Rebecca and Bronwyn, members of the Southern Primary Health Care Team working at the Noarlunga Super Clinic



### Informal client contacts

8028 informal clients were provided services during 2011–12. The top five reasons for the informal client contact were:

Sexual health .....	92%
Contraception.....	4%
Substance abuse .....	1%
Pregnancy .....	0.5%
Sexually transmitted infection .....	0.5%

attending the grand opening of the Le Fevre Skate Park. East/West Community Health Workers and Youth Action Team organised to produce an aerosol art mural in conjunction with Anglicare's Aerosol Angels team. The event was well attended and resulted in a stunning 7-metre mural depicting 'Safety, Pleasure and Respect'.

### Pride March 12 November 2011

East/West Youth Action Team members, staff, their families and friends joined thousands of people to celebrate Adelaide's Gay, Lesbian, Bisexual, Transgender, Intersex, Queer Love, Strength and Diversity. Pride March was louder and prouder than ever. With brightly coloured balloons, banners and vocal participants, SHine SA's presence was truly impressive!

### Information Sessions

Engagement with the community and workforce regularly took the form of information sessions. These were tailored to meet specific community or workforce needs, or promoted SHine SA clinical and training services and resources. Examples of the groups East/West provided information sessions for included:

- Adolescent Services Enfield Campus
- African Communities Council SA
- African Women's Federation
- City of Charles Sturt: Youth Central
- Iraqi Women's Voices Group
- Ladder St Vincent Street Project
- Life Without Barriers
- Magill Training Centre
- Migrant Resource Centre SA: settlement services
- Multicultural Youth SA
- Muscular Dystrophy Association of SA
- State Government Secondary Schools throughout SA
- TAFE SA: English Language Services Adelaide
- TAFE SA: Regency campus
- Tauondi Aboriginal College
- Thebarton Senior College
- Uniting Care Wesley: Peri Natal Depression Group
- University of South Australia: Adelaide and Magill campuses
- White Lion
- Workskil
- Yarrow Place Rape and Sexual Assault Service
- YWCA of Adelaide

**Rob**



## East/West Primary Health Care Team



Over the last 12 months SHine SA's East/West Primary Health Care Team has focused on creating conditions for young people to lead flourishing lives. The team continued to implement a holistic strategy for sexual health, prioritising ill health prevention, early clinical intervention, health education and promotion.

Actions included increasing access to our Woodville clinic by providing a free youth drop-in service (no appointment necessary) every weekday afternoon. To date youth drop-in consultations accounted for 30% of clinical services provided. With the expansion to an all day drop-in service at Woodville and Gilles Plains in 2012–13, we anticipate further increases in the number of young people accessing these SHine SA clinics.

SHine SA's Woodville site was fully utilised over the year, with facilities used by other health service providers in addition to our sexual health clinics. This is through SHine SA's commitment to the SA Health GP Plus strategy. Agencies included gpSolutions, Healthfirst Network, Pregnancy Advisory Centre, Drug & Alcohol Services SA, Do It For Life program and The Second Story.

The East/West clinical team's use of facilities at Gilles Plains Primary Health Care Centre improved dramatically when we relocated to the newly built GP Plus Super Clinic adjacent to the previous site. There is high client demand for our sexual health clinic every Thursday. This has increased further with the expanded drop-in service.

A number of staff changes occurred within the team last year. Jacqueline accepted a voluntary separation package through the Community Health Worker position restructure. We thank and acknowledge Jacqueline for her 16 years of service, targeting the sexual health and wellbeing of culturally and linguistically diverse communities. Jo and Tonia resigned to work elsewhere. Jessica took maternity leave and returned recently as a Medical Officer (and proud mum). Carolyn and Victoria joined the team as casual Clinic Receptionists, and Jemma joined as a Medical Officer.

Much of the team's efforts to improve sexual health outcomes were achieved in collaboration with other health care, education and community organisations. These strategic partnerships helped make sexual health 'everyone's business' and extended the team's reach within communities and workforce sectors.

Successful collaborative partnerships involved:

- African Communities Council SA
- Ansell Healthcare Ltd
- Bayer Australia Ltd

- City of Charles Sturt: Western Area Multicultural Youth Service
- Magill Training Centre
- Migrant Resource Centre SA: settlement services
- Multicultural Youth SA
- Port Adelaide Primary Health Care Centre
- Relationships Australia SA
- TAFE SA: English Language Services Adelaide
- TAFE SA: Regency campus
- Tauondi Aboriginal College
- The Second Story Youth Health Service
- Thebarton Senior College
- Uniting Care Wesley: Streetlink Homeless Youth Service
- University of South Australia: Adelaide and Magill campuses

Significant programs and projects the team participated in over the year included:

- Focus Schools Program: 110 state government secondary schools have committed to the program.
- Sexual Health Awareness Week: Chlamydia awareness and testing campaign throughout SA.
- *Out of Sync: dealing with mismatched desire*: DVD resource for counsellors and therapists.
- Youth Action Team health promotion activities: Sexual Health Awareness Week, Pride March, International Day Against Homophobia.
- Quality Improvement Council standards accreditation reporting and audit.
- Restructure and reorientation of Community Health Worker roles to prioritise sector development.
- Organisational adjustments to comply with a new SA Department for Health and Ageing funding agreement.

The year ahead brings financial and operational challenges to SHine SA. The East/West Primary Health Care Team remains committed to recognising inequities within population groups and providing high quality services that improve the sexual health and wellbeing of South Australians.

**Rob Kalka**  
Manager  
East/West Primary Health Care Team

## Northern Primary Health Care Team



**This has been another productive year for the Northern Primary Health Care Team and at the outset of my report I would like to acknowledge the commitment and hard work of the staff. Their focus and shared vision of providing the best possible service to clients has meant that people living in the northern suburbs of Adelaide and in regional communities have continued to receive a high quality and comprehensive range of sexual health services.**

Staff changes provide an opportunity to thank and farewell people and to welcome people who bring new energy and drive. In this reporting period we farewelled Naomi and Vince. In their roles as Community Health Workers they worked with a number of young people in the region through the provision of education sessions. They also worked with a number of youth-based agencies in the region. We welcomed Sarah in the role of Sexual Health Counsellor.

The Northern Sexual Health Outreach Service, a 12-month project funded by SA Health, was a focal point for the Northern Team's work over the past 12 months, particularly in working with young people in the region. The premise for the service was that there are a number of barriers to young people accessing sexual health services, particularly those young people who are marginalised and most at risk of poor sexual health outcomes. One of the key barriers is the location of, and therefore access to, sexual health services. The outreach model proposes taking the services to the young people in locations where they already have a connection. We were fortunate to work closely with Para West Adult Campus and The Northern Sound System as key partners in the project. Nurses from the Northern Team provided outreach clinics at both sites on a regular basis over the duration of the project. The nurses were also involved in the planning and delivery of education sessions and health promotion events at these two sites.

The other important aspect of the project was to move from an appointment-based system, where young people needed to phone and make an appointment to see one of the clinical staff, to a drop-in model. There was an immediate response to the promotion of the drop-in service by young people living in the area who appreciated this change. This nurse-led initiative has meant that young people can just walk into the site and see someone about a range of sexual health issues without having to phone and make an appointment. The success of this way of working reflects the flexibility and responsiveness of staff in the team and their approach to continually reviewing how we can improve the service to meet the needs of clients. This model is now part of our core work as we strive to ensure that young people in the region can easily access the service.

The School Coordinators in the Northern Team, with their colleagues in other teams, have continued to expand the Focus Schools Program across the region. They were also involved in the delivery of training sessions to workers in the Flexible Learning Options (FLO) programs with sessions held in Port Pirie and Elizabeth. This training aimed to increase their knowledge and expertise in the area of sexual health as workers engaged with a highly vulnerable group of young people.

All members of the team were involved in a number of organisational initiatives including Sexual Health Awareness Week, the Life Out Loud disability project, implementation of a new appointment system, workforce education sessions and resource production.

As a team we continue to strive for ways of working that ensure we are professional and responsive to the sexual health needs of people in the northern region of Adelaide and in regional centres.

**Desmond Ford**  
Manager  
Northern Primary Health Care Team



# Work with schools



## Focus Schools Program

**The Focus Schools Program continues to grow with 82% of Department for Education and Child Development (DECD) schools with a secondary component now engaged.**

The program's model of support contains the key elements of professional development, resources, curriculum and personnel support to assist school communities to develop a comprehensive, whole of school approach in the area of Relationships and Sexual Health (R&SH) education.

The *Focus Schools Team* has remained fairly consistent this year with only one change of personnel. The team is enthusiastic and dedicated to providing a consistently high standard of support to their designated schools.

### New schools

We have welcomed **18** new schools to the program, bringing the total to **110!** All of these schools have received Principal and Governing Council endorsement to be involved in the program. Throughout this year we have continued our efforts within the Limestone Coast Region, with Grant High, Naracoorte High and Meningie Area schools becoming *focus schools*. Meningie Area School has a high enrolment of Aboriginal students, so it has been supported by the mainstream program and the Close the Gap team. This has allowed staff to select activities from the two programs that will best suit their students.

Towards the end of last year we travelled to the Eyre Peninsula to meet with schools not yet involved. The response and interest was very positive with Kimba, Cowell, Karcultaby, Cummins and Streaky Bay Area schools joining. Loxton High, Moonta Area, Blackwood High and Valley View Secondary schools have also joined the ranks during this year.

Roma Mitchell Secondary College moved to a newly built facility at Gepps Cross in 2012. This site comprises three unique campuses – girls only, co-educational and Special Education. The College is the amalgamation of 4 previous schools – Gepps Cross Girls, Ross Smith Secondary, Enfield High and Gepps Cross Senior School (Special Education site). The three mainstream schools were all existing *focus schools*. We have accepted the College as a new *focus school* and will support each campus as separate entities.

The Special Education campus has become the third Special Ed school to be engaged along with Gordon Education Centre and the Mid North Education Centre.

Adelaide Secondary School of English is the only government school that offers an intensive English language program for students newly arrived in Australia between the ages of 12 and 18. We will work in partnership with staff to adapt and develop resources that will support these students. These resources will then be available for other schools to use. The school's Bilingual School Service Officers will be invited to attend the training to further provide support for students at the school and assist with information being accurately provided to families and caregivers.

Beafield Education Centre provides intensive, short-term learning programs and support to assist students who have been excluded from their school, to achieve behavioural and attitudinal change and to re-engage with appropriate educational settings/programs. We have accepted this site as a *focus school* and have supported the staff with dedicated secondary and primary professional development.

### Professional development

Opportunities for professional development to *focus schools* staff are provided free and include the initial 15-hour training as well as yearly updates for staff who have previously attended the full training. These trainings work towards building the confidence and capacity of teachers to deliver comprehensive R&SH curriculum to students in their care. This year we have facilitated 26, 15-hour courses with 376 teachers attending. Many of these courses are offered on site at *focus schools*. Others are offered to staff from any school, including non-focus schools, Independent and Catholic schools and other community workers who may have a supporting role within the school. Three of these courses have been for workers from various agencies who support students involved with the Flexible Learning Options enrolment strategy that aims to retain disengaged students by providing alternative education programs.

At the start of training **55%** of participants indicated that they were **confident** or **very confident** to teach relationships and sexual health. This increased to **96%** after they had completed the training! **89%** and **90%** of participants provided an **excellent** rating for the presenters' skills

and the materials provided respectively.

Faculty update sessions, ranging in duration from 1½ to 2 hours, are offered to teachers who have been trained. These sessions allow for personal reflection, group discussions and information to be shared relating to new curriculum activities and resources. This year **66** update sessions have been conducted with 323 teachers attending. There have been four Teachers Network meetings this year addressing various issues such as STIs, Chlamydia, Pornography and Young People, and Respectful Relationships. Additionally, dedicated courses for primary staff and teachers of students with special needs have also been offered. Participants in these professional development opportunities have totalled 240. The total number of participants benefiting from professional development this year is **939**.

### Curricula and resources

The 2011 curriculum and associated resources, such as teacher year level books, the secure site and activity packs, were reviewed and revised to reflect teacher feedback, emerging issues and to complement updated visual resources. In 2012 we have given each *focus school* a USB that contains a number of resource and digital files, Choices in Contraception PowerPoint presentation, and the masters of the activity packs and teacher books. Women's Health In the North (Victoria) has given SHine SA permission to make available to our focus schools a 4-minute film, *Love Control*. An activity, *Abuse of power in intimate relationships*, has been written to support this resource at Year 10. We have also included a DVD, *If I were Ben*, to look at pregnancy options. This resource has been produced in SA and looks at unplanned pregnancy from a boy's perspective. These resources and new activities have been well received.

### Student evaluation

It is pleasing to see that the number of schools that have submitted Student Feedback forms in 2011 has increased from 7 in 2006 to 35. The number of students completing the 2011 Student Feedback (n=1993) represents the largest sample to date – a 16% increase from 2010. Each school that participates receives an individual summary report as well as the full report that reflects the cumulative data. This allows for comparisons and the results to be used to promote their program through school newsletter articles and in responding to queries from the school community.

Students have overwhelmingly endorsed the program with 90% of students providing an overall rating of good to excellent! They also report that the course is meeting their needs now and in the future and that for the majority of students they would not make any changes to the course. This year an electronic version via Survey Monkey is being trialled in three schools. If successful this will be offered to all schools in 2013.

### Support for schools with Aboriginal students

The Close the Gap Aboriginal Focus Schools and Focus Schools teams are working closely to offer support for schools that have a high enrolment of Aboriginal students. We are able to offer activities that may be more culturally appropriate in addition to the existing Year 8–10 curriculum for teachers to use to meet the needs of their students. This melded approach has been offered to Meningie Area, Port Lincoln High, Ceduna, Mintabie, Leigh Creek and Maitland Area schools. Additionally, Aboriginal Community Education Officers, Aboriginal Education Teachers, Anangu Education Workers, staff involved with the SA Aboriginal Sports Training Academy and Health workers who support students in numerous schools have attended regional training facilitated by the Close the Gap team.

### Students from culturally and linguistically diverse backgrounds

In addition to our work with Adelaide Secondary School of English, meetings with staff from Thebarton Senior College have been scheduled. The College offers a New Arrivals Program for young adults to improve their language and literacy skills. There is a Health component within this program and it will be explored how best to support the staff to deliver the relationships and sexual health content with teacher training and resources.

### Same-sex attracted students

In *focus schools* training we reinforce and model the use of inclusive language, as well as explore strategies for challenging homophobia in the classroom. Throughout the *focus schools* curriculum scenarios and resources that include both heterosexual and same-sex relationships are included to help ensure the lessons are meaningful to all students regardless of who they are attracted to. *Safety in our schools – responding to homophobia* is an intensive workshop offered to all schools to support

the development of a whole school approach to reducing homophobia and supporting the sexual and gender diversity of students, teachers and parents. This workshop involves all staff and is designed to effectively raise issues, provide an opportunity for discussion and allow staff to develop an action plan. At the end of 2011, Le Fevre High School conducted such a workshop. It was very well received with the Assistant Principal saying 'It was thought provoking and challenged us as staff, highlighted issues and varying attitudes held by society and importantly, provided strategies to combat students' views around homophobia.'

DECD has adapted two booklets from the Safe Schools Coalition, Victoria which address supporting sexual diversity and challenging homophobia in schools. These resources were distributed to all schools and have been made available to SHine SA to further support our work with schools. The *Focus Schools Team* continues to work with schools to raise awareness of the need to publicly show support for same-sex attracted students, which appears to have prompted more schools to celebrate International Day Against Homophobia and Transphobia (IDAHO). Additionally, a number of *focus schools* are working towards establishing Gay Straight Alliances with students taking the lead with support from staff and school leadership.

### Focus newsletter

The fourth edition of the *Focus* newsletter was produced and distributed to all DECD, Independent and Catholic schools with a secondary component. This edition featured the achievements of the schools involved in the *Focus Schools Program*; promoted awareness around STIs, particularly Chlamydia and the ease of testing; feedback from teachers and students; suggestions on how to respond to disclosures from students; how schools have celebrated IDAHO; professional development opportunities; and details of new resources, information and ideas to assist schools. The newsletter is also available on our website along with further information about relationships and sexual health education, the *Focus Schools Program* and other resources for young people, parents and teachers.

Helen



**Relationships and sexual health education**  
health, respect & life

**YOUR LIFE. YOUR STYLE. YOUR JOB. YOUR PHONE. YOUR STUDY. YOUR FUTURE. YOUR MUSIC. YOUR VALUES. YOUR PARTNER. YOUR FRIENDS. YOUR FUN. YOUR CONTRACEPTION. YOUR CHOICE.**



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# Close the Gap



## Yarning On: A Close The Gap on Aboriginal Sexual Health Inequalities initiative

**The Yarning On program commenced in January 2010 and is funded for a four year period through the National Indigenous Partnerships (Indigenous Early Childhood Development and Close the Gap on Indigenous Sexual and Reproductive Health).**

The program aims to improve the sexual and reproductive health, wellbeing and safety of young Aboriginal South Australians.

There are two programs within Yarning On, the Aboriginal Focus Schools Program and Investing in Aboriginal Youth Program. Both programs aim to achieve the vision of 'Aboriginal people having sexual health outcomes equal to the best in South Australia'.

The State Reference Committee continues to have strong memberships with Lewis O'Brien and representatives from SA Health, Aboriginal Health Council SA and the Department for Education and Child Development providing valuable advice and support.

Both programs build the capacity of workers and communities to address relationships and sexual health issues with young people in and out of the school system to ensure skills, knowledge and resources remain in the community after the life of the program. Staff have developed strong partnerships with the 17 identified communities and are delivering the two programs in many of those communities. A major strength of both programs is the community consultation process to ensure that the program and lesson content, activities and resources are culturally and age appropriate. Members of the Anangu Education Services Office and the Pitjantjatjara Yankunytjatjara Education Committee in Pukatja have contributed extensively to the development of culturally appropriate resources and lesson content for the schools program.

There has been a heavy focus during the past year on resource development and to

date the program has produced:

- Relationships and Sexual Health Education Resource for Schools
- Youth Peer Education Handbook
- Group Norms activity
- Condom Card Game
- Condom Negotiation Cards

The uptake of the Yarning On program has been significant. All communities and schools have been visited by the team. All schools bar one are involved and are at various stages of training with Anangu Education Workers, teachers and other school staff. In some communities, Aboriginal health workers and clinic staff have also been involved in training and will continue to support the schools.

All communities that have young people out of the school system living in community have indicated they will take part in the Investing in Aboriginal Youth Program. This program works with community, youth and community workers to teach them how to work with young people around a range of relationships and sexual health issues.

2011–12 has seen all aspects of the program evaluated, both internally and externally. Below are summary snapshots of training program evaluations:

### Aboriginal Focus Schools Program snapshot

Participants were asked to rate their confidence to teach relationships and sexual health education before training and after training. 40% felt confident before the training and 95% felt confident after the training. When asked if the program catered to their specific teaching needs 92% answered positively.

Comments from Anangu Education Workers and teachers on some of the highlights of the program were:

- *Working with the Anangu workers, Aboriginal workers and agencies.*
- *Good hands on activities and having group discussions.*
- *Completing some of the activities so we are able to see for ourselves what it looks like and how it works.*

*Continued on page 17*

*Continued from page 16*

- *All the discussions, some challenged my way of thinking and made me think of these topics through my students' perceptions.*

### Investing in Aboriginal Youth Program snapshot:

In response to the following questions 97.6% agreed or strongly agreed that the program was relevant, useful, clear and helpful and culturally OK.

	Not Sure	Agree	Strongly Agree
I found this session relevant and useful	11	51	136
This session was presented in a clear helpful way.	1	50	144
The session was culturally OK	2	47	146

Comments:

- *This section taught me about respecting each person's individuality and right to choose who they are.*
- *As a Christian mother, it is my first response to teach kids to abstain from sex, the reality however is kids are out there doing it and having the knowledge and for some the tools, to teach them about safer sex. Good section, well thought out. Good delivery.*
- *Good concept for making people think the steps that should be taken before being sexually involved.*
- *Important, extremely important, because it's prevalent in all young people. Great topic.*
- *Not only culturally appropriate but Aboriginal youth appropriate. Love how program doesn't just focus on sex, STIs and contraception but looks at relationships, wellbeing and family dynamics.*

It is evident from the evaluations that the training run during July–December 2011 met the needs of the majority of those attending training. The facilitators and resources used were rated highly and the participants found the content useful and overwhelmingly had increased knowledge and confidence to teach relationships and sexual health in an educational and community setting. The relevance to their work was evident as was the cultural appropriateness for those involved.

SACHRU (South Australian Community Health Research Unit), based at Flinders University, is undertaking an external evaluation of the program contexts, partnerships and process as well as predicted or actual outcomes. Stage 1 has been completed. At the same time, the program is participating in the SA Health evaluation of all Close the Gap funded programs in SA.

For further information contact the Program Manager, Sue Arwen on (08) 8300 5343 or [susan.arwen@health.sa.gov.au](mailto:susan.arwen@health.sa.gov.au)

Members of the Close the Gap Team meeting with the Minister for Health



## APY Lands

**The Yarning On team has further developed its work on the Anangu Pitjantjatjara Yankunytjatjara (APY) Lands to build the capacity of workers and communities to address relationships and sexual health issues with young people.**

The Aboriginal Focus Schools team has worked closely with members of the Anangu Education Services Office and Pitjantjatjara Yankunytjatjara Education Committee at Pukatja to develop culturally appropriate material for the APY Lands, while simultaneously training Anangu Education Workers (AEWs) and teachers to use the material. This has resulted in AEWs being more confident and likely to present the material or support the messages taught through the curriculum by teachers. The training model has allowed for AEWs and teachers to give vital feedback in the realities of presenting relationships and sexual health education, which has informed the curriculum content.

The Investing in Aboriginal Youth team has also made inroads with communities, with a heavy focus on workers and community Elders and a new workshop format. Communities are being engaged and excited to take up action and feel the messages on sexual health are important for their young people to know. They are couching it in the terms of 'the survival of their young people'.

SHine SA's work on the APY Lands is important and the information we provide is vital to the issues that abound there. Anangu people have only begun to truly understand why this information on relationships, sexual and reproductive health is important for them and their next generation. While a positive start has been made in this area, achieving the Yarning On program's vision of 'Aboriginal people having sexual and reproductive health outcomes that are equal to the best' will require ongoing funding and support.

Aaron



# yarning on

youth and relationships, nurturing Indigenous growth onwards



## Kungka Career Conference

**In March 2012 Frances and Bianca were invited by the Ngaanyatjarra Pitjantjatjara Yankunytjatjara (NPY) Women's Council to present workshops at the 2012 Kungka Career Conference held in Yulara, Northern Territory.**

The three-day conference was attended by approximately 80 young Anangu women aged 12–20 from Central Australian communities across the tri-state area of Western Australia, South Australia and the Northern Territory. The conference presents education and employment opportunities to the kungkas in a culturally appropriate and supportive environment. Frances and Bianca, together with Ngaanyatjarra Health Service, presented one-hour sessions with different communities and covered condom negotiation, condom demonstrations, contraception, anatomy, menstruation and hygiene. Feedback indicated that the sexual health workshops were useful and enjoyable for the participants.



Bianca



## Aboriginal Focus Schools Program

**The past year has seen the Aboriginal Focus Schools Coordinators travel extensively into rural and remote South Australia. The team has continued to strengthen relationships with the 17 rural and remote Anangu and Aboriginal schools.**

In the past 12 months Anangu, Aboriginal and non-Aboriginal school staff from the following schools have attended training and workshops:

- Yalata Anangu School
- Oak Valley Anangu School
- Kurna Plains Aboriginal School
- Leigh Creek Area School
- Amata Anangu School
- Ernabella Anangu School
- Pipalyatjara Anangu School
- Indulkana Anangu School
- Watarru Anangu School
- Murputja Anangu School

The support offered by the Aboriginal Focus Schools Coordinators has been widely accepted and used with effective collaboration taking place. Team teaching is helping to build the confidence and capacity of school staff, consultation is highlighting the realities of what sexual health education could look like in specific schools, and feedback is being collected to assist with the revised edition of the schools curriculum resource.

In June 2012 team teaching took place with two classes at Yalata Anangu School. Topics such as 'Creating a Safe Environment' and 'Relationships and Feelings' were delivered. The students enjoyed the lessons, they worked hard and were engaged in the learning. The curriculum has continued to be taught in the school.

### Aboriginal Community and Education Officer (ACEO) Workshops

Following the success of the Sexual Health and Wellbeing Workshops for ACEOs held in Port Augusta last year, the Aboriginal Focus Schools Coordinators were asked to present at a Southern Regional ACEO network meeting which has resulted in two days training arranged for Term 3, 2012.

### Continued partnership with South Australian Aboriginal Sports Training Academy (SAASTA)

With the huge success of the 2011 partnership with SAASTA, the Aboriginal Focus Schools Coordinators will again be supporting SAASTA in July 2012 with their teaching of 'Respectful Relationships and Sexual Health' focusing on sexually transmitted infections and keeping safe.

Ulla &amp; Anna



## Investing in Aboriginal Youth

**The Investing in Aboriginal Youth Program builds the capacity of workers and communities to engage young people to address relationships and sexual health issues in their own communities. It has been a very productive year, with all communities having agreed to, participated in or completed their Investing in Aboriginal Youth two-day training.**

Training has occurred in Point Pearce, Yalata, Raukkan/Murray Bridge, Port Augusta, Kurna Plains (northern metro), Wiltja, Pipalyatjara, Indulkana and the Flinders area (Marree, Nepabunna, Copley).

Parent sessions have been offered through the program in each community, to support the communities' understanding of the Yarning On program (Investing in Aboriginal Youth & Aboriginal Focus Schools). The parent sessions also increase the parents' knowledge of relationships and sexual health issues for young people and the supports available in their community. Some parents then become involved in the delivery of information to young people through either program.

Peer education programs have been conducted in a number of communities, through our grants process. On completion of the training, communities are eligible to apply for small grants to conduct a community-based project. The aim of these programs is the sharing of relationship wellbeing and sexual health information with young people living in community, to support their safety and wellbeing.

Other initiatives undertaken this year were:

- Restructuring the Investing in Aboriginal Youth Training to better suit individual communities.
- Rewriting the relationship wellbeing and sexual health starter stories, a learning resource for both the schools and community programs. There are eight stories for young women and eight for young men on the same topics. These stories are age and culturally appropriate and are a gentle introduction for community workers, parents and teachers to use when approaching what might be perceived as sensitive issues. To improve these resources, a group of Aboriginal women from around the state, and separately a group of Aboriginal men, met to review and rewrite the stories.

Rob



Kathy



## Wiltja Residential Facility

**The Wiltja Residential Facility is a co-ed boarding facility with separate accommodation for male and female residents from remote Anangu communities. The accommodation is further split into junior and senior sections, not by age but by maturity.**

During school terms, students from the Anangu communities in the tri-state area across Western Australia, Northern Territory and South Australia live in the residence in order to access schooling at either Woodville or Windsor Gardens High Schools.

The Wiltja residence is administered by a manager and assistant manager, and staffed by youth workers who have extensive experience in supervising and caring for Aboriginal young people who are away from their communities.

In 2011, SHine SA Yarning On workers delivered culturally and maturity appropriate weekly sessions to the young people, talking about respectful relationships and sexual health.

In 2012, the SHine SA workers have been training the Wiltja workers and supporting them to deliver this information to the young people. This allows the young people to ask questions when appropriate and needed by them.

Camps, site visits and talks have helped to deliver the information in a culturally appropriate manner, tailored to the maturity level of the students.



# Close the Gap



# Workforce development



There have been several staffing changes in the Workforce Development & Resources (WDR) team in the last 12 months. Anne (Medical Educator), Melina (Library & Resource Centre) and Deana (Administrative Support Worker) have left the team and we acknowledge their valued contribution to our work. Sonia has returned from maternity leave and is job-sharing with Frances in Nursing & Midwifery Education, and Brindi has joined the team as the first Coordinator of Health Promotion at SHine SA. This is a new and exciting role that will enhance the work of SHine SA.

In the past year, the WDR team has provided a range of sexual health educational courses for doctors; nurses and midwives; teachers; and Aboriginal health, disability and youth workers. Sessions are also provided for medical, nursing and pharmacy students as well as specific training opportunities for workers in other organisations. Course participants are able to be part of ongoing network groups which provide face-to-face and electronic updates of sexual health information. Our aim is to ensure good sexual health outcomes for South Australians in a range of settings by providing a well-educated workforce.

Another important part of the team's work is the production of high quality resources for use in training, clinical services, for the workforce and the general public. Access to print and other resources are provided to SHine staff and community members by the Library & Resource Centre with access to current information on the SHine SA website. Each of these measures provides wide dissemination of high quality contemporary sexual health information to the community.

The team is continuing the development of online areas for course participants and members of the various network groups convened by WDR staff. This is a work in progress and our aim is to provide greater flexibility and engagement for course participants and network members in metropolitan and rural areas of South Australia to access courses, information and to network with others. To broaden the impact of the course websites, we are currently scoping virtual classroom spaces which will enhance online learning and have the added benefit for use in the organisation as an additional means of cross-site communication. An online registration form is also in the final stages of development for our courses. This will streamline the work of the administrative support workers in the WDR team, whose work is pivotal to the smooth management of training courses.

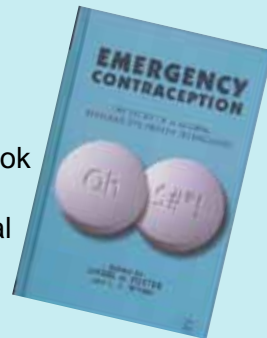
My involvement with external groups ensures that the interests of SHine SA are represented and that we are aware of issues that impact our work. These groups include: Sexual Health & Family Planning Australia Professional Working Group and Aboriginal and Torres Strait Islander Special Interest Group; Pregnancy Advisory Centre Advisory Committee; and SA Cervix Screening.

SHine SA is affected by reduced funding as are many other healthcare organisations.

This may significantly impact on the number of staff from those organisations who are able to be supported to attend training courses. In the year ahead, we will work hard to identify innovations to meet these challenges without compromising on the quality of education so that course participants are ultimately able to provide the best sexual health outcomes for their clients.

**Helen Calabretto**  
Manager  
Workforce Development & Resources

**Dr Helen Calabretto, SHine SA Manager of Workforce Development & Resources, contributed a chapter to the following publication. The book represents a collaborative project to chronicle the global development of Emergency Contraception.**



#### Reference

Calabretto H (2012) 'Australia: Organized Physician Opposition to Nonprescription status', in Foster A and Wynn L (eds), *Emergency Contraception. The Story of a Global Reproductive Health Technology*. Palgrave Macmillan, New York.

## Nursing and Midwifery education

Welcome back to Sonia from maternity leave! The Nursing & Midwifery Coordinator role is now being job shared by Sonia and Frances. For the remainder of 2012 Sonia will coordinate Pap smear education and Frances will coordinate the Certificate in Sexual Health. The Sexual Health Nurses & Midwives Network, Sexual Health and Family Planning National Nurses Working Group and other areas of the role will be shared.

### Certificate in Sexual Health (RN/RM)

37 nurses or midwives undertook the Theory Component of the Certificate in Sexual Health during 2011–12. Of those, 33 went on to complete the second component of the course, which was renamed from 'Introduction to Sexual Health Counselling' to 'Introduction to Sexual Health Consultation'. The full Certificate in Sexual Health, comprising Theory, Consultation and Clinical, was completed by 14 nurses/midwives.

The Certificate in Sexual Health structure, content and assessment review is ongoing with the goal of enabling more nurses and midwives to increase their understanding and skills in sexual health. The online learning site has commenced, with participants in SHine SA nursing and midwifery courses having access to resources, readings and course presentations prior to and after the course. Many more innovations are being developed including partial online course delivery and online assessment. The increased flexibility will allow more nurses and midwives to access this education, particularly those in rural and remote locations.

The clinical placement process has benefited from the appointment of a clinical placement officer, Gillian, who coordinates all nursing/midwifery and medical placements.

### Pap Smear Training

The Pap Smear Provider (PSP) courses prepared 36 nurses/midwives to undertake Pap smear screening in the community from remote areas such as Roxby Downs, rural areas such as Bordertown and Port Lincoln, Aboriginal Health centres and metropolitan General Practices. The External Preceptorship Program for Pap Smear Provider nurses has expanded to include GP preceptors working with the PSP nurses.

### Pregnancy Choices Training

13 workers attended this 2 ½ day multi-disciplinary course — social workers, nurses and community workers. In addition to presentations by SHine SA staff, there were guest speakers from the Pregnancy Advisory Centre; Adoption & Family Information Service; The Women's & Children's Hospital; SA Clinical Genetics Service; Women's Health Central; and Migrant Health Service.

### Sexual Health Nurses & Midwives Network

The network has welcomed a further 89 members, with a current total membership of 227 nurses and midwives. The main network activity has continued via email; however, the reconvening of the SHNMN working group will assist in planning and providing professional development/education evenings in the future. The online learning site will soon be able to host the information currently distributed by email as well as podcasts of education evenings. In 2012–13 we aim to increase the members' participation in the network to increase the benefits for all members.

### Additional training

We continue to support other education within SHine SA, assisting with the medical students and FRESH programs, and negotiating for professional development of SHine SA nurses and midwives.

Frances & Sonia

## Medical education

**This year has seen quite a lot of change in the medical education section of the Workforce Development team.**

At the end of last year Anne resigned and Silver has joined the team. The substantial position of Medical Education Coordinator was increased to cover the co-option of Katrina to the Clinical Governance Committee.

This committee is part of a new structure within the organisation to oversee clinical services and has replaced the Medical Advisory Committee. MAC was disbanded at the end of 2012 and thanks go to the doctors, Silvana, Chris and Anusha, for their dedicated service to SHine and the ongoing work of the primary health care teams.

We continue to benefit from our long-term dedication to the training of the medical workforce. We are involved with medical student training for the University of Adelaide and Flinders University Medical Schools, including a busy (chaotic) afternoon workshop on taking a sexual health history for the University of Adelaide. Doctors who have chosen to qualify in General Practice as part of their training attend our two-day Introductory Course in Sexual and Reproductive Health Care, and some go on to complete the nationally accredited Certificate in Sexual and Reproductive Health, which consists of a theory course followed by individual clinical sessions.

We are very grateful to the specialists who contribute to these courses and who are noted for the passion and enthusiasm of their presentations, much enlivening the course. Over the years we have built up a stable of specialists who have worked to understand the way in which their specialty needs to be approached by general practice. Their presentations are marked by a practical relevance which is much appreciated by the course participants.

The theoretical course is given a pragmatic grounding by the dedicated, experienced nurses and doctors in the primary health care teams. This ensures the training doctors who complete the certificate are well rounded practitioners confident of their skills in sexual and reproductive health care.

For the first half of 2012 we have been fortunate to support a special skills post on sexual health for GP registrars. It has been a delight to have Emily working with us, initially in the Woodville site and then with the Southern Team at the Noarlunga clinic. The position has included a placement with Clinic 275 and Yarrow Place as well and is aimed at supporting Emily in her quest to take up rural general practice with a solid background in sexual and reproductive health care, which is very likely to be a big part of her future work. Many thanks to the doctors, Jemma, Matilde and Kathy, for their role in supporting Emily. We have also enjoyed the extended placement of several medical students for their electives at SHine, enhancing our services and providing an excellent undergraduate exposure to sexual and reproductive health.

The Education Meetings this year have focused on relevant clinical issues. At the end of last year, we learnt about the new national guidelines for PCOS from Dr Meredith Frearson, who had been on the national committee developing these guidelines. We were very fortunate to be able to use the presence of Associate Professors Ruth McNair and Mary Heath to explore 'Best care for lesbian and bisexual clients' in November, ably assisted by Drs Wye-Yee Herbert and Meredith Frearson. This year we have had Ms Sonia Scharfsbillig, women's health physiotherapist, demonstrate a practical approach to treating pelvic pain and will have an STI update with Dr Russell Waddell and a discussion of relevant drug interactions in the context of medical computer programming with Dr Jean-Pierre Calabretto and Ms Simone Rossi of the Australian Medical Handbook team.

SHine SA has continued to provide additional training of GPs in IUD insertion by negotiating support from Bayer Schering Pty Ltd to run extra, dedicated IUD clinics from the three regional primary health care sites. This has been very ably supported by the SHine doctors volunteering to take on these extra clinics and the nurses and reception staff who have supported these clinics. Particular thanks also to Gillian, who as clinical training placements officer, has matched trainees to clinics.

We can look back on the year and feel satisfied that we are contributing to improving the knowledge and skills of medical students and practitioners in SA in the area of sexual and women's health care. We strive to demonstrate the best standard of sexual health care and promote the improvement of sexual health care provision for South Australians.

Katrina



## Disability sector tailored training

**The 2011–12 year has seen a continuation of the commitment to offer tailored training opportunities for a range of disability service and training agencies. With a minimum of 2 hours and a maximum of 13 hours contact time, at least 250 people have participated in training related to sexuality and disability outside of the FRESH Course.**

Delivery approaches have included lectures and forums through to more extensive workshop modules, often with personnel from the collaborating agency co-delivering and being available to help clarify internal workings and policies of the agency at key points. In all cases, the focus is on building the confidence and capacity of the disability workforce to integrate understandings and approaches to sexual health in their work with often vulnerable and under-educated people.

A recent development has been the establishment of a two-day program which contains three modules. This has been stimulated by requests from regional areas, where the capacity of workers to attend is much reduced. Riverland Respite and Recreation Service coordinated participants from diverse agencies and schools in 2012; and Family Planning Welfare Northern Territory coordinated participants from many agencies and schools in Darwin in 2011 and Alice Springs in 2012.

Evaluation comments include:

- *I am more confident in speaking with peers about sexuality and disability.*
- *I will acknowledge and explore sexual/sensual expressions and desires within supported accommodation context.*
- *I will explain sexual matters in a simpler fashion.*
- *I will ask more questions and do more intense listening.*
- *I'll have more discussion with staff and management about policy development and implementation.*
- *I didn't get bored, the pace and content was interesting and held my attention.*
- *I will be more aware of my clients' needs and ways to help them. I am already thinking about some new programs.*
- *I will build visual cues to use with the clients that I work with in an effort to make them feel good about their sexuality.*

This set of modules will be restructured into a more flexible FRESH course in 2013, meaning that participants of this two-day program will also be able to pick up further modules from the FRESH course in order to broaden their knowledge and to gain formal sexual health related competencies.

A feature of the disability workforce is that a significant proportion is underpaid and under-trained. This primarily comprises parents but also respite carers, most of whom do not have the scope to attend lengthy training. However, there are simple things they can

do which can make a positive difference to the disabled people they support. Wherever possible, we have responded to requests to work with groups of parents in collaboration with one of their key workers or to run an introductory module with carers. This has resulted in sexuality and disability discussions with over 40 parents and respite care workers.

Evaluation comments include:

- *This course has given me a confidence in what I would have thought was the right thing and the way to say it.*
- *Remember to always ask for permission to enter rooms (bedroom).*
- *Better prepared to help my client with their own sexual awareness.*

Forums or training sessions on disability

Ralph



### Clinical services statistics

Clinical services are an important part of the core work of SHine SA and contribute to early intervention and prevention and the improvement of the sexual health of the community. Clinics are located in areas to improve access by SHine SA's communities of interest, including young people, young adults, Aboriginal and Torres Strait Islanders and people from culturally and linguistically diverse backgrounds.

During 2011–12, 37 937 clinical services were provided from 17 201 clinic visits to 6611 unique clinic clients. Of these:

- 96% of clients were women, 4% were men
- 14% were under 19 years of age
- 31% were 20 to 29 years of age
- 3% identified as Aboriginal
- 6% identified themselves as having a disability
- 17% identified as culturally diverse
- 3% identified as being gay, lesbian, bisexual or transgender
- 2.3% required the use of an interpreter
- Clients came from 110 different countries of birth, identifying with 98 different ethnicities and speaking 40 different languages!

The top three services provided were:

- screening and assessment, including cervical smears, breast checks, STI screening, HIV screening, pregnancy tests
- care and treatment, including provision of contraception (oral contraception, EC, diaphragms, condoms, IUD, implant and injectable contraception)
- education and information including provision of contraceptive choices, prevention of STIs, safer sex information

## Teacher education

**As Coordinator of Teacher Education my role is supporting schools to implement comprehensive relationships and sexual health education is varied.**

I work closely with the *Focus Schools* team in developing new activities, modifying and updating the curriculum and supporting them in the professional development of teachers.

In 2012 we introduced several new activities to the schools program. One of these is *If I Were Ben*. Carolyn Corkindale, a researcher at Flinders University, approached us in 2011 with the short film *If I Were Ben*, which she had developed several years ago to use in her research of young men's attitudes to unplanned pregnancy. Carolyn and I worked on modifying the film and developing an associated activity about unplanned pregnancy for use in our schools program at Year 10.

Another activity that has been introduced into the schools program is *Abuse of power in intimate relationships*. This activity uses a short film called *Love Control*, produced by a women's health agency in Melbourne, WHIN (Women's Health In the North). The activity and film explore abusive relationships, help young people to identify and recognise early warning signs, and inform young people where they may go for help.

SHine SA is expanding the work it does in schools to include school-aged young people who are engaged in alternative programs. Last year we ran a two-day training for staff at the Bowden Brompton Community School. The three sites of this school provide alternative programs for disengaged students. The teachers at all sites are keenly aware of the importance of relationships and sexual health education for their students.

ICAN (Innovative Community Action Networks) Case Managers work with school-aged students who are disengaged with school. The workers are required to provide alternative, relevant programs that enable students to achieve educational accreditation. In collaboration with TAFE I wrote two modules, *Understanding Respectful Relationships* and *Managing Sexual Health*, for the Certificate 1: Education & Skills Development. To support ICAN workers who want to deliver these modules I have written a program outline that will cover the performance criteria contained in the modules. To build the workers' capacity to implement the relationships and sexual health education modules I developed a course similar to the *Focus Schools* teacher training. Earlier this year I ran three of these courses in the southern metropolitan, northern metropolitan and northern country regions for ICAN Case Managers. The ICAN regional offices have been very supportive of the training, supporting me in advertising the courses and registering participants. The offices have also enthusiastically accessed money to purchase a range of resources to support their staff to deliver the modules. Feedback from the 51 participants has been very positive in relation to raising their awareness of sexual health issues, building their confidence to talk to young people about sexual health and increasing their capacity to offer the Certificate 1 modules.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) has been charged with the responsibility of writing the new Australian Curriculum. The development of the Health and Physical Education Learning Area is well underway. Although relationships and sexual health education can be addressed in many learning areas and will be covered in cross curriculum ways the Health and Physical Education Learning Area will have the clearest specific relationships and sexual health content. There have been several opportunities already to provide feedback to ACARA as they work through an open and collaborative process to complete the Health and Physical Education Learning Area document. I was invited to attend a consultation on the Initial Advice Paper in Sydney in December 2011 as the National Sexual Health & Family Planning representative. I have since provided feedback on the next stage of the writing process, the Shape of the Australian Curriculum: Health and Physical Education, on behalf of the SHine SA *Focus Schools* team through a public online survey late in May. I am optimistic at this stage that comprehensive relationships and sexual health education will be well covered in the Health and Physical Education Learning Area.

Over the last year I have been invited to present at two conferences about the work SHine SA is doing in schools. The 2011 Australasian Sexual Health Conference was held in Canberra in September. A specific session was run on the final morning that

focused on new and effective relationships and sexual health programs with school-aged students around the country. I was asked to talk about our *Focus Schools Program*. It was great to meet people and hear about other projects in this area from around the country. I also presented at the WA Health Education Services and Growing and Developing Healthy Relationships Sexuality Education Conference in September. I was asked to talk about our *Focus Schools Program*, effective partnerships between health and education and building the capacity of teachers. Family Planning Western Australia is keen to use our *Focus Schools* model.

The Teacher Network has approximately 300 members and continues to be a useful electronic means of providing teachers with information about new resources, events and training opportunities. I also hold quarterly meetings for members. The topics offered in the last 12 months have been: Update on Sexually Transmitted Infections; findings from Monique Mullholland's PhD into young people's views of the sexualised images in their world; Chlamydia; and Teaching about Respectful Relationships.

In the last 12 months I have been asked to write, provide feedback or update a range of articles about relationships and sexual health. I wrote an article for the Association of Women Educators journal *Redress*, which contains articles on gender equity issues for students and women who work in education. I was asked to write an article on curriculum and gender/sexuality/inclusion issues. Our *Focus Schools Program* is consistent with the current curriculum framework within South Australia and has a strong focus on respectful relationships. It is inclusive of diversity and aims to support young people to understand gendered power and resist pressures to act in ways that may be harmful to themselves or others.

Along with Ralph, our Coordinator of Disability Worker Education, I was asked to write an article for the Special Education Resources Unit quarterly newsletter. Their term 2 newsletter focused on intellectual disability, and we were asked to write about the importance of relationships and sexual health education for young people with an intellectual disability and the support that SHine SA can offer teachers.

Mindmatters is a national mental health initiative for secondary schools. I provided feedback on *Community Matters*, a resource that was being rewritten. Chapter 6 of this resource provides information to schools about addressing homophobia and heterosexism. I have done a lot of work in this area with schools and appreciated the opportunity to share my thoughts and experience.

I have also been asked to update the sexual health section of the *Street Smart Handbook* produced by Blue Light (SA) in conjunction with South Australia Police. This publication is a comprehensive resource for young people with a lot of very useful factual information, guidance about a range of health topics and listings of support services. The sexual health section is comprehensive, and it is terrific that not only do they ask us to provide advice about this section but SHine SA is strongly represented as a support service.

I continue to provide sessions and support for pre-service teaching students from Flinders University and the University of South Australia about teaching relationships and sexual health and how SHine SA can support them once they are working in schools.

Looking forward I am keen to continue the partnerships developed this year with ICAN. I will also follow the development of the Australian Curriculum Health and Physical Education Learning Area with interest and participate in further opportunities to provide feedback.

Jane





# FRESH (FRedom to Explore Sexual Health)

## Youth Focus

As always, youth worker sexual health education continues to be relevant to our community of workers. The FRESH (Youth Focus) course has brought participants together from fields as diverse as peer educators, youth workers, community health workers, nurses, disability workers and mental health workers.

The main objective of the FRESH (Youth Focus) course is to help participants ask themselves: 'What part do I play in the current culture of sexual health and relationships? What can I do to change the things that I don't agree with in this current culture, and how does this affect the clients that I work with?' We see more and more workers becoming active in such areas as the mental health of young people, sexual bullying, and violence against women and children. More recently the issue of high-speed internet access to pornography and its effects on young people has become very topical.

A special mention must go to the participants of the Mount Gambier FRESH course who have championed the field of sexual health in their region. They have made great progress in creating the Limestone Coast Sexual Health Network.

In addition the SE&X blog which supports FRESH participants with updated information and resources has passed its 25 000th hit this year.

## Disability Focus

All 16 students from the 2011 intake of FRESH Disability Focus attained competency to 'Provide sexual and reproductive health information to clients'. Five out of the 16 also pursued the advanced extension to FRESH. They all successfully attained competency in 'Planning, delivery and review of sexual and reproductive health education programs', after running multiple education sessions for groups of clients in agencies and with community groups. These included: Life is For Living, Minda Incorporated, Community Re-entry Program (for people living with Acquired Brain Injury), a young Sudanese women's group and the Singapore Social Training Institute.

Evaluation comments about the best parts of FRESH Disability Focus included:

- *The guest speakers and the presentation of different resources available through SHine.*
- *Putting whole learning into a practical exercise. A group of diverse and open people.*
- *Going through the needs assessment and finding the best way to provide information. Quite challenging, but rewarding.*
- *Applied to my workplace. Gave me knowledge to carry on with my role in a high capacity.*

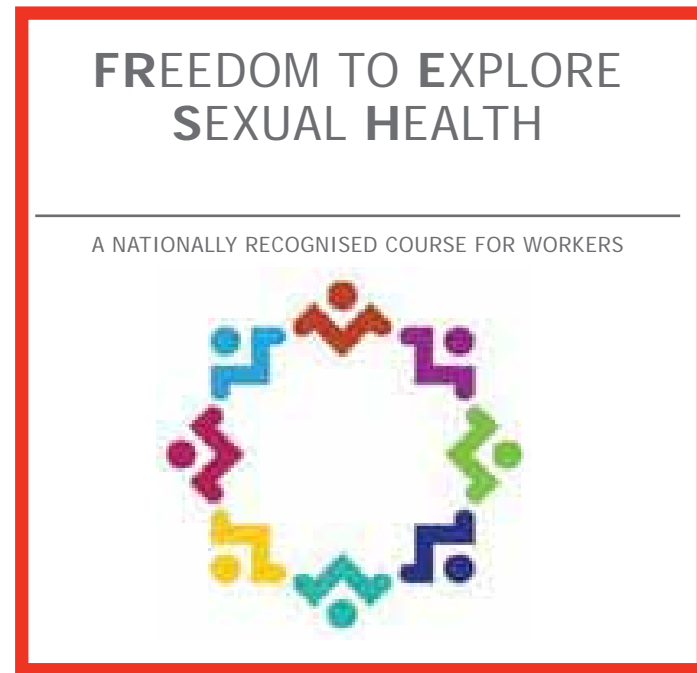
SHine SA recognises that there is always room for improvement. Feedback from participants will be used to improve the processes to complete the final assessment tasks.

## Rules About Sex training module

**The Rules about sex: getting them right module and resource underwent some changes in the 2011–12 period, with minor changes to exercises in the training and a second disk produced with a new range of images.**

Over 60 disability workers completed the module and received the disk-based resource. This resource interprets laws which relate to sexual matters and puts them into plain language. The key messages can then be used as a guide when discussing rights and responsibilities about touch and sexual desire with disabled or vulnerable people.

The expanded range of images further increases the capacity to create tailored visual resources to help communicate about these matters with people with learning difficulties or cognitive impairment. The second disk illustrates a wider range of behaviours, includes more people in wheelchairs and also has a range of facial expressions which can be used to change emotional content in final images. Workers who have completed the



## Aboriginal Focus

Wendy and Dominic continued to tailor training for the Aboriginal Torres Strait Islander workforce. This training meets the needs of the workforce and focuses on improving sexual health outcomes for the Aboriginal community. It also explores the concept of 'shame-job' and how this impacts on Aboriginal people accessing sexual health services.

Highlights:

- Training was delivered to Aboriginal Health Workers from Port Lincoln Aboriginal Health Service and Aboriginal workers from Port Lincoln High School.
- Wendy continued to provide sexual health training for the Aboriginal Maternal and Infant Care Workers, who are undergoing their studies with the Aboriginal Health Council of South Australia (AHCSA).
- Both Dominic and Wendy provided training for Aboriginal Health Workers at AHCSA in the area of STIs, contraception and safer sex practices.
- Working with SHine SA's Yarning On team and organising a breakfast to mark Close The Gap Day at SHine SA's Woodville site. The two teams also joined forces on a very popular stall at Close The Gap celebrations at Port Adelaide Football Club.

Wendy and Dominic look forward to continuing sexual health training for the Aboriginal workforce and improving sexual health outcomes for Aboriginal people.

module in the past are able to access this second disk upon request.

Evaluation comments include:

- *Best part: Discussing certain dilemmas, exploration of the law, the resource itself.*
- *The way to apply it and use as well as exploration of some dilemmas.*
- *Resources – great images.*
- *Examples of how to use in a practical manner rather than just given the material.*
- *Good example of how to extend*

*resource by using different background etc.*

- *It was good to get the resources to use and to be able to adapt individually.*
- *Hearing different scenarios from other workers that are similar to the issues I face.*
- *No particularly best part. An informative and enjoyable workshop.*
- *I thought it is one of the most useful sessions I have attended. Thanks.*

Ralph

# Information and Resources

## Library and Resource Centre

**The Library provides a broad selection of items on sexual health and relationships. The collection consists of books, journals, reports and a DVD collection.**

There have been 205 new library borrowers registered this year. We have added 154 new items to the library collection and processed 1225 loans. There were 177 free Internet sessions in the library this year.

SHine SA also has two smaller libraries located at Christies Beach and Davoren Park. All the libraries have free membership, and the public are welcome to browse and borrow.

The Resource Centre has a large selection of DVDs and teaching resources available for loan to organisations and individuals in South Australia who have paid an annual membership fee. There have been 2124 loans processed and we have added 51 new resources this year. There are 141 organisations currently subscribed to the Resource Centre and 84 teachers participating in the Focus Schools Program who receive free memberships.

The Woodville Library and Resource Centre is open 9.30am to 4.30pm Mondays to Fridays. For more information phone (08) 8300 5312 or email [SHineSALibrary@health.sa.gov.au](mailto:SHineSALibrary@health.sa.gov.au).

Sharon



## New SHine SA Resources

### Out of Sync: Dealing with mismatched desire DVD

This DVD has been developed to provide preliminary information and support for people experiencing differing sex drives (libidos) in their relationship. It follows the stories of three couples with mismatched libidos as they share the steps they took together to address their concerns. It can be used in conjunction with professional counselling.



### Yarning On: Starter Stories

These resources have been developed with Aboriginal communities as part of the Yarning On project. They include male and female stories and cover the themes of Relationships, Respect, Puberty, Gendered Roles, Consent, Contraception, STIs and Intimate Relationships.

### The Easy Guide to STIs

This fold-out card contains brief information about sexually transmitted infections, testing and prevention.



### Yarning On: Condom Card Game and Condom Negotiation Cards

These activity cards, developed for use in sexual health and relationships education programs, will enable participants to understand the steps in using a condom correctly and develop skills in negotiating condom use.

### SHine SA Youth Services card

This card outlines the services offered by SHine SA for young people.



### Yarning On: Group Norms

These activity cards, developed for use in sexual health and relationships education programs, are used in setting up a safe and respectful learning space that has respectful behaviours, appropriate language use and acknowledges personal boundaries.



# Clinical services

SHine SA continues to offer clinical services across metropolitan Adelaide, including clinics at Davoren Park, Salisbury, Gilles Plains, Woodville, Noarlunga and Marion.

## Clinical Services restructure

Primary Health Care Team Managers, Senior Nurses/Midwives and a Senior Medical Officer collaborated on the Clinical Services Review Committee to work toward implementing many changes to clinical services at SHine SA. Through a new service agreement with SA Health, and as a partner in the STI Action Plan, SHine SA clinical services are now prioritised for men and women under the age of 35 and are mainly intended for:

- Young men and women
- Aboriginal and Torres Strait Islander people
- Gay, Lesbian, Bisexual and Transgender people
- Humanitarian entrants
- People with disabilities

Pap smears are no longer offered as a stand-alone service but can be part of a comprehensive sexual health check (including screening for sexually transmitted infections). A new consultation fee structure has also been implemented. Clients under the age of 25 are able to access services for free. Clinical services will now be more responsive to the needs of young people and men.

## Drop-in services

Young people can now access clinical services at SHine SA either by an appointment or by a drop-in service at each clinical site. This option has increased accessibility for clients and decreased appointment waiting times.

## Sexual Healthline

The Sexual Healthline service has undergone a review. Telephone calls to this service have decreased over time while at the same time email enquiries have increased. As from August 2012, these calls will be transferred to the nearest clinic site to enable a client to speak with a nurse regarding their enquiry. Email enquiries will be answered by a designated nurse in each team. These changes will enable client enquiries to be managed by the nearest SHine SA clinical team and provide local referrals and information.

## IUD insertion training clinics

Bayer-Schering (the manufacturer of the Mirena IUD) continues to sponsor SHine SA to deliver IUD insertion training to up to 72 South Australian General Practitioners per year. This theory and clinical training provides opportunities for General Practitioners to gain competency in order to offer IUD services in their own practices.

## Clinical training

Clinical placements for the Certificate in Sexual Health for Nurses and Midwives course, Certificate in Sexual and Reproductive Health General Practitioner course and IUD training clinics continue to be in high demand. SHine SA Nurses and Medical Officers continue to offer a high standard of clinical training and co-facilitate the theory component of these courses. Training post-graduate nurses, midwives, doctors and undergraduate medical students has continued to be a challenging and enjoyable element of clinical practice at SHine SA, ultimately benefiting many people in the community.

## Healthtrack and Medical Director

Healthtrack, a computerised appointment software package, was implemented into clinical and counselling services this year and provides a more efficient method of managing appointments and drop-ins. This system has the ability to manage statistical data to enable monitoring of clinical and counselling services. Medical

Director, the electronic medical record system, was upgraded from MD2 to MD3.

## Special projects

The Northern Team developed the Northern Sexual Health Outreach Service, a collaborative approach toward community engagement. Two nurses from the team (one male and one female) staffed a drop-in sexual health service for young people aged 12–25. The services were offered at Northern Sound System (Elizabeth) and Para West Adult Campus (Davoren Park). An outcome of this project was an increase in nursing hours which enabled staff to promote drop-in services at the two outreach sites as well as Davoren Park and Salisbury Shopfront. This project was successful in highlighting that young people prefer to be able to drop in when they have an issue and not have to wait for an available appointment.

## Implanon insertion training for nurses

A pilot program has commenced in the Northern Team where SHine SA nurses have begun inserting Implanon devices under the guidance of SHine SA doctors. This program will be evaluated and recommendations will lead to the development of Clinical Guidelines which will be used to support all nurses at SHine SA to insert and remove Implanon autonomously after completing a competency-based assessment.

## Adelaide Women's Prison

Sexual and reproductive health services continue to be provided for women once a week at the Adelaide Women's Prison. This service is in its ninth year and provides women at the prison with a comprehensive sexual health service.

## GP Plus Health Care Centres

The Noarlunga Health Village clinic relocated to the GP Plus Super Clinic at Noarlunga in March 2012. It has been very exciting to deliver services in a new clinical space and have the opportunity to work closely with other agencies. The Southern Team continues to provide clinical and counselling services from the Marion GP Plus Centre and works collaboratively with Marion Youth to offer drop-in sexual health services to young

people. The GP Plus Super Clinic Gilles Plains Outreach opened in 2012. The SHine SA clinic at Gilles Plains transferred into this outstanding new building, and offers drop-in and appointment services one day a week. Clinical services continue from the existing Woodville GP Plus Health Care Centre.

## Special Skills Post

SHine SA was successful in an application to the Adelaide to Outback GP Training Program to accept Resident Medical Officers on short placements through the Prevocational General Practice Placements Program. This is an Australian government initiative, providing junior doctors the opportunity to experience working in General Practice in outer metropolitan, regional, rural and remote areas. The key aim is to provide junior doctors with an experience that may encourage them to choose General Practice as a career. The placements at SHine SA provide invaluable and relevant experience in Sexual Health.

## Nurse Mentoring project

A Nurse Mentoring project has provided a mutual learning environment which has given nurses and midwives advanced experience in Sexual Health. Their contribution and teamwork has increased access for clients and provided a shared learning experience for SHine SA clinical staff.

## Clinics for women from culturally and linguistically diverse backgrounds

SHine SA clinics at Woodville provided specific clinical services to newly arrived communities, such as women from Bhutanese, Arabic, Chinese, Iranian and some African groups. SHine SA, particularly Community Health Worker Jacqueline, negotiated with external multicultural peer support workers to facilitate sexual health services to these women.

## Emergency Contraception Nurse Initiated Medication

Emergency Contraception was removed from the Medication Drug Orders and is now a medication that a SHine SA Nurse can initiate when indicated as part of

*Continued on page 27*

*Continued from page 26*

standard care by a Nurse at SHine SA. This is an important service for young women accessing the organisation's clinical services.

## Clinical Governance Committee

SHine SA implemented a Clinical Governance Committee with the purpose of supporting safety and quality improvement of clinical services and minimising clinical risks. The committee, although in its infancy, currently comprises the CEO, a Manager, Medical Officer, Nurse and Counsellor with the possibility of expansion in the future.

## Staffing

Thanks to all clinical staff, clinic reception staff, casual nurses and doctors for their commitment, passion and professionalism and best wishes to those workers who have moved on to new challenges.

<http://www.shinesa.org.au>



## Pledge of privacy

At SHine SA we are committed to ensuring the privacy of personal information provided to us. We believe that respect for your privacy is paramount in earning and maintaining your trust. SHine SA is bound by the 10 National Privacy Principles that form part of the *Privacy Amendment (Private Sector) Act 2000*. We have a *Confidentiality policy* which is available from SHine SA.

## How your personal information is managed by SHine SA

Contact information such as telephone number, address and email details you provide is held in order for us to manage our relationship with you as a client of SHine SA. We may use this information to send you details of initiatives being undertaken by the organisation or other ways in which you can participate in SHine SA activities. We never sell or disclose any personal information to a third party for their marketing purposes.

## Men's Sexual Health Awareness Month

### In 2011 SHine SA's Northern Primary Health Care Team ran a public health program to celebrate International Men's Health Week. The project was led by Eamon, a Community Health Nurse in the team.

After some research into previously successful men's sexual health campaigns, and considering the current statistics regarding sexually transmitted infection (STI) rates, it was decided that the campaign run by SHine SA would focus on screening for Chlamydia and Gonorrhoea with the slogan **STI screening is 'Piss Easy'**. It was also decided to run the program over a month, using International Men's Health Week as a platform for promotion.

Eamon, through consultation and collaboration with the Northern Team, ran a month-long Men's Sexual Health Awareness program which saw 34 new male clients access services at SHine SA — Davoren Park, from mid-June to mid-July 2011. This was achieved through planned and strategic marketing, which incurred relatively little cost.

Promotional posters were produced, which were displayed on a sandwich board (put out on the street during office hours). Flyers were produced and distributed by the Northern Team throughout the local area. The most successful form of advertising was through the Messenger Press (local newspaper). Building on the relationship developed through

an earlier campaign run for Pap Smear Awareness Week (itself an incredibly successful program), weekly adverts were run at no cost which managed to reach a wide range of readers, many of whom fell within SHine SA's communities of interest.

The campaign focused on maintaining good sexual and reproductive health, rather than focusing on disease. A call was put out to men to take responsibility for maintaining their (and their partners') good health through regular STI screening. Emphasis was put on the fact that the service at SHine SA isn't all about infections, and that men could ask us anything regarding their sexual and reproductive health.

This approach proved to be very successful with an incredible number of men accessing SHine SA's clinical services during the campaign. Men aged 18–85 accessed the service for a range of different issues. Many men who came through the door stated they had spent years worrying about a risk that they had in their (sometimes distant) past that they

were always too ashamed to seek help for. The feedback from clients was that they appreciated SHine SA offering them a specific, high quality and non-judgmental service.

One year on, many of the men seen during Men's Sexual Health Awareness Month last year have since returned for screening, both alone and with their partners, a further sign that men valued the service they received during the initial campaign. Continued community development, health promotion and outreach has contributed to the number of men seen in clinic continuing to rise over the course of the year. Men have also given feedback that the presence of a male nurse in clinic has encouraged them to present for Blood-Borne Virus (BBV) / Sexually Transmitted Infection (STI) screening and sexual health information and education.

Eamon



## Northern Sexual Health Outreach Service

The northern metropolitan region of Adelaide is one of the most disadvantaged regions in South Australia, and indeed the country. High levels of unemployment, poor educational outcomes, high teenage pregnancy and sexually transmitted infection (STI) rates, and poor sexual health literacy compound and perpetuate social disadvantage, making the cycle of poverty and teenage parenting increasingly difficult to break.

The Northern Sexual Health Outreach Service (NSHOS) was an approach toward community engagement. Developed by SHine SA's Northern Primary Health Care Team, the service aimed to bring accessible, appropriate and acceptable sexual health services to communities of interest, rather than relying on individuals to actively engage with current services at the clinical sites. This is based on the sound primary health care principle of improving access to service.

The service was delivered by two highly specialised and skilled Community Health Nurses from the Northern Team (one male and one female). Services provided by the largely autonomous nursing team included:

- symptomatic and asymptomatic STI screening
- pregnancy testing and pregnancy choices information and referral
- emergency contraception assessment and provision
- sexual health education and information (including STIs, and contraception)
- condom distribution and education
- priority referral to SHine SA clinics and/or other specialised services for interventions not within the scope of practice in an outreach service

The barriers to accessing sexual health services are well documented. Perceived or actual lack of confidentiality and trust in the staff or service, difficult geographic location and cost of the service are all important factors individuals consider in deciding whether or not to access a particular service. To combat these real and perceived barriers, SHine SA through the NSHOS aimed to provide accessible, appropriate and acceptable sexual health services to hard-to-reach and marginalised communities (such as youth, Aboriginal and Torres Strait Islander people, culturally and linguistically diverse groups, and men who have sex with men). SHine SA aimed to achieve this by providing a free service in an environment where target populations are already engaged, using a collaborative approach which fosters partnerships with other community and youth organisations.

## Sexual Health Nurse/Midwife Mentoring

**In 2011, I finished my SHine SA Nurses' Certificate in Sexual Health. I was a Midwife at the Women's and Children's Hospital and I thought I would undertake sexual health training to 'add on to my mid'. 'How hard can this be?', I thought. 'There's not much to this except for a few Pap smears and STI testing. Easy!'**

In August, I was offered an 8-month mentored position as a Sexual Health Nurse/Midwife in the Southern Team. I was to be mentored and would work two days per week. After a comprehensive orientation by my mentor, Annie, we identified my strengths and weaknesses and I set out upon designing a learning plan to support my work. This took me to working with Dr. Silvana at Breastscreen, honing my skills in breast examination, and working at Clinic 275 where I had the opportunity to observe practices in men's health.

While working in SHine's southern clinic, my preconceived idea regarding the simplicity of the Sexual Health Nursing role was quickly dispelled. The appointments were poignant and I felt honoured to be sharing that journey with clients. Each client brought their own sexual history with them, and I was unprepared for the way in which women, for example, might disclose sexual abuse so quickly into the appointment. I enjoyed teasing



Key partner organisations for the project were the Northern Sound System, part of the City of Playford's Youth Services, Para West Adult Campus and Mission Australia. Outreach, health promotion events and education sessions were provided at each of the three sites.

This increased access to sexual health services in the northern region of Adelaide has seen a significant increase in the number of young people accessing the services of SHine SA. In particular, the number of young people who drop-in, rather than make an appointment, to SHine SA's site at Davoren Park and to the clinic provided at Shopfront Youth Health & Information Service has significantly risen over the period of the project.

Desmond

out issues further to see whether the clients could benefit from our specialised counselling service, which I could refer to.

I so appreciated the mentoring provided by Annie. From the very first day, she expressed the need for the highest standards around confidentiality and client-centred care. The way that she dealt with clients was creative and inspiring and I strived to model my approach on hers, treating clients with the highest amount of respect and professionalism, encouraging open communication to gain the client's trust to develop the therapeutic relationship. She also demonstrated to me the mentoring process, allowing me to discuss my needs with her and I felt at all times that I could ask any question to

further my learning. After experiencing such a supportive model of mentoring, I now feel that I can do the same for future students that I work with.

My position ended in May this year and I am now working as a Community Midwife for the Southern Local Health Network. Many of the clients that I see have complex needs and I have been able to bring my knowledge gleaned from my time at SHine SA into my current work. I will always reflect back on my time at SHine as a fantastic and positive experience and will be forever grateful for the guidance and support that I received.

Carina

# Counselling services

**Sexual Health Counsellors are positioned within three regional primary health care teams, North, South and East/West, and work closely with other SHine SA team members.**

Recent changes to the Southern Primary Health Care Team mean that counselling is now offered at two new locations: Noarlunga GP Plus Super Clinic and Marion GP Plus. There have been a number of key sexual health issues for the counselling team to address this year, including Vaginismus, a condition causing women pain with penetration. This condition continues to be a top presenting issue, along with steady demand from people experiencing low sexual interest or mismatched desire in relationships.

Gender and sexuality issues in counselling have also increased, with SHine SA counsellors seeing a number of younger clients in relation to gender questioning, gender transition or same-sex attraction. If beneficial, parents of younger clients have attended counselling for support or information.

Over the last 12 months, counsellors have seen an encouraging increase in the number of men using SHine SA's counselling service for issues including erectile and ejaculatory concerns.

SHine SA counsellors have initiated collaboration with counsellors from other agencies to address client needs and improve cross referrals. They have also participated in sexual and mental health networks. Some of the key agencies engaged with included Relationships Australia, Healthfirst Network, Pregnancy Advisory Centre and Uniting Care Wesley.

In addition to client services, SHine SA counsellors have been active in delivering training. They have assisted SHine SA's Workforce Development & Resources team in training courses such as the Nurse 'Consulting Skills' courses and an STI workshop during Sexual Health Awareness Week. Counsellors also provided tailored training for SHine SA staff and for external agencies such as the Cancer Council of SA.

Two of SHine SA's counsellors were invited to deliver a presentation on desire discrepancy to the Australian Society of Sex Educators, Researchers and Therapists (ASSERT), which included a viewing of a new DVD resource produced by SHine SA, *Out of Sync: Dealing with mismatched desire*. This DVD was also the topic of a presentation at the 5th Sexual Dysfunction Conference in New Zealand.

Counsellors offered sexual health consultancy to workers as well as engaging in community advocacy. A recent example was participation in an Empowering African Women Advisory Committee in collaboration with Women's Health Statewide and Relationships Australia.

Professional development completed by counsellors over the last year has included a three-day workshop by renowned Sexologist Sandra Pertot on 'The Practice of Sex Therapy' and a conference titled 'Sex Lies and the Net', held in Adelaide.

Sexual Health Counsellors Team

### Therapeutic counselling statistics

There were 193 registered therapeutic counselling clients who received 611 services for the 2011–12 period. 72% of clients were women and 27% were men. 570 non-registered therapeutic counselling clients also received services.

Clients identified with the following community of interest:

- young people 15–29 (63%)
- disability (15%)
- gay, lesbian, bisexual, transgender (6.7%)
- Aboriginal & Torres Strait Islander (2%)

Top three reasons for attendance were:

- Sexual relationship (38%)
- Sexual desire – low (14%)
- Pregnancy issues (13%)

### Client testimonial

As a person with a mental illness and history of sexual abuse I have seen plenty of doctors and therapists over the years. I have really struggled to find any who are comfortable talking about sexual issues or supporting me as a queer person. The doctors and counselling service at SHine SA has been a huge relief and very helpful, reducing my anxiety and shame and helping me to learn more about myself and be happy with who I am.

## Out of Sync: Dealing with mismatched desire

**In 2011, two Sexual Health Counsellors from SHine SA developed a project in response to the lack of resources and information on the topic of mismatched desire.**

Through a partnership with media students from the University of South Australia, a DVD resource was produced, aimed at addressing the needs of the community and health care workers.

*Out of Sync: Dealing with mismatched desire* is a DVD that provides preliminary information and support for people experiencing differing sex drives ('libidos') in their relationship. It also aims to assist professionals, including counsellors, to increase awareness and comfort around discussing issues like desire and arousal concerns commonly raised in practice.

The DVD follows the stories of three couples with mismatched libidos as they share the steps they took together to address their concerns. It gives an insight into the range of issues and explores what helped each couple to get started, to reconnect, and feel love and hope once again.

Common issues include:

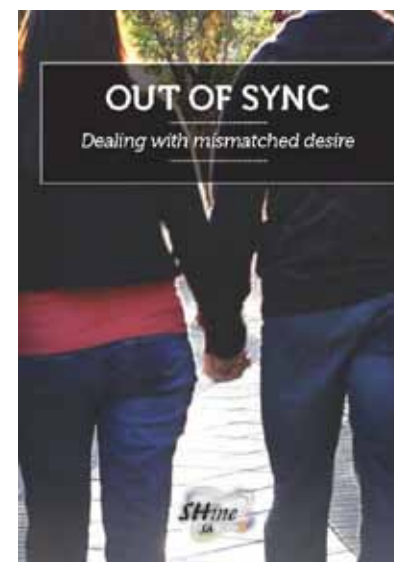
- different needs
- lack of sexual pleasure
- painful intercourse
- effect of a new baby on relationship
- ageing and life balance
- erectile and arousal problems

Clients' fears and anxieties about sexual concerns or relationship difficulties can be greatly reduced following a first session with a counsellor. Clients can also be empowered to effect change in their lives and relationships from quite simple information or interventions, even before seeing a therapist face-to-face.

This DVD is intended to reach more people in the earliest stages of their help-seeking process, and as a resource for health workers assisting people who are experiencing mismatched desire. In this way we anticipate more people can gain confidence to discuss and manage their sexual health concerns.

This DVD resource project was the topic of a presentation at the 5th Sexual Dysfunction Conference in New Zealand in April 2012. To date, feedback on the DVD from health care professionals has been very positive. An extensive distribution plan is currently being actioned to enable widespread public access to the DVD.

Jo





# Organisational development

## Risk Management

Risks are events that may threaten the achievement of SHine SA's Strategic Directions. At SHine SA, risk management is about sound management to avoid adverse effects while taking advantage of development opportunities.

Risks are inherent in everything we do and, in order to reduce the likelihood of adverse effects, risks need to be managed continuously and systematically. We take a preventive and proactive approach.

Risk management is based on the generic Australian/New Zealand Standards for Risk Management (AS/NZS 4360:1999) and assessed against these standards.

SHine SA's Risk Management Committee has developed and implemented a comprehensive and efficient risk management system covering all aspects of SHine SA.

A significant system development was the review of current clinical risk management and the development of the Clinical Governance Committee. This committee was convened to manage clinical risk and ensure SHine SA provides high quality, safe clinical services that target communities with health inequalities and poor sexual health.

Outcomes for 2011–12:

- There were no WorkCover claims.
- There was one property damage claim related to vandalism and attempted break-in.
- There were no public liability claims.
- There were no medical negligence claims.
- A balanced end of year financial position was achieved.

In 2012–13 SHine SA is reviewing the risk management processes within the organisation and is further developing the Risk Management policy, procedures and framework.

Risk Management Committee

## SHine SA staff presentations @ conferences

### Whole school approach to sexuality/relationships education: A model of best practice

Growing and Developing Healthy Relationships Conference  
Perth, 12 September 2011  
Jane Flentje, Coordinator, Teacher Education

### Focus Schools Program: SHine SA

2011 Australasian Sexual Health Conference  
Canberra, 30 September 2011  
Jane Flentje, Coordinator, Teacher Education

### Out of Sync: Dealing with mismatched desire

5th Sexual Dysfunction Conference: New directions for clinical applications in male and female sexual dysfunction  
Queenstown, New Zealand, 24–28 April 2012  
Jo McNamara, Sexual Health Counsellor

## Occupational Health Safety and Welfare

As the current Chairperson of the Occupational Health, Safety & Welfare Committee, I would like to take this opportunity to thank the committee members for their hard work, commitment and contributions this year.

The committee is continually working to achieve a safe and environmentally aware workplace. This year the committee reviewed staff needs and satisfaction of the SHine SA EAP service, and subsequently conducted a process to contract a new EAP provider to better meet staff needs. The committee has also worked on:

- training for frontline staff to deal with aggressive clients/situations
- improving incident report systems
- a range of policies and procedures

Reports from individual sites show that each site takes a proactive and thorough approach to workplace safety and is working hard to maintain the expected requirements.

A quarterly health and safety newsletter is produced, which receives positive feedback from staff and council members and which covers various issues such as reporting accidents, manual handling, ergonomics, eating right and flu vaccines.

The committee wishes to thank SHine SA staff for their role in maintaining a healthy and safe work environment.

Natalya

### Sexual Healthline statistics

In 2011–12, 1678 clients contacted the Sexual Healthline.

Mode of contact		Top 5 reasons	
Telephone	77%	Contraception issue	42%
Electronic (email)	21%	Sexual health	33%
Written/Fax/Other	2%	Pregnancy	2%
		STI	2%
		Herpes	2%
Type of clients			
Male	13%		
Female	74%		
Professionals	14%		

### Comments and feedback

The Annual Report Committee hopes you find this report both interesting and informative. If you would like to comment on this (or on any of our services) contact the Chief Executive Officer:

SHine SA  
PO Box 76 Woodville SA 5011  
tel: (08) 8300 5345 fax: (08) 8300 5399 email: kaisu.vartto@health.sa.gov.au

## Clinic and counselling services

Through a new service agreement with the SA Health Department, SHine SA's sexual health services will now be mainly for women and men under the age of 35. Also, SHine SA's clinic and counselling services are now mainly intended for:

- Young women and men
- Aboriginal and Torres Strait Islander people
- Gay, Lesbian, Bisexual and Transgender people
- Humanitarian entrants
- People with disabilities

Cervix screening (Pap smears) will only be offered as part of a sexual health check, but not as a stand-alone service. SHine SA's services include:

- Testing and treatment of Sexually Transmitted Infections
- Emergency Contraception
- Unplanned Pregnancy Information and Counselling
- Pregnancy Testing
- Contraception: The Pill; Implanon; IUD; Depo Injection; Condoms
- Safer sex information
- Rights, responsibilities and the law
- Puberty issues
- Sexual diversity; sexuality and gender identity
- Sexual difficulties
- Sexual abuse and assault counselling
- Referral service

### Drop-in services

The above clinic and counselling services are available by appointment or a youth drop-in (no appointment needed)

Services are free for all young people. For older clients there will be a service charge which varies according to whether or not the client has a concession. Further information on SHine SA's services is available on the website at [www.shinesa.org.au](http://www.shinesa.org.au).

### For clinic times and appointments:

#### Northern clinics

Telephone 8256 0700 for details on days/times and appointments  
Davoren Park and Salisbury Shopfront

#### East/West clinics

Telephone 8300 5301 for details on days/times and appointments  
Woodville GP Plus Health Care Centre and Gilles Plains Women's Health Clinic

#### Southern clinics

Telephone 8186 8600 for details on days/times and appointments  
Oaklands Park [GP Plus Marion] and Noarlunga [GP Plus Super Clinic Noarlunga]

## Thank you

Council, management and staff of SHine SA would like to thank:

- The Hon Mr John Hill MP, Minister for Health
- Mr David Swan, Chief Executive, Department of Health
- Dr Stephen Christley, Executive Director, Public Health & Clinical Systems and staff of the Department of Health
- management and staff of the Department of Health and Ageing
- the many state and federal politicians who support SHine SA
- the many organisations and individuals with whom we work in partnership to improve the sexual health of the South Australian community
- the South Australian community







## INDEPENDENT AUDITOR'S REPORT

### SHine SA Inc.

We have audited the accompanying financial report of SHine SA Inc., which comprises the Balance Sheet as at 30 June 2012, and the Income Expenditure Statement and summary of significant accounting policies and other explanatory notes.

#### *The Responsibility of SHine SA Inc. for the Financial Report*

SHine SA Inc. are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations). This responsibility includes designing, implementing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

#### *Auditor's responsibility*

Our responsibility is to express an opinion on the financial report based on my audit. We conducted my audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

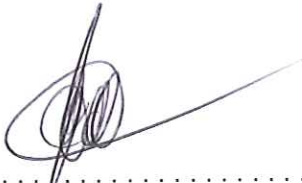
An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion of the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by SHine SA Inc. as well as evaluating the overall presentation of the financial report.



We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for my audit opinion.

*Auditor's Opinion*

In our opinion, the financial report presents fairly, in all material respects, the financial position of SHine SA Inc. as of 30 June 2012, and of its financial performance and its cash flows for the year then ended in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations).

A handwritten signature in black ink, consisting of a stylized 'P' and 'H' followed by a long horizontal stroke.

.....  
**Peter Hall Chartered Accountant**

Dated .. 24<sup>TH</sup> ... September 2012.



**SHine SA Inc.  
FINANCIAL REPORT  
FOR THE YEAR ENDED 30 JUNE 2012**

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**BOARD REPORT**

The Board members submit the financial report of the SHine SA Inc. for the financial year ended 30 June 2012.

The name of the Board members at the date of this report are:

Ms Angela Lawless  
Ms Chris Horsell  
Ms Cara Tahney  
Dr Kylie O'Connell  
Mr Philip Jackson  
Ms Peta Smith  
Ms Barbara Power  
Mr Julian Roffe

In accordance with Section 35(5) of the Associations Incorporations Act 1985, the Board of the SHine SA Inc. hereby states that during the financial year ended 30 June 2012.

- (a) (i) No officer of the association;  
(ii) No firm of which the officer is a member;  
(iii) No body corporate in which an officer has a substantial financial interest;

Has received or become entitled to receive a benefit as a result of a contract between the officer, firm or body corporate and the association.


- (b) No officer of the association has received directly or indirectly from the association any payment or other benefit of a pecuniary value.

This report is made in accordance with a resolution of the Board and is signed for and on behalf of the Board by:



BOARD MEMBER





BOARD MEMBER

Dated this 24<sup>th</sup> day of September 2012



**SHine SA Inc.  
FINANCIAL REPORT  
FOR THE YEAR ENDED 30 JUNE 2012.**

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**STATEMENT BY MEMBERS OF THE BOARD OF MANAGEMENT**

The Board have determined that the association is not a reporting entity.

The Board have determined that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial report.

In the opinion of the Board, the financial report:

1. Presents fairly position of the SHine SA Inc. for the year ended 30<sup>th</sup> June 2012 and its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that the SHine SA Inc. will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Board and is signed for and on behalf of the Board by:



BOARD MEMBER

  
BOARD MEMBER

Dated this 24<sup>th</sup> day of September 2012



**SHine SA Inc.**  
**STATEMENT OF INCOME AND EXPENDITURE**  
**FOR THE YEAR ENDED 30TH JUNE 2012**

	Note	2012 5	2011 \$
<b>GRANT INCOME</b>			
DHH & CS Commonwealth		1,926,600	1,926,600
Department of Health State Funding		2,690,405	2,589,400
Focus School Expansion		255,216	252,098
Close the Gap National Partnership		800,000	800,002
IECD National Partnership		75,000	75,000
Northern Clinic Expansion		65,000	65,000
		<u>5,812,221</u>	<u>5,708,100</u>
<b>OPERATING INCOME</b>			
Gross Profit (Loss) from Trading & Sale of Clinic Supplies	3	(5,680)	(10,453)
Library & Resource Sales		16,793	10,353
Training Courses		77,390	80,337
Clinic Appointments		30,793	44,765
Lecture Fees		2,740	12,930
Association Membership		330	30
Resource Centre Membership		7,364	7,727
Donations		18	214
Bank Interest		195,182	177,081
Gain on Sale of Fixed Assets		-	11,833
Other Receipts		164,198	149,218
Transfer from Provisions		-	52,178
		<u>489,128</u>	<u>536,213</u>
<b>TOTAL INCOME</b>		<u>6,301,349</u>	<u>6,244,313</u>

**EXPENDITURE**

**SALARIES AND WAGES**

Base Salaries and Allowances	4,247,869	4,049,273
FPSA Voluntary Superannuation	2,094	1,945
Superannuation Guarantee	383,587	374,009
Workers Compensation Premiums	77,285	91,533
	<u>4,710,835</u>	<u>4,516,760</u>



**SHine SA Inc.**  
**STATEMENT OF INCOME AND EXPENDITURE**  
**FOR THE YEAR ENDED 30TH JUNE 2012**

	Note	2012	2011
		\$	\$
<b>GOODS AND SERVICES</b>			
Accounting Fees		11,325	11,650
Accreditation		845	409
Activity and Appointment Software		100,000	-
Advertising and Promotions		312	655
Auditors Remunerations		4,850	11,100
Bank Fees		2,940	2,910
Catering Expenses		18,076	20,986
Cleaning and Laundry		93,750	83,684
Clinic Supply Expenses		31,522	28,471
Clinical Governance		25,000	-
Consultants Fees		14,017	28,156
Courier Service		20,063	17,077
Depreciation		165,888	181,324
Evaluation Plan		25,000	36,390
Health Literacy Ex		2,000	7,500
Information Technology		(29,597)	110,718
Insurance Premiums		27,500	26,900
Library Books for SHine SA		10,923	11,923
Licences		492	1,437
Light and Power		58,085	54,170
Media Monitoring		2,133	1,926
Minor Equipment Purchases		27,680	36,919
Motor Vehicle Operating Expenses		63,990	65,429
Northern Clinic Expansion		65,000	65,000
O H & Safety		8,973	6,628
Office Admin Expense		12,100	24,852
Postage and Freight		14,419	15,865
Printing and Stationery		50,570	49,312
Program Expenses		208,446	354,007
Program Project Management		4,800	6,125
Provision for Annual Leave		(32,964)	(3,670)
Provision for Capital Asset Replacement		-	52,178
Provision for Long Service Leave		20,079	(6,272)
Provision for Sick Leave		2,312	1,390
Rates - Council & Water		22,726	20,587
Records Management		6,300	6,884
Rent - Regional Facilities		44,387	37,657
Repair & Maintenance		65,960	67,035
Resources		22,443	8,991
Sexual Health Awareness		25,000	25,000
Staff Development		21,050	19,132



**SHine SA Inc.**  
**STATEMENT OF INCOME AND EXPENDITURE**  
**FOR THE YEAR ENDED 30TH JUNE 2012**

	Note	2012	2011
		\$	\$
<b>GOODS AND SERVICES (continued)</b>			
Staff Recruitment		4,355	5,666
Sterilisation Costs		10,214	10,457
Subscriptions		18,118	19,809
Sundries		3,157	1,845
Team Resources		20,539	29,257
Telephone Charges		53,251	43,101
Translating & Interpreting		30,306	24,024
Travelling		90,638	86,783
Venue Hire		515	973
Youth Advisory Team		13,621	11,173
Website Development Social Media		100,000	-
		<u>1,583,109</u>	<u>1,723,523</u>
<b>TOTAL EXPENDITURE</b>		<u>6,293,944</u>	<u>6,240,283</u>
<b>NET OPERATING SURPLUS/(DEFICIT)</b>			
<b>FOR THE YEAR</b>		7,405	4,030
TRANSFER TO RESERVES			
<b>SURPLUS/(LOSS) FOR THE YEAR</b>		<u>7,405</u>	<u>4,030</u>



**SHine SA Inc.**  
**BALANCE SHEET AS AT 30TH JUNE 2012**

Note	2012	2011
<b>CURRENT ASSETS</b>	<b>\$</b>	<b>\$</b>
Petty Cash Funds	4,250	7,250
Cash at Bank	3,456,685	3,371,353
Sundry Debtors & Accrued Income	132,473	80,364
Inventories	23,047	18,852
<b>TOTAL CURRENT ASSETS</b>	<u>3,616,455</u>	<u>3,477,819</u>
<b>NON-CURRENT ASSETS</b>		
Furniture and Equipment (At Cost)	435,001	418,413
<b>Less</b> Accumulated Depreciation	276,205	240,269
	<u>158,796</u>	<u>178,144</u>
Motor Vehicles (At Cost)	228,304	228,304
<b>Less</b> Accumulated Depreciation	93,764	54,704
	<u>134,540</u>	<u>173,600</u>
Telephone System (At Cost)	61,707	61,707
<b>Less</b> Accumulated Depreciation	39,695	34,192
	<u>22,012</u>	<u>27,515</u>
Buildings (At Cost)	4,099,033	4,099,033
<b>Less</b> Accumulated Depreciation	446,595	372,094
	<u>3,652,438</u>	<u>3,726,939</u>
Land (At Cost)	732,721	732,721
Leasehold Improvements	134,417	134,417
<b>Less</b> Accumulated Depreciation	36,427	25,539
	<u>830,711</u>	<u>841,599</u>
<b>TOTAL NON CURRENT ASSETS</b>	<u>4,798,497</u>	<u>4,947,797</u>
<b>TOTAL ASSETS</b>	<u>8,414,952</u>	<u>8,425,616</u>
<b>CURRENT LIABILITIES</b>		
Income Received in Advance	13,867	1,355
Sundry Creditors and Accruals	416,621	548,558
Special Project Funding	963,527	851,598
Provision for Annual Leave	236,930	269,894
Provision for Long Service Leave	330,068	309,989
Provision for Personal Leave	36,865	34,553
Provision for Capital Replacement	234,284	234,284
<b>TOTAL CURRENT LIABILITIES</b>	<u>2,232,162</u>	<u>2,250,231</u>
<b>TOTAL LIABILITIES</b>	<u>2,232,162</u>	<u>2,250,231</u>
<b>NET ASSETS</b>	<u>6,182,790</u>	<u>6,175,385</u>



**SHine SA Inc.**  
**BALANCE SHEET AS AT 30TH JUNE 2012**

	<b>Note</b>	<b>2012</b>	<b>2011</b>
Represented by:		\$	\$
<b>ACCUMULATED FUNDS</b>			
Accumulated Funds B/Fwd(excluding Reserves)		6,175,385	6,171,355
Current Year Surplus/ (Deficit)		7,405	4,030
<b>TOTAL ACCUMULATED FUNDS</b>		<u>6,182,790</u>	<u>6,175,385</u>



## **SHine SA Inc.**

### **NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS**

#### **Note 1: Summary of Significant Accounting Policies**

The Association is not a reporting entity because in the Council's opinion, there is unlikely to exist users who are unable to command the preparation of reports tailored so as to satisfy specifically all of their information needs and these Financial Statements are therefore "Special Purpose Financial Reports" that have been prepared solely to fulfil the requirements of the constitution of the Association.

The Association has applied the provisions of Miscellaneous Professional Statement APS 1 "Conformity with Statements of Accounting Concepts and Accounting Standards" relevant to Special Purpose Financial Reports. On this basis no Accounting Standards are applicable. Accounting Standards have only been applied to the extent that they coincide with the accounting policies set out below.

#### **(a) Basis of Accounting**

The accounts have been prepared on the basis of historical costs and except where stated do not take into account current valuations of non-current assets.

#### **(b) Depreciation of Plant, Equipment and Buildings**

Depreciation is calculated on a diminishing value basis so as to write off the cost of each depreciable non-current asset over its expected useful life.

#### **(c) Income Tax**

The Association is a non-profit organisation and is exempt from income tax pursuant to Section 23(ea) of the Income Tax Assessment Act.

#### **(d) Going Concern**

The financial report is prepared on a going concern basis, which is dependent on adequate and continued funding from Government Departments.

#### **(e) Inventories**

Inventories are valued at the lower of cost and net realisable value. Costs are assigned on an average basis.



**SHine SA Inc.**

**NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS**

**(f) Employee**

Long Service leave and annual leave provisions are accrued on the basis of legal liabilities and are at current wage rates. The Personal Leave provision is recorded at 10% of entitlement.

**Note 2: Special Projects - Closing Balances**

	<b>2012</b>	<b>2011</b>
	<b>\$</b>	<b>\$</b>
Access to Emergency Contraception	10,000	10,000
Activity and Appointment Software	100,000	-
Addressing Violence Alliance	-	3,085
ATSI Cultural Awareness Program	4,000	4,000
Clinical Services Projects	35,526	51,526
Clinical Governance	25,000	-
Design Support	11,028	15,000
Disability Project	38,783	98,897
Disability Teachers, Resources	15,295	15,295
Fututue Fund	100,000	-
General Relocation	101,576	109,790
Green at work	-	4,897
History of Shine SA	1,016	20,504
HIV Cluster Project	56,450	-
Impact Evaluation Share/Focus	6,364	20,000
International Students Resource	25,000	25,000
IUD Training Clinic	7	2,885
Knowledge Exchange Grant	1,256	-
National Indigenous Sex Health	60,239	57,739
Nurses Network	1,484	1,618
Northern Clinic Expansion	-	57,543
Northern Outreach Program	360	-
NXT Training	10,708	6,923
On-Line Training	38,931	40,000
Parkstone Project	-	545
QIC Internal Assessment	9,566	37,688
Safe School Coalition SA	9,968	10,000
Sexual Coercion	20,259	20,259
Sexual Health Awareness Week	55,824	75,485
Sexual Health Counselling DVD	-	10,717
Sexual Health Nurse Mentoring	58,511	63,323
Shine SA Services DVD	-	6,732
Special Skills Post	3,119	-
Website Development Social Media	100,000	-
Women's Peer Ed - CALD	-	6,103
Womens Prison Health Services	145	1,044
Young Pregnant & Parenting Teens	63,110	75,000
	<u>963,527</u>	<u>851,598</u>



**SHine SA Inc.**  
**NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS**

**Note 3: Trading Accounts for the year ended 30th June 2012**

	<b>2012</b>	<b>2011</b>
	<b>\$</b>	<b>\$</b>
Sale of Clinic Supplies	10,399	9,601
Opening Inventory	18,852	16,807
Plus Purchases	20,274	22,099
Less Closing Inventory	23,047	18,852
Cost of Goods Sold	16,079	20,054
Gross Profit (Loss) on Sales	(5,680)	(10,453)