FPQ 38th Annual Report

Acknowledgements

FPQ acknowledges the Aboriginal and Torres Strait Islander traditional owners and we thank our Indigenous friends for their continued assistance and acceptance. FPQ also notifies Aboriginal and Torres Strait Islander readers that this publication may contain images or names of people who have since passed away.

FPQ acknowledges the generosity of members, clients and the community.

FPQ also thanks the below entities for their support and donations.

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Once again, I am proud to present to you the 2008-2009 Annual Report for Family Planning Queensland (FPQ). As we all know, 2008-2009 has been a turbulent year for businesses, and Not for Profits such as FPQ are not exempt from the impact of the global financial crisis.

Despite this, I am very pleased to report that FPQ has emerged with a solid financial position and is well placed for further growth. It is in years such as 2008-2009 that our history of strong fiscal management, combined with our reputation for excellence in service delivery, ensures we can survive and in fact thrive in the difficult times. Perhaps our biggest challenge this year has been the uncertainty of renewal of funding from Queensland Health. This funding was due in June 2009 but was delayed by Queensland Health. This delay was applied across the whole community services and health sector and was not related to a specific FPQ issue. Queensland Health has recently released six months interim funding with a view to finalising a full renewal in early 2010. At the time of preparing this report, all indications are very positive that this will proceed.

Thanks to the considerable and professional efforts of CEO Christopher Macaulay and the FPQ staff, the Board was pleased to approve the 2009-2011 Strategic Plan. The sexual and reproductive health needs of young people will be a priority area of our work, along with work with Indigenous communities and cultural and linguistically diverse communities. FPQ will continue to provide a range of professional training and education opportunities for doctors, nurses and allied health workers, particularly those that deliver sexual and reproductive health services to disadvantaged populations, especially to Aboriginal and Torres Strait Islander peoples and people in high population growth and rural areas. We will continue our work with schools, teachers and those who provide education services in the disability and community sectors.

FPQ has always had a commitment to ensuring we provide regional access to all our services by populations in the most need. I am very excited to announce that this year we have been able to strengthen our regional presence by the purchase of a building in Cairns. While rising rents meant there was a sound business case to purchase rather than continue to pay escalating rents, this also gave us an opportunity to make a long term commitment to Far North Qld – providing services where they are most needed. I would like to thank Christopher, the executive management team and of course all the staff in Cairns for their considerable work over the year to ensure the purchase was a financial and operational success.

As in previous years, FPQ has been an active member of SH&FPA and continues to contribute to national and international issues. With the appointment of a full time SH&FPA CEO, this year has seen SH&FPA working hard with the States on issues of national importance. SH&FPA is coordinating the responses to the National Men’s Health Strategy and the National Women’s Health Strategy and is also responding to the initiatives under the National STI campaign. SH&FPA has also continued to work with member organisations, including FPQ, to develop the second edition of the Contraception Clinical Handbook. This is an important resource for clinicians around the country and a source of revenue and profile for SH&FPA and member organisations. SH&FPA continues its international work with FPNSW, which is contracted to deliver on a number of SH&FPA’s international commitments.

The Board was very excited to welcome Caroline De Costa as an FPQ Director earlier this year. Caroline is a specialist obstetrician and gynaecologist with some 31 years experience and is well known as an advocate for sexual and reproductive health, particularly in the areas of Indigenous issues and abortion law reform. Caroline will be an asset to the Board.

On behalf of the Board, I am proud to report that 2008-2009 was, once again, a successful year for FPQ. In 2010, the organisation is poised to continue to contribute to policy development and research and deliver excellence in clinical services, education, and information. I would like to sincerely thank all the staff, clients, community and key government stakeholders, including Queensland Health, Department of Communities, Education Queensland, Department of Child Safety, Commonwealth Non Schools Program and the Office of Aboriginal and Torres Strait Islander Health and the many other organisations that support FPQ’s activities.

Finally, I would personally like to thank the Board for continuing to volunteer their time and considerable expertise to support the important work of FPQ.

Tricia Davis

Chair's report
In 2008-2009, FPQ continued to be the leading provider in Queensland for sexual and reproductive health clinical services, education, and workforce development programs.

Throughout the year, we coordinated and contributed to health related projects for prisoners in Queensland correctional facilities, projects for young people’s sexual and reproductive health, Indigenous projects, and professional education and training programs. Our professional programs include training international medical graduates working in rural Queensland and supporting the training of general practitioners and nurses in sexual and reproductive health. Our clinical services continue to focus on young people, and others who are disadvantaged and marginalised. This year, 23,053 health professionals participated in our work force development programs, 37,370 participated in our community programs and our clinics managed 21,663 visits during the year. Our clients also include the government and not for profit entities with which FPQ works.

An ongoing challenge for FPQ is to ensure that we have the ability to meet the growing demand for our services, while continuing to satisfy the expectations of our clients and funding bodies. This is not always an easy balance however and 2008-2009 has proven especially challenging. In June this year, FPQ completed its current service agreement with Queensland Health. At this stage, discussions about our long term position are looking quite positive and we look forward to having a new service agreement in place by the beginning of 2010.

As part of our forward planning to strengthen and grow the organisation, we have this year finalised the new FPQ Strategic Plan. This was developed through cross-FPQ consultation directed by a Board sub-committee. To progress this, we continue to negotiate for additional government funding as well as undertaking strategies to raise funds from alternative sources. We are fortunate in having the continued support of Rio Tinto to progress work in our Indigenous program and we will continue to seek similar philanthropic support for other aspects of our work.

FPQ has continued to partner with many organisations throughout the year to ensure that the services we provide are benefiting those most in need. We have formed and fostered good working relationships with a number of government departments, health and medical associations, and community organisations. In October, we held a very successful Abortion in Qld Forum in partnership with Children by Choice, the University of Queensland, James Cook University Department of Obstetrics and Gynaecology and Sexual Health in Cairns. This event enabled a number of key partners throughout Queensland to focus on abortion issues and abortion law reform and positioned us well for the subsequent work in this area that evolved throughout the year.

Abortion law reform issues remain high on our agenda and we have recently joined a number of other partners to work collaboratively through Pro Choice Qld.

On a national level, FPQ participated in the Call for Action on a national sexual and reproductive health strategy. This work assisted FPQ to raise this important issue with the new Queensland Ministerial Advisory Committee. The SH&FPA document formed a strong basis for the work undertaken by this committee to develop a framework through which they could propose the inclusion of reproductive health into national sexual health strategies being developed. During this same period, work commenced on a new National Men’s and Women’s Health Strategy, and FPQ is working with SH&FPA to provide input into these national strategies. Another SH&FPA activity during the year in which FPQ had significant involvement was the publication of the second edition of the Contraception Handbook.

Another area of both strength and challenge for FPQ is our dispersed but well established network of centres throughout regional Queensland. Our ongoing commitment to maintaining our regional presence means that FPQ is uniquely placed to continue to provide a range of sexual and reproductive health services, campaigns and materials that not only respond to identified local needs but engage local populations in their development, delivery and evaluation. The challenge is presented by rising costs in the absence of increased funding.

The Board made significant investments this year to improve our facilities. In August, the Gold Coast staff held an opening at their new offices having successfully moved to larger facilities in Southport. The Alfred Street training room was reopened in March following refurbishment made possible through a grant from the Commonwealth Non Schools Organisations program. With the purchase of a new building for FPQ in Cairns earlier in the year, the Cairns staff undertook a major relocation process and by July this year they were able to move to their new site in Grafton Street. I would like to acknowledge the commitment of all the FPQ staff who successfully managed to undertake major office/clinic relocations throughout the year, while maintaining services to clients. Relocation is an extremely disruptive process and I would like to congratulate all those who managed the move with great patience, perseverance and commitment resulting in minimal disruption to FPQ clients.

The hard work, enthusiasm and dedication of all staff is reflected in the wide range of innovative and successful projects and initiatives highlighted in this report. I would like to thank everyone at FPQ for another very successful and productive year, which is only possible through the ongoing dedication and commitment to excellence from many individuals and teams across the organisation. I would also like to thank the Executive Team for their ongoing work and support to both staff and the organisation as a whole. Through their commitment and dedication, we have been able to move through some difficult situations and achieve some great outcomes for the organisation and our clients during 2008-2009.

It has been another very productive year for FPQ staff and supporters. I am sure that the year ahead will be just as busy but that we will meet our new challenges and continue to provide the highest standard of sexual and reproductive health services to our clients.

Christopher Macaulay
Our year at a glance

- Gold Coast office opening
- 2nd edition Contraception Handbook
- Strategic Plan developed
- Qld Abortion Forum
- Purchase of premises in Cairns
- Harmony Day
- Farewell to five long term FPQ staff
- Sexual Health Conference Perth
- Safe sex. No regrets.
- Dance Party Cairns to say ‘no’ to sexual violence
- Sexual health and BBV resource
- Wendy Darvill training room opened

Wendy Darvill training room opened
Family Planning Queensland (FPQ) has provided sexual and reproductive health services to the population of Queensland since its first clinic session in 1972. FPQ offers clinical, education, information and training services from metropolitan and regional locations throughout the State.

FPQ is a member organisation of Sexual Health & Family Planning Australia (SH&FPA). SH&FPA is a national federation of eight independent state and territory sexual health and family planning organisations. SH&FPA is engaged in networking and advocacy around key national issues. Family planning organisations endeavour to ensure that services are accessible to all Australians, recognising the need to target specific disadvantaged and ‘at-risk’ groups.

FPQ’s vision
Sexual and reproductive health for all.

FPQ’s mission
To promote and achieve sexual and reproductive health for all through excellence in clinical services, education, research, advocacy and by influencing policy development.

Key values
- Respect for others
- Social justice
- Professionalism
- Innovation
- Courage
- Openness and honesty

Funding
FPQ receives the majority of funding from Queensland Health. With this funding, FPQ provides a comprehensive range of clinical, counselling, education, information and training services related to sexual and reproductive health.
FPQ is also funded by the Queensland Government to manage specific projects including the:
- Multicultural Women’s Health Education project on Female Genital Mutilation (FGM)
- Cairns Sexual Assault Service
- Correctional Facilities Education Project
- HIV/AIDS and sexual health training for service providers working with young people
- Children and students with special needs education program
- Workers in the sex industry information project
FPQ also receives a number of short term project grants and raises revenue through self generated income, donations and the generosity of Queensland supporters.

Supporting FPQ
FPQ’s reach throughout Queensland over the past 37 years has been possible through the generous involvement and support of many people. Help support the work of FPQ by making a tax deductible donation today. Your donation, large or small, will be used to improve the sexual and reproductive health of young people, people with disabilities and the general community through the provision of clinical services, health promotion activities and campaigns, outreach services, workshops and seminars and training opportunities.
FPQ is endorsed as a charity by the Australian Taxation Office. All donations over $2.00 are tax deductible. If you would like to make a donation towards a particular service or activity, please contact us via www.fpq.com.au.

About us
During 2008-2009, the FPQ Board established a subcommittee to review and redevelop the organisational strategic plan. Wide ranging consultation with external stakeholders and a series of staff forums contributed to its development.

Sexual and reproductive health for all

FPQ aims to promote sexual and reproductive health for all through the provision of a range of services. The provision of these services will be prioritised over the life of the strategy to reflect the current needs within the communities FPQ serves and the resources available to FPQ to deliver these services in an efficient and effective manner.

The sexual and reproductive health needs of young people will be a priority area for our work, along with working with Indigenous communities and culturally and linguistically diverse communities. FPQ will continue its provision of services across the state from our six clinics and link these services to our professional training role.

To achieve our aim of ‘sexual and reproductive health for all’ we need to focus on the continued expansion of our services, through a balance of direct service delivery of clinical and education services and a model where FPQ facilitates the training and upskilling of other professionals to provide this information more broadly.

We will also expand our role in media campaigns and awareness raising initiatives as part of providing information and awareness on STIs and other factors impacting on sexual and reproductive health. This work will be undertaken where possible in collaboration with other partner agencies such as government departments and other not for profit organisations. An expanded role in the area of research will also be evident throughout the life of this strategy.

FPQ will play an advocacy role to influence the development of new and existing policy at the State and national level. We will also seek to raise the profile of FPQ as an organisation that is well positioned to provide advice and leadership to government, business and professional bodies on matters relating to sexual and reproductive health in Queensland.

Our strategic plan

2009-2011
Program and service development and delivery
Goals: To provide high quality clinical, training, education, and information services using the best available evidence within a quality assurance framework.

Emerging opportunities
Goals: To develop opportunities through research, partnership building, advocacy and marketing to increase the capacity of FPQ and other organisations to respond to the sexual and reproductive health needs of communities throughout Queensland.

Mission statement
To promote and achieve sexual and reproductive health for all through excellence in clinical services, education, research, advocacy and by influencing policy development.

Sustainability
Goals: To acquire and use resources effectively so that FPQ increases its capacity to respond to needs within a secure and sustainable financial environment.

Organisational development and governance
Goals: To continue to improve FPQ resources and facilities to support the provision of excellent service and staff development.
FPQ continues to provide leadership and inclusive approaches to sexual and reproductive health. We aim to ensure that the most disadvantaged populations have the opportunity to access clinical and educational support in meeting their sexual and reproductive health needs. FPQ regularly facilitates and participates in specific partnership projects and service provision to meet our aim.

FPQ clinics
FPQ's clinical services provided more than 21,000 specialised sexual and reproductive health consultations across our six clinics over 2008-2009. More than 70% of clinic visits were provided to people living in Queensland's regional areas. Our clinical practice environment also provides a unique training situation for medical practitioners, registered nurses and undergraduate students who work in other primary care settings or who are involved in medical studies. In their daily work, FPQ clinicians face the challenges of providing both quality services to clients, whilst supervising and facilitating training for a range of FPQ course participants. More than 1,743 hours of clinical training placement took place across FPQ over 2008-2009, much of this (1,216 hours) occurred in the Brisbane clinic where provision of training has become a specific focus.

Clinical education partnerships
FPQ was contracted by the Centre for International Medical Graduates (CIMG), a facility of Queensland Health that provides training support for IMGs employed by Queensland Health, to provide cervical screening training workshops in 2008-2009. Building upon the successful model of training developed for a previous general practitioner cervical screening project, FPQ conducted nine workshops at CIMG for doctors working in various settings in Queensland public hospitals. The training receives overwhelmingly positive evaluations from participants, with particular emphasis on the value of the simulated client component.

FPQ staff returned to Bundaberg and Hervey Bay in 2009 to deliver, in partnership with the GP Links Wide Bay (a Division of General Practice), a range of training for GPs, practice nurses and medical students. Adolescent sexual health and contraceptive update seminars were held in both centres, as well as a Pap smear provider course, while GP cervical screening workshops and Implanon® training were held in Bundaberg.

In collaboration with the Royal Women’s Hospital in Brisbane, FPQ developed, and in April 2008 piloted, a contraception education module for doctors undertaking training for The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) specialised obstetrics, and women’s health diploma (DRANZCOG). (The diploma of the RANZCOG (DRANZCOG) is a six month training program for general practitioners who require further training in women’s reproductive health).

FPQ has continued to work with a range of key partners including the University of Queensland School of Medicine, Queensland Cervical Screening Program and the Royal Flying Doctor Service Rural Remote Women’s Program to deliver and review tailored education and training in sexual and reproductive health for doctors and nurses.

Highlights and initiatives
### Workforce development

<table>
<thead>
<tr>
<th></th>
<th>Total Participants</th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Practitioners</td>
<td></td>
<td>1,925</td>
<td>1,685</td>
</tr>
<tr>
<td>Nurses</td>
<td></td>
<td>765</td>
<td>664</td>
</tr>
<tr>
<td>Teachers</td>
<td></td>
<td>1,675</td>
<td>1,862</td>
</tr>
<tr>
<td>Indigenous Health Workers</td>
<td></td>
<td>390</td>
<td>203</td>
</tr>
<tr>
<td>Disability Workers</td>
<td></td>
<td>1,722</td>
<td>3,370</td>
</tr>
<tr>
<td>Allied Health Workers</td>
<td></td>
<td>11,025</td>
<td>7,514</td>
</tr>
<tr>
<td>Other Non-Health Workers</td>
<td></td>
<td>4,896</td>
<td>5,055</td>
</tr>
<tr>
<td>Medical Students</td>
<td></td>
<td>117</td>
<td>108</td>
</tr>
<tr>
<td>Nursing Students</td>
<td></td>
<td>58</td>
<td>82</td>
</tr>
<tr>
<td>Teaching Students</td>
<td></td>
<td>153</td>
<td>278</td>
</tr>
<tr>
<td>Other Tertiary Students</td>
<td></td>
<td>327</td>
<td>103</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>23,053</td>
<td>20,924</td>
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### Community education

<table>
<thead>
<tr>
<th></th>
<th>Total Participants</th>
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</thead>
<tbody>
<tr>
<td>Primary School Children (12 yrs and under)</td>
<td>22,794</td>
<td></td>
</tr>
<tr>
<td>Young People (13-24yrs)</td>
<td>4,493</td>
<td></td>
</tr>
<tr>
<td>People with a Disability</td>
<td>638</td>
<td></td>
</tr>
<tr>
<td>Aboriginal and Torres Strait Islanders</td>
<td>703</td>
<td></td>
</tr>
<tr>
<td>CALD People</td>
<td>2,825</td>
<td></td>
</tr>
<tr>
<td>General Public</td>
<td>2,503</td>
<td></td>
</tr>
<tr>
<td>Other Targeted Groups</td>
<td>1,421</td>
<td></td>
</tr>
<tr>
<td>Parents</td>
<td>1,967</td>
<td></td>
</tr>
<tr>
<td>Women’s Groups</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>37,370</td>
<td></td>
</tr>
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### Clinic

#### Consultations

<table>
<thead>
<tr>
<th></th>
<th>Number of Clients</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Clients</td>
<td>13,598</td>
<td></td>
</tr>
<tr>
<td>Number of Visits</td>
<td>21,663</td>
<td></td>
</tr>
</tbody>
</table>

#### Age of Clients

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 15</td>
<td>1.0%</td>
</tr>
<tr>
<td>15-19</td>
<td>12.1%</td>
</tr>
<tr>
<td>20-24</td>
<td>15.1%</td>
</tr>
<tr>
<td>25-29</td>
<td>13.6%</td>
</tr>
<tr>
<td>30-34</td>
<td>11.3%</td>
</tr>
<tr>
<td>35-39</td>
<td>11.7%</td>
</tr>
<tr>
<td>40-54</td>
<td>26.3%</td>
</tr>
<tr>
<td>55 and over</td>
<td>8.7%</td>
</tr>
<tr>
<td>Age not given</td>
<td>0.2%</td>
</tr>
<tr>
<td>Total</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

#### Services provided

<table>
<thead>
<tr>
<th>Service</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contraception</td>
<td>36.2%</td>
</tr>
<tr>
<td>STI</td>
<td>8.7%</td>
</tr>
<tr>
<td>Gynaecological</td>
<td>43.6%</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>3.3%</td>
</tr>
<tr>
<td>Other</td>
<td>7.1%</td>
</tr>
<tr>
<td>Unknown</td>
<td>1.1%</td>
</tr>
<tr>
<td>Total visits</td>
<td>100.0%</td>
</tr>
</tbody>
</table>
Multicultural Women’s Health Education project on Female Genital Mutilation (FGM)

This project focuses on the prevention of FGM and increasing the access of affected women to information and services to improve their sexual and reproductive health.

The project aims to mobilise affected communities, health professionals, religious leaders, traditional leaders, women and men – through education and information – to change their mindset and involve them in preventing FGM.

FPQ’s project coordinator, Odette Tewfik, has had a very busy year participating in, attending and organising various programs and conferences, including internationally, educating and informing multicultural communities about FGM.

Supporting workforce development

Online professional development

FPQ supports school communities with promoting healthy sexual development in students. School Guidance Officers play a key role in supporting the implementation of early intervention and health promotion programs and are responsive to the personal, social, emotional and educational needs of students.

In collaboration with the Department of Education and Training (DET), FPQ developed two online training sessions and workbook materials to provide professional development opportunities for Guidance Officers and other Education Queensland staff. The online videos (vodcasts), Traffic Lights Framework: Promoting healthy sexual behaviours in students, are located on the Learning Place pages of DET’s website and can be accessed by all staff including those from regional and remote locations. The learning materials accompanying the vodcasts were designed to promote collaborative learning circles within school communities.

Highlights and initiatives
FPQ remains the leading organisation promoting positive dialogue about sexuality in Queensland. In the past year, FPQ has increased its advocacy activities to promote effective responses and motivate action to address sexual and reproductive health needs and reforms.

Abortion in Queensland conference

On 17 October 2008, the Abortion in Queensland conference was held at the University of Queensland. The event was a joint initiative of Children by Choice, Family Planning Queensland, Dr Caroline de Costa of James Cook University Department of Obstetrics and Gynaecology, and Dr Darren Russell of Sexual Health in Cairns.

A key goal of the conference was to bring together interested parties including medical experts, legal advocates and decision makers at a time when abortion law reform in Victoria was occurring to capitalise upon that momentum and highlight the situation in Queensland including the need for similar legal reform.

Abortion remains an offence under sections of Queensland’s Criminal Code, in laws enacted over 100 years ago. While abortions are lawful under medical supervision in some circumstances, sections of the Criminal Code remain subject to judicial interpretation as to the meaning of ‘lawful’. This ambiguity means that health professionals and women are open to the risk of prosecution. It has also resulted in this important area of women’s health receiving little attention in health policy development and the lack of reliable well planned delivery of services. This situation continues to have a significant impact on women’s lives, particularly those living in regional, rural and remote areas of Queensland. A further consequence of the current situation is the limited training of medical practitioners to provide quality services. FPQ has advocated for the provision of safe, legal and affordable abortion services in Queensland for some years.

A range of speakers addressed the current situation of abortion access, provision, policy and law in Queensland. These included Dr Margaret Sparrow – Abortion Law Reform Association of New Zealand, Dr Heather Douglas from the University of Queensland Law Faculty, Dr Chris Bayley from the Royal Women’s Hospital, Melbourne, and Dr Carol Portmann from the Royal Women’s Hospital, Brisbane. The challenges and issues faced currently in Queensland from the perspective of abortion service providers themselves were then explored in a panel discussion. From the discussion, a number of key challenges were identified including:

- Geographical disadvantage for women in regional, rural and remote areas of Queensland in accessing affordable abortion services.
- Legal uncertainty in Queensland and, in particular, the legal status of medical abortion.
- Succession planning and training of doctors to ensure service availability into the future.

A number of recommendations were made. There was overwhelming support from the conference participants for the need to pursue abortion law reform by the removal of abortion from the Queensland Criminal Code, with abortion remaining subject to appropriate health regulations, as has occurred in most other Australian States. Another key recommendation related to the importance of advocating for medical abortion availability that conforms to international best practice, which would include increased availability of Mifepristone.

The endorsement of these recommendations by conference participants has provided an important platform for the continuing efforts of FPQ and its partners to continue advocating at both a political and policy level to improve access to services for women.
Protocols developed to manage sexual assault responses
A committed approach from the three lead agencies – the Queensland Police Service (QPS), FPQ Cairns Sexual Assault Service, and Queensland Health – resulted in the development and implementation of new protocols to better support the legal, medical and psychological outcomes for those people who have been sexually assaulted. The agreements reinforce that the safety and rights of survivors are paramount, and help to ensure survivors are supported at the vital first contact with a health provider. The protocols also serve to ensure that survivors receive ongoing support through the recovery process and prosecution of the offender.

The project was funded by the QPS’ Community Crime Prevention Fund and managed by a committee comprised of representatives from FPQ Cairns Sexual Assault Service, QPS, Queensland Health, Cairns Regional Domestic Violence Service, Tablelands Sexual Assault Service and the Division of General Practice Cairns. Research had indicated that sensitive and effective communication at first contact following recent sexual assault encourages victims to report the crime and to engage in the criminal justice process, as well as reducing long term detrimental impacts. These in turn lead to better knowledge of the real incidence of sexual assault, increased community education and awareness, and better prevention efforts. The collaboration between the various key agencies to develop the protocols means that survivors of sexual assault will receive coordinated, planned, and supportive medical and legal attention in Cairns.


GP cervical screening skills update project evaluation
June 2009 saw the completion of the three year project, funded by the Queensland Health Cervical Screening Program, established to provide cervical screening skills for GPs in Queensland. More than 279 GPs from all over Queensland have participated in 24 workshops. In April 2009, the Rural Health Research Unit of James Cook University was contracted to formally evaluate the program through follow up of previous participants and interviews with key stakeholders. The final report, released in July 2009, concluded:

- Overall, the consensus from participants, facilitators and stakeholders was that the GPCSSU program is an educationally sound and very positively regarded training intervention.
- The use of simulated clients in training and feedback is appreciated by participants, particularly those with limited experience in cervical screening, and is regarded positively by other training organisations.
- There is evidence from participant feedback of an increase in self-reported knowledge and skills of participants around cervical screening.
- Early engagement with Divisions of General Practice and other stakeholder groups has been a strength, and the program appears to be successfully reaching many of its target GPs, particularly international medical graduates (IMGs).

FPQ has successfully tendered for funding to provide GP cervical skills training for a further 12 months and will use the recommendations from the evaluation report to strengthen the program.

Highlights and initiatives
FPQ commissioned Galaxy research to find out what Queensland parents think about sexuality education. The State wide study found 82% supported comprehensive sexuality education. This was the same amongst mothers and fathers, residents in metropolitan and regional areas and among those with different religious beliefs.

Liaison with Education Queensland and publication of healthy relationships module

The focus of FPQ’s shared work this year with Education Queensland has been collaboration on a project with staff in the Teaching and Learning Branch to develop a module that teachers can use with year 7 students called Emerging relationships and feelings of attraction.

The module was developed to assist students to develop an understanding of the influences on relationships, and the interaction between decision making and enhanced health and wellbeing. Topics explored through the module include the personal, social and cultural factors that influence sexual identity, how an emerging sense of self can include feelings of attraction for other people and exploring the underlying values systems that underpin the information and advice young people are given about emerging relationships in popular media.

Disability program

FPQ and the Queensland Centre for Intellectual and Developmental Disability (QCIDD) formed a successful partnership and established the Relationships, Sexuality and Disability Network (RSDN).

Many professionals in the disability sector had expressed interest in supporting the needs of people with a disability related to sexuality but were uncertain about roles and expertise. Professional development in the sector is not always possible or accessible due to both time and financial constraints. The provision of an informal network helps to address this shortfall through educational presentations and the opportunity for colleagues and practitioners to exchange knowledge and propose solutions.

The network meets approximately six weekly and interest and attendance levels to date are proof of the essential nature of such services.

Sexuality education and parents in Queensland – busting the myths

In the work that FPQ undertakes throughout Queensland supporting schools, teachers and parents, and working with young people directly, we are often confronted with misinformation and fears about this area. Even where parents and schools have implemented excellent education programs, they fear that they are ‘out on a limb’ when it comes to being supported politically and publicly if attention is drawn to their work; much less if a complaint is made.

FPQ commissioned Galaxy research to find out what Queensland parents think about sexuality education. The State wide study found 82% supported comprehensive sexuality education. This was the same amongst mothers and fathers, residents in metropolitan and regional areas and among those with different religious beliefs.

- 82% support the provision of school-based comprehensive sexuality education.
- The components of the curriculum which received most support were preventing sexual abuse, sexual development, relationships and sexual health.
- Preventing sexual abuse was rated as the most important topic for school children to learn about, followed by sexual development.
- 86% believe that students need information before they reach puberty.
- 78% think it appropriate for students to receive more sexuality education in schools.
- 72% would be concerned if there was no sexuality education in schools.
- 73% would find it helpful to receive information that would enable them to talk to their children about sexuality issues.

In addition, the study found that parents recognise that the teaching of sexuality issues can increase the use of contraception and safe sex practices and 87% of those surveyed believe that sexuality education can even increase the likelihood of having healthy relationships.
Research undertaken

Each year, FPQ staff are involved in a range of research projects related to sexual and reproductive health, often with an educational and/or clinical focus. This year, FPQ staff have been responsible for the following research:


Harvey, C. (2007-2009). Implanon® audit. Funded by Organon Australia (now a division of Schering Plough) and Family Planning Queensland.


Conferences

Each year, FPQ staff present at conferences in all areas of our work. This year, FPQ staff have been responsible for the following conference presentations:

It’s ok to talk about private body parts: Learning about sexuality as a foundation for future wellbeing. Paper presented at Birth to Three Matters: Foundations for Research, Policy and Practice, Griffith University.

Contraception update. Paper presented at The annual women’s and children’s health update, University of Queensland.


Models of engaging bi-cultural workers in the health sector in Australia. Paper presented at the Inter-African Committee on Traditional Practices (IAC) 7th general assembly and international conference, Sonata Hotel, Cairo, Egypt.

Meeting our obligations: Understanding and responding to the sexuality needs of children and young people in care. Paper presented at Child Safety Research Conference, Brisbane.


Promoting Sexual Health for Young People. Paper presented at the General Practice Nurse Conference, Royal Brisbane and Women’s Hospital, Harston.


Transitions for Life – A considered approach to sexuality and puberty education for students with special needs. Paper presented at the AASE/ PASS Conference – Australian Association of Special Education and Principals Association of Special Schools. Melbourne.


Feel safe – Self-protection education for young people with special needs. Paper presented at the 9th World Congress for Sexual Health, Goteborg, Sweden.
The strength of FPQ’s investment in its regional centres and in its workforce is demonstrated by the capacity of the organisation to undertake specialised short-term projects. FPQ has an excellent reputation among government and non-government funding sources for managing innovative projects that meet timelines and budgets. Through the projects managed, we also strengthen local partnerships and demonstrate flexibility in responding to local needs.

Another key factor in FPQ’s excellent reputation as a project manager is the invaluable support provided by the behind the scenes staff in the Information and Resource Centre and IT areas. Project staff are supported by having ready electronic access to the evidence base for work being undertaken, having effective communications materials, and engagement with ever evolving IT systems, including intranet, website and database development and support.

FPQ Cairns – Taking risks? Use condoms and take a test

Throughout 2008-2009, FPQ worked on development of a campaign to inform Cairns’ locals that Australian travellers’ relaxed attitudes to sexual safety may be placing them and other travellers at-risk of exposure to sexually transmissible infections (STIs). As a ‘premier regional city’ and international gateway to and from Australia, FPQ, working with the ‘Travellers’ Project’ steering committee, launched a health promotion campaign to highlight the necessity for those travelling between Cairns and neighbouring countries with an identified higher prevalence of HIV to engage in safe sex practices.

The new campaign was developed after consultation between key business and health stakeholders to address a spike in the rates of STIs, most worryingly HIV, amongst local heterosexual males. The results of focus group testing were applied to develop specifically targeted educational materials for those travelling between Cairns and Papua New Guinea.

The sexual health promotion campaign featured posters with the slogan, Taking risks? Use condoms and take a test, and advertising material that was placed in the inflight magazines of airlines flying out of Cairns.

Highlights and initiatives
‘Indigenous Health Worker’ project – Rio Tinto Aboriginal Fund

The Aboriginal medical service health worker sexual and reproductive health skills program (‘Indigenous Health Worker’ project), which is generously funded through the Rio Tinto Aboriginal Fund and managed by Jenni Harmony, FPQ Cairns, is now in its second year.

This year, FPQ delivered training to health workers from Aboriginal medical services in the Toowoomba area (Dalby, St George, Toowoomba and Ipswich). The 4 day course was a huge success. Highlights included Indigenous guest speakers from the Queensland Aboriginal and Islander Health Council (QAIHC) and the Snake Condom Project (Marie Stopes Aboriginal and Torres Strait Islander Health Program).

FPQ plans to deliver the 3rd and final round of training to Indigenous Health Workers in the Rockhampton region in March, 2010.

Campaign: Safe sex. No regrets.

It is estimated that more than 11,000 Queenslanders are infected with Chlamydia and only 44% of men and 35% of women always use condoms with casual partners. This campaign was funded by Queensland Health in response to rising rates of STIs among 18-35 year olds, in an attempt to prompt young adults to rethink risky sex.

In association with Queensland Health and other country based non government organisations, FPQ distributed campaign materials through bars and clubs in Brisbane’s central business district and major regional centres, throughout venues, online and through street press.

Correctional Facilities Education project

With continuing concerns regarding the estimated high rates of Hepatitis C infection within the Queensland prisoner population, as well as concerns regarding other blood borne viruses and sexually transmissible infections, the Correctional Facilities Education project continues to work towards addressing such health issues within Queensland correctional settings. During this year, the project focused more specifically on supporting the introduction of the Queensland Corrective Services HIV, Hepatitis C and Sexually Transmissible Infections Strategy 2008-2011. This included supporting policy and resource development, as well as an increased focus on workforce development, training and education for custodial and other staff within Queensland Corrective Services, along with the continued focus on delivering education, training and advocacy for Queensland prisoners affected by blood borne viruses and sexually transmissible infections. The project works closely with other agencies in delivering services within Queensland correctional settings.
Sunshine Coast Indigenous young people’s sexual health project

This community development project is funded by the Office of Aboriginal and Torres Strait Islander Health (OATSIH). Over three years, the project goals include improving the sexual and reproductive health of Aboriginal and Torres Strait Islander young people aged 12-24 (in the region covered by FPQ Sunshine Coast). FPQ is working toward these goals by assisting people to develop a level of comfort, confidence, communication, knowledge and access related to STIs, contraception, health checks, condom use and Sunshine Coast sexual health services.

The project also aims to build the capacity of the parents, carers and professionals who support these young people by involving them in activities with young people and by providing a Yarmin’ Together Without the Shame workshop (held in Gympie in March).

Jo Stewart, project officer with FPQ Sunshine Coast, was invited by the steering committee that organises the Black Swans monthly touch football and health workshops to join the committee and run puberty and sexual health workshops for Indigenous young people. Since then, activities for approximately 54 young people have included 10 monthly health workshops and 8 art workshops to raise awareness and encourage visiting the sexual health clinic. Planning has also commenced for a leadership camp and a regional touch football carnival that will contain educational activities related to sexual health. During the year, the Deadly Murris youth advisory group (aged 14-21) was formed and these young people have been part of the decision making regarding all aspects of the Black Swans Big Day Out training days, including the workshops.

FPQ Sunshine Coast wishes to acknowledge the great outcomes so far that have resulted, in the large part, from the continued support of the Aboriginal and Torres Strait Islander Community (up to 60 babies, children, young people, parents, carers and elders attend the monthly gathering), the very hard working Black Swans steering committee and the Deadly Murris.

Children and young people in care

FPQ has further developed the services being offered to children and young people in care and the carers and professionals who support them. This has been made possible through funding from the Department of Communities: Child Safety Services. The Children in Care: Sexuality and Relationships project has enabled FPQ to follow some of the recommendations from the 2008 Literature Review, Setting and Solutions: Supporting access to sexuality and relationships information for children in care. This review highlighted that young people in care have poorer sexual health outcomes than their peers not in care. The project supports a part time educator to provide State wide professional training, develop advanced training modules for foster and kinship carers, and to also produce three fact sheets. The Children in Care: Sexuality and Relationships project has helped to put the issue of sexuality on the Child Protection agenda in Queensland.

FPQ has in place a unique network of regional centres that work to provide for and respond to the sexual and reproductive health needs of regional communities. FPQ uses this regional infrastructure and its partnerships to bring education, training, courses and other services to areas in most need, and to facilitate placements for practical professional development.
Bundaberg education office

This year has been a year of building partnerships for the Bundaberg office. The team has participated in the Bundaberg Youth Forum and the Lesbian, Gay, Bisexual, and Transgender (LGBT) Suicide Prevention Taskforce, as well as rural service provider networks. The results of these activities include the formulation and delivery of professional development workshops for school-based youth health nurses, youth mental health workers and non-government youth service providers.

Relations have been developed over some years by the team with the Indigenous Wellbeing Centre (IWC) in Bundaberg, Queensland Health Beautiful Sisters Together and the local Indigenous community. These relationships are enabling FPQ to deliver workshops to Indigenous parents and Indigenous youth at the IWC.

During 2008-2009, our new and enthusiastic Queensland Health Indigenous Health Worker, Kylie Mogg, attended a ‘Yarnin Together Without the Shame’ workshop in Gympie and returned to Bundaberg keen to see a similar event take place here. Inspired by this event, FPQ, with Queensland Health, approached the IWC, and later Youth Services, to collaborate and deliver this wonderful professional development workshop to service providers working with Indigenous youth. With tremendous practical and moral support from Jo Stewart from FPQ Sunshine Coast, we delivered this full day workshop on 24 June. There are now plans to deliver 2 or 3 more similar workshops in our region in 2009-2010. There is also interest in the workshop from two nearby centres.

Communities for children project

The Cairns South Communities for children project is an initiative funded by the Australian Government under the Stronger Families and Communities Strategy, facilitated by Mission Australia. It is focused on children from birth to 5 years living in the Cairns South and Yarrabah areas, their families and their communities, and aims to give children a better start in life.

Under this project, FPQ Cairns delivered free workshops and participated in community events to promote healthy sexuality and reinforce self protection skills in the early years. Training and information sessions have been provided to early childhood staff, parents and carers and to staff at Gurriny Yealamucka Health Service, Yarrabah.

Purchase of new premises for FPQ Cairns

This year, FPQ strengthened its northern regional position through the purchase of a building in Cairns. The building will house FPQ Cairns’ clinical, health promotion, education and sexual assault counselling services. The decision to make such an investment was deliberated upon thoroughly and after reviewing and comparing rising market rent rates, FPQ’s ability to meet clients’ needs in a suitable clinical and counselling environment, and the opportunity to make a long term commitment to Far North Queensland, FPQ made a bold move and purchased the building at Grafton Street, Cairns.

Dance party to say ‘no’ to sexual violence

At the end of October 2008, FPQ’s hardworking Cairns staff supported the FPQ Cairns Sexual Assault Services and the Cairns Police to hold a Reclaim the night Halloween dance party. The dance party served to mark Sexual Violence Awareness Month, as well as calling for the young people of Cairns to say ‘YES’ to safety and respect in relationships.
FPQ continues to develop and improve its intellectual and capital assets to enhance service efficiencies and to provide clients and staff with the best possible resources in the areas of sexuality and reproductive health. The examples of resource development from this past year indicate the commitment, quality and focus on progress to which FPQ is dedicated.

**New section of FPQ website for teachers and schools on sexuality education**

FPQ has prepared a new section for our public website specifically aimed at teachers and schools about sexuality education. We envisage this dynamic section of the website becoming an important online community comprised of personnel from the education sector.

**Sexual and reproductive health and BBV resource**

FPQ collated the fourth edition of the sexual and reproductive health and blood borne virus (BBV) resource. The resource comes in CD format and enables immediate access to high-standard, up-to-date factsheets, information and resources across the HIV/AIDS, hepatitis, sexual and reproductive health and BBV program areas. Bringing together print resources from a range of different services, this valuable tool aims to enhance clinical practice particularly in settings where access to resources is not reliable or available.

**Contraception: an Australian clinical practice handbook – second edition**

The second edition of the handbook, co-authored by medical experts from member organisations of SH&FPA, was updated to include the latest international research and expert opinion on all methods of contraception. The handbook aims to support and promote optimal clinical practice by providing GPs and nurses with evidence-based consensus recommendations on contraceptive delivery in the Australian setting.

FPQ offers the handbook in either A4 book format or as a resource package with book and CD. This handbook is a massively popular and useful guide, and thoroughly researched and presented resource.

**New resource – early childhood sector**

This year, FPQ proudly launched a new resource for the early childhood sector – *Where do I start? Supporting healthy sexual development in early childhood*. The resource is an educational DVD and guide written to provide information about supporting children’s healthy sexual development for those who work with and care for young children aged 0-5 years. The DVD demonstrates ways that early childhood professionals can support children’s healthy development and provides strategies and activity suggestions to support children’s learning about bodies and body ownership, relationships, feelings and being safe.

The development of this resource involved collaboration with external partners, particularly Early Childhood Australia, Queensland, and Ramsay Bourne. Discussing challenges faced by early childhood professionals in their daily work assisted FPQ with selecting and developing topics that were addressed in the resource. Early Childhood Australia endorsed the DVD and production was made possible through funding provided by the Queensland Government’s Gambling Community Benefit Fund.

*Where do I start?* was launched at C&K Central Office in Brisbane with speeches from guests from Early Childhood Australia and FPQ, a viewing of the DVD, and morning tea.
Our staff
Please cut out and fax this completed form to (07) 3250 0294 or fold and post using the reply paid address on reverse.

We are eager to meet the expectations of our clients, supporters, government stakeholders, the community and our associates. We request your feedback to assist us to continually improve. We appreciate your time and thoughts.

I read this report as a:

- ○ Staff member
- ○ Government funder/stakeholder
- ○ Allied health practitioner (which?)
- ○ Client of the clinic
- ○ Business person
- ○ Member of a community group
- ○ Client of education services
- ○ Student
- ○ Other (please state, below)
- ○ Client of other Family Planning Queensland services (which?)
- ○ Medical practitioner

How do you rate our breadth of experience in the areas of sexual and reproductive health?

- ○ Poor
- ○ Fair
- ○ Good
- ○ Very good
- ○ Excellent

Was there anything we did not cover in this report that you would like to see next year?

_________________________

Had you heard of Family Planning Queensland before reading this report, and where/how?

_________________________

Before reading this report, what services did you think Family Planning Queensland might provide?

_________________________

Do you think our name Family Planning Queensland matches our works and services?

_________________________

Do you have any other comments about our services or this report?

_________________________

Would you like to become a member of Family Planning Queensland?

- ○ Yes
- ○ No

Please include me on the Family Planning Queensland mailing list:

Name:

Industry/sector:

Address:

Phone: Fax: Email:
Acknowledgements

FPQ acknowledges the Aboriginal and Torres Strait Islander traditional owners and we thank our Indigenous friends for their continued assistance and acceptance. FPQ also notifies Aboriginal and Torres Strait Islander readers that this publication may contain images or names of people who have since passed away.

FPQ acknowledges the generosity of members, clients and the community.

FPQ also thanks the below entities for their support and donations.

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