



Annual Report 2023-2024





Annual Report 2023-2024

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Sexual Health 2023-2024

The sexual health team at HQ Toronto has had a truly impactful year, and we are incredibly proud of the support and services we have been able to provide to our community.

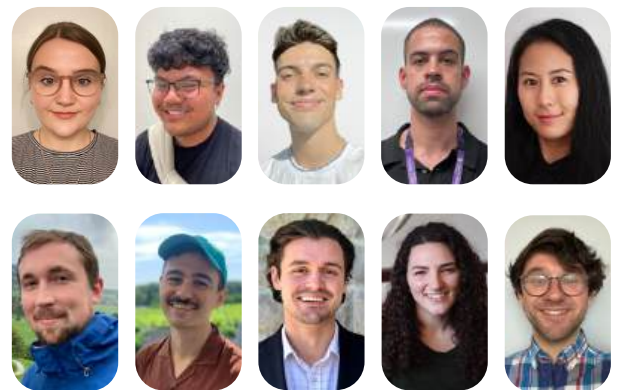
We are grateful for the opportunity to serve the diverse and vibrant populations that we support, including cis guys who are into guys, 2-Spirit, trans, and non-binary individuals.

Our services include easy, drop-in, express, and self-directed sexual health check-ups, making it simple for people to access care on their terms. These services are designed to be convenient, confidential, and inclusive, ensuring that everyone—regardless of their identity—has access to the care they need without barriers or stigma.

Looking back on the year, we are proud of the work we've done to improve access to sexual health care and provide a safe, inclusive space for all. As we move forward, we remain dedicated to continuously enhancing our services and expanding our outreach to ensure that everyone has the opportunity to take care of their sexual health in a compassionate and confidential setting.



Kevin Woodward, MD, FRCP
he/him
Executive & Medical Director

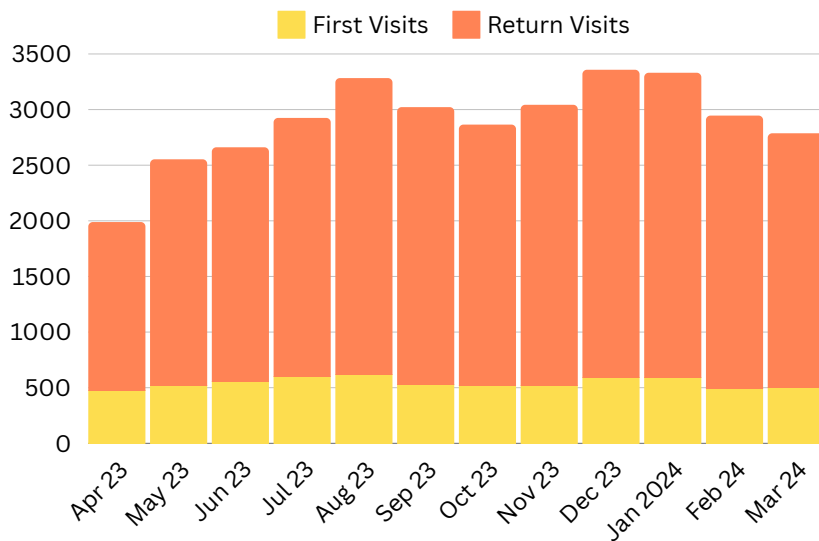


Sexual Health Team



Sexual Health 2023-2024

First time and Returning Visitors



This graph provides a detailed breakdown of the number of service users who visited HQ Toronto from April 2023- March 2024, distinguishing between first-time visits and those who returned for additional services.



Sexual Health 2023-2024

Demographics



Average age of 34



10% living with HIV



Cis men: 88%



Trans men: 0.8%



Trans women: 1.3%



Non binary: 5.6%

Other gender identity: 1.5%

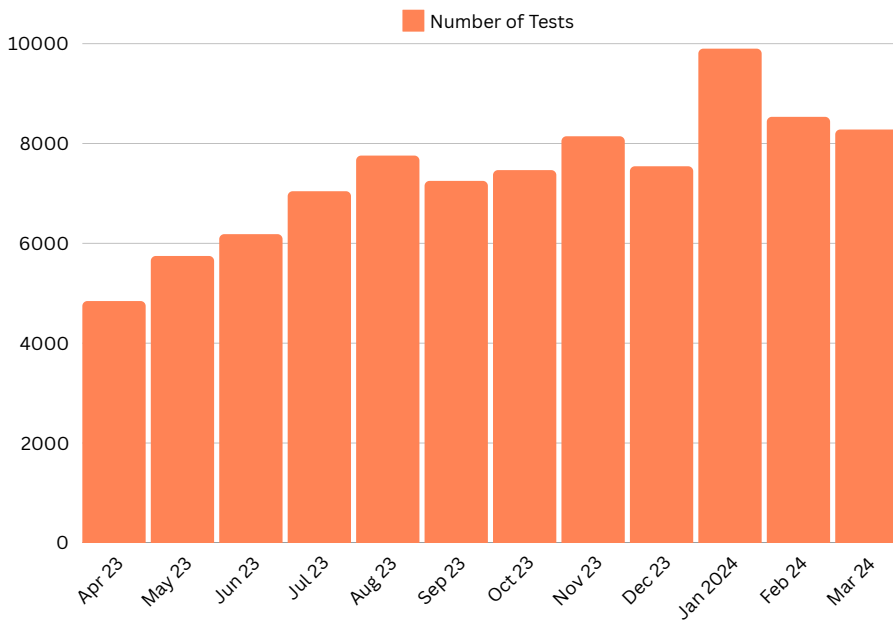


This data provides an overview of the demographics of our service users including age, gender identity and those living with HIV who access care at HQ.



Sexual Health 2023-2024

Overall Tests



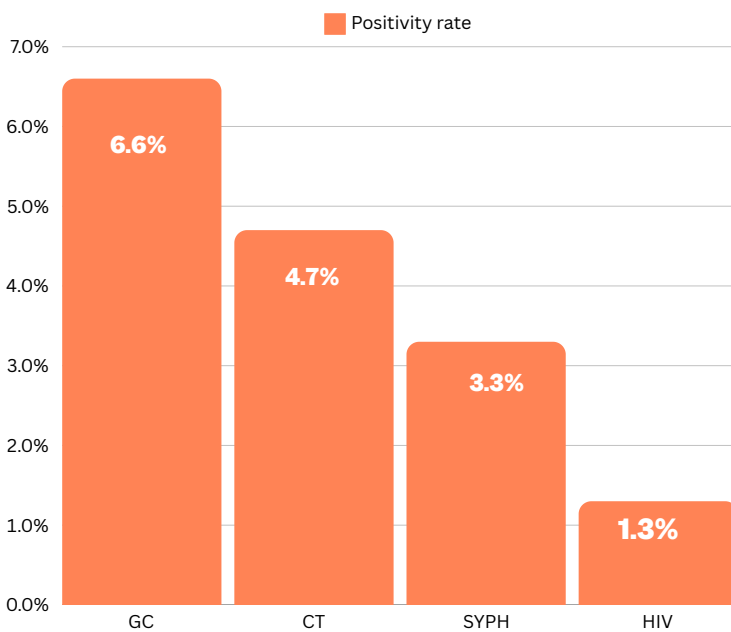
This graph shows the number of tests conducted by HQ Toronto over the past year, capturing the increasing demand for and utilization of our sexual health program.

By tracking and analyzing this data, we are able to better understand trends, allocate resources effectively, and ensure that we are meeting the needs of those we serve.



Sexual Health 2023-2024

STBBI & HIV Tests



This graph illustrates the number of tests conducted over the past year that returned positive results for various sexually transmitted and blood-borne infections (STBBIs).

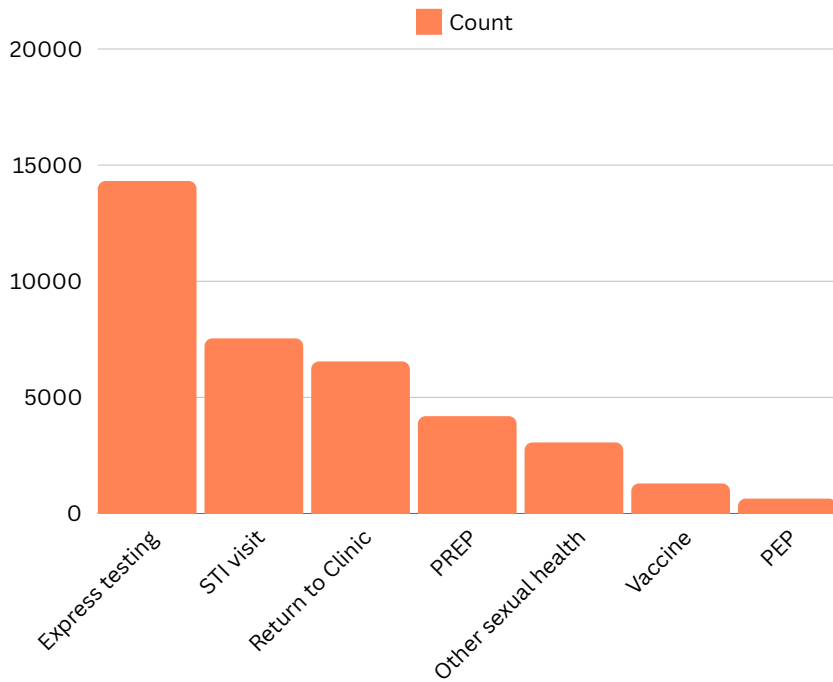
The data shows that 6.6% of tests were positive for gonorrhoea, 4.7% for chlamydia, 3.3% for syphilis, and 1.3% for HIV.

The positivity rate we see at HQ is higher than the provincial average, highlighting the need for services in our community.



Sexual Health 2023-2024

Reasons for Visit



People come to HQ for a wide variety of reasons. Express testing continues to be the most common reason individuals access services at HQ, with the ease of access and testing a key feature for service users.



Sexual Health
2023-2024

Unmet HIV Needs
April 2023 - March 2024

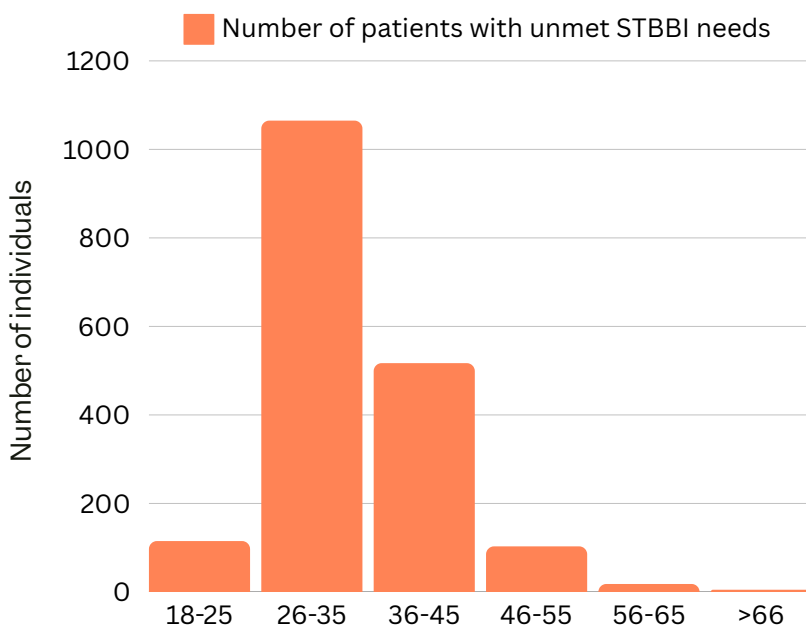
**297 individuals with no OHIP,
living with HIV receiving their
HIV care at HQ**

HQ
Toronto



Sexual Health 2023-2024

Unmet STBBI Needs: Age



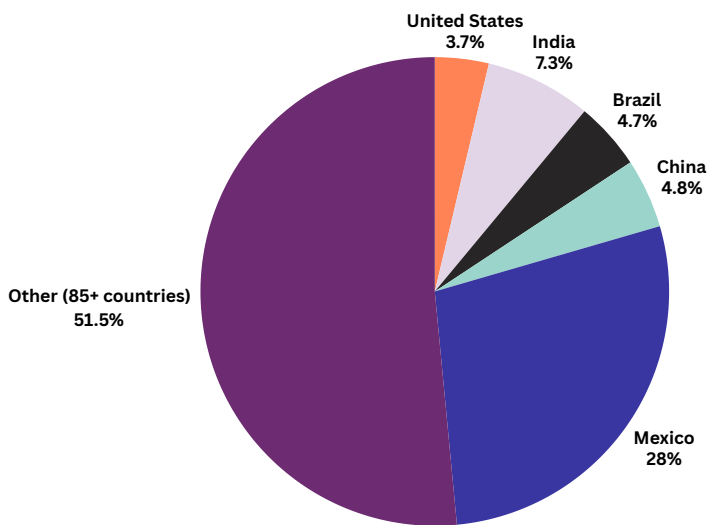
This graph illustrates the age of those individuals accessing care at HQ who have no OHIP, IFH or other provincial or federal coverage.

We continue to provide care for thousands of individuals who would have no access to testing, STBBI treatment or HIV care without HQ.



Sexual Health 2023-2024

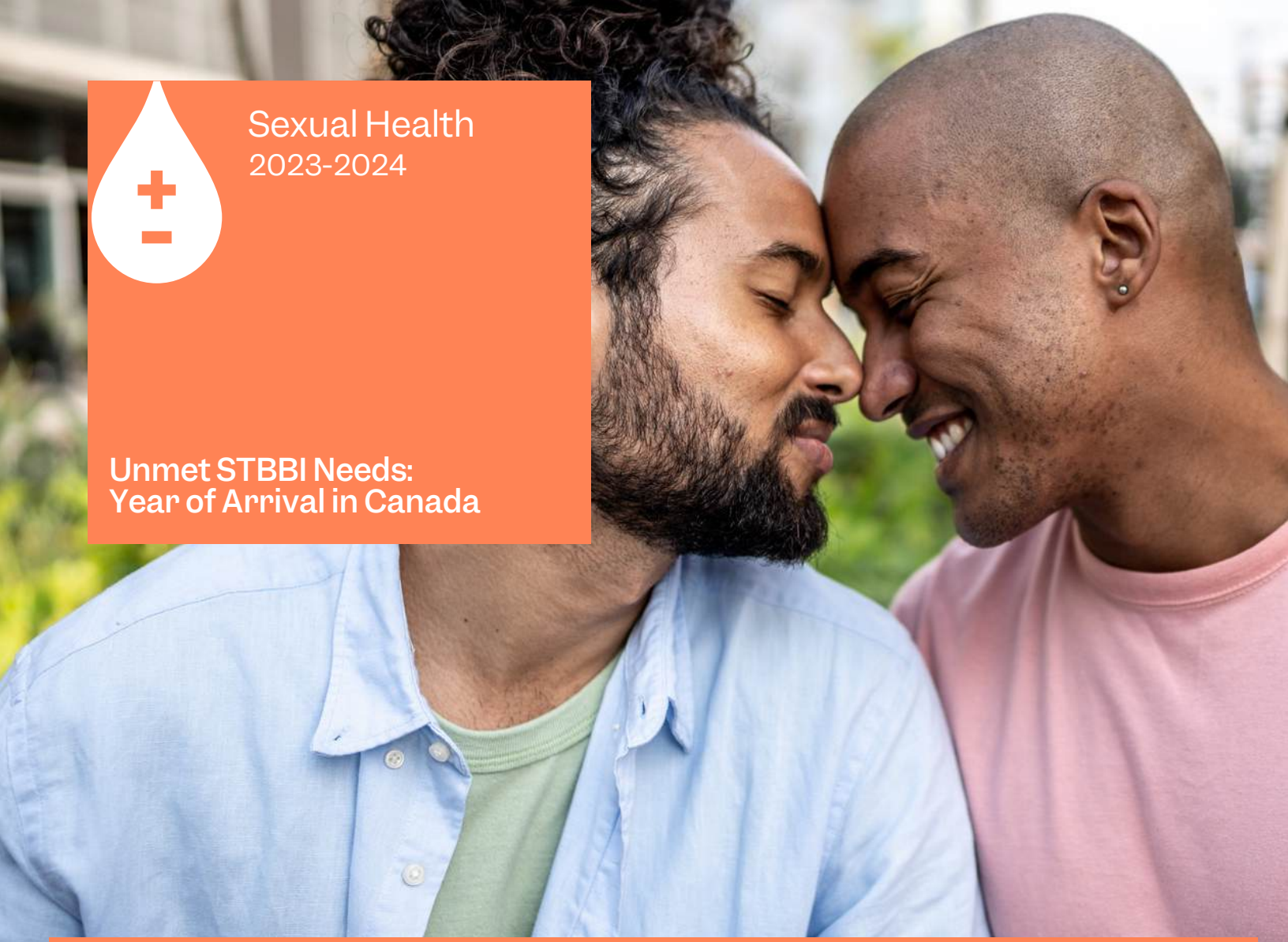
Unmet STBBI Needs: Country of Origin



Other countries of origin (individuals): Ukraine, Saudi Arabia, Peru, Barbados, Thailand, Cyprus, Hungary, Venezuela, Germany, South Korea, Spain, France, Uganda, Nigeria, Guyana, Ghana, Panama, Australia, Jamaica, Pakistan

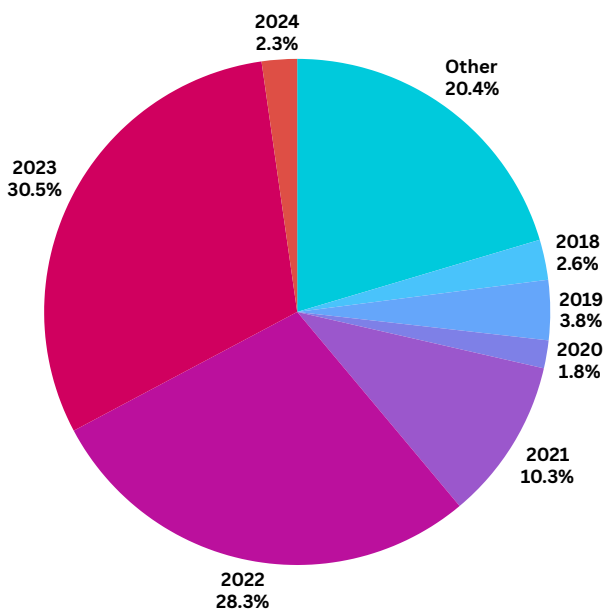


Individuals who are living in Canada but have no access to health care come from all over the world, with the most common country of origin being Mexico, then India, Brazil and China.



Sexual Health
2023-2024

Unmet STBBI Needs:
Year of Arrival in Canada



Many of the individuals with no coverage who access care at HQ have been in Canada for more than a year, and previously had no access to HIV care or testing and treatment for STBBIs.



Mental Health 2023-2024

Over the past year, the mental health team at HQ Toronto has provided support tailored to the unique needs of cis guys into guys, 2-Spirit individuals, and all trans and non-binary people. We have offered accessible, evidence-based mental health services designed to meet the diverse challenges our community faces.

Whether navigating anxiety, depression, trauma, substance use, or other mental health concerns, we care aimed at supporting each individual's well-being and personal growth.

We are proud of the work we've done this year, helping individuals improve their mental health and build resilience.

Your mental health is our priority, and we continue to be here for you, offering the support, guidance, and care you deserve.

As we look to the year ahead, we are excited to expand our services and reach even more individuals in our community, ensuring that everyone has access to the mental health care they need in a supportive and confidential environment.



Tim Guimond, MD, PhD, FRCP
he/him
Mental Health Director

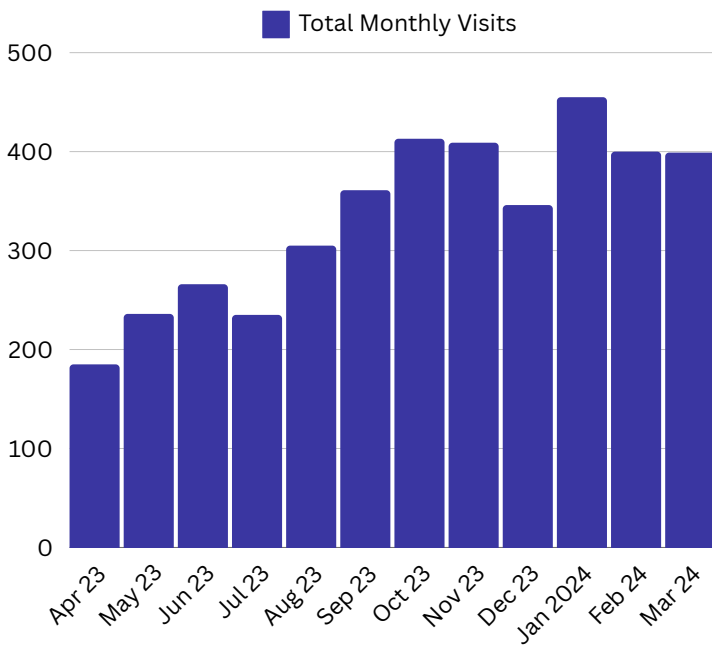


Mental Health & Research Team



Mental Health 2023-2024

Total Monthly Visits



As our clinic has expanded and the number of individuals we serve has steadily increased, the demand for our services has grown significantly.

Through providing care in a group-based format we are able to maximize resources while still tailoring care to specific needs.

We use a stepped-care model with a focus on care for people experiencing issues with addictions, trauma and emotional regulation, using evidence-based therapeutic modalities.



Mental Health 2023-2024

Demographics



Average age of 34



10% living with HIV



Cis men: 88%



Trans men: 0.8%



Trans women: 1.3%



Non binary: 5.6%

Other gender identity :1.5%





This data provides an overview of the demographics of our service users including age, gender identity and those living with HIV who access mental health care at HQ.



Mental Health 2023-2024

Mental Health Requests



	Total HQ	Subpopulations	
			
Number of referrals from primary care or partners	185 (10%)	94 (21%)	68 (19%)
Total number of self-assessment requests	2361 (23%)	409 (37%)	321 (37%)
Mental health support self initiated requests	2194 (21%)	374 (33%)	291 (33%)
Substance use support requests	896 (8.5%)	207 (18%)	116 (13%)
Suicide/self-harm requests	283 (3.1%)	43 (4.7%)	79 (11%)
Using drugs to enhance sex*	3166 (30%)	467 (42%)	339 (39%)

* These patients received self-management information resources

Many individuals are referred by their primary care providers or through one of our partner organizations, seeking specific services or assessments related to psychiatric conditions or substance use disorders.

Approximately 22% of individuals receiving sexual health services also request mental health or substance use support, with an even higher percentage (37%) of individuals living with HIV, as well as transgender and non-binary individuals seeking mental health care.

Each person completes a self-assessment to help us connect them with the appropriate care and resources.



Mental Health 2023-2024

Mental Health Utilization



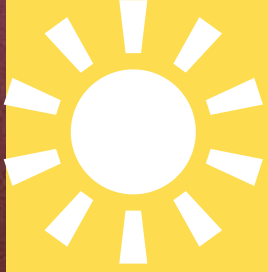
	Total	Subpopulations	
	HQ Toronto	🚫	♂️ ♀️
People have completed a self-assessment	978 (41%)	195 (48%)	161 (50%)
Minor symptoms Self-management	52 (5.3%)	6 (3.1%)	3 (1.9%)
Moderate Symptoms Group only	248 (25%)	48 (25%)	27 (17%)
Severe symptoms Group + assessment	632 (65%)	129 (66%)	125 (78%)

410 individuals seen for individual psychiatric care

When our service users express a need for help, they are invited to complete a self-assessment to better understand their needs and determine the appropriate level of care. This self-assessment can be completed either at the clinic or in the comfort of their own home—whichever setting feels most comfortable and convenient for them.

The results of the self-assessment help us gauge the severity of an individual's symptoms, which in turn allows us to match them with the appropriate level of care and support.

Nearly two-thirds of our service users report experiencing severe symptoms, indicating a high level of need.



Social Programs 2023-2024

This year, Social Programming at HQ Toronto has focused on creating a strong sense of belonging for individuals who may not have come out or been fully accepted by their social circles.

Our efforts to promote community and belonging include:

- A safe, inclusive space for all individuals.
- Legal services for queer newcomers and refugees.
- A Trans ID clinic for the trans and non-binary communities.
- Rooms for Indigenous practices.
- A range of diverse community programs and support services.

Looking back on the year, we are proud of the work we've done to create and host programming for our community.

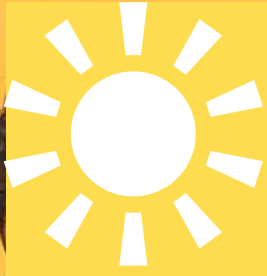
Some of the programs that we have hosted in 2023-2024 are highlighted here.



Osmel Guerra Maynes
Director, Philanthropy,
Community & Engagement



Social Programs & Operations Team



Social Programs 2023-2024



2 Spirit / Trans* Sharing and Teaching Circle

HQ Toronto is proud to partner with Two-Spirit People of the First Nations for an evening of sharing, teachings, and community building, celebrating Indigenous Two-Spirit and Trans* communities.

Sexual Health & Wellness Session for LGBTQ+ Newcomers & Refugees

HQ Toronto, in collaboration with MCC Toronto, invites LGBTQIA+ newcomers and refugees for conversations, programming, and STBI/HIV testing. Join us for support, resources, and a welcoming community space.

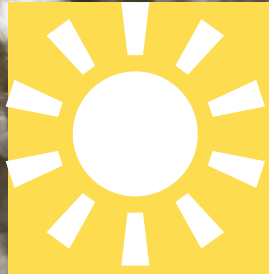
Smart Recovery

SMART Recovery offers a fresh approach to overcoming addiction. It focuses on self-management and recovery, guiding individuals towards positive change. Join the group every Monday evening at HQ Toronto.

Love, Sex in the Age of Apps

Love, Sex in the Age of Apps is a program for gay and bisexual men aged 50+ that supports navigating connections in the digital age. It helps build skills for managing sex and relationships, aiming to reduce loneliness, address substance use, and promote healthier, more fulfilling connections.





Social Programs 2023-2024

2STNB and Legal Services



Trans Chekondo me

HQ Toronto, in collaboration with ViVir LGBTQ+, invites you to join VIVI'R and HQ for a night of free and confidential testing. There will also be an exchange of information on how to navigate sexual health, immigration, and social services.

Bees and Things and Flowers (BTF)

HQ Toronto presents Bees and Things and Flowers (BTF), a sharing circle for Two-Spirit, trans, and non-binary individuals to explore topics like sex, love, intimacy, body positivity, hormone therapy, trans surgeries, HIV, and gender-affirming care. Join us for open dialogue and support in a safe space.

Trans Cinema Club

HQ Toronto presents Trans Cinema Night! Enjoy a selection of diverse films that celebrate transgender stories, challenge perspectives, and foster connection within our vibrant community.

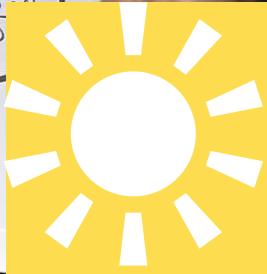
Trans ID Clinic

HQ Toronto and Kenet Family Law host a free monthly Trans ID clinic for 2STNB individuals. We provide assistance with applications, notarization services, and cover costs for processing and obtaining new birth certificates.

Immigration & Refugee Legal Clinic

HQ Toronto, in collaboration with Batista Migration Law Group, offers a free drop-in legal clinic focused on immigration law for newcomers, refugees, and individuals living with HIV in Canada.





Social Programs 2023-2024

Heartfelt Thank you to
Our Volunteers



On behalf of the team at HQ Toronto, we sincerely thank our volunteers (Sexual Peer Navigators & Mental Health) for their invaluable support. Your guidance in helping service users navigate the express testing rooms and the mental health space has made a significant difference.

Your commitment, compassion, and expertise have created a safe and welcoming environment, easing a stressful process for many. We deeply appreciate the time and energy you've dedicated to our mission, and we are grateful for the lasting impact you've made on our community.

Thank you again for all you do. We look forward to continuing to work together to make a positive impact.

With appreciation,
The HQ Toronto Team



We celebrated our donors and the opening of our doors on May 9th, 2024, with a cocktail event hosted by Season 3 Winner of RuPaul's Drag Race, Raja Gemini, at the Anndore House Hotel in the heart of Yorkville.

The event was a great success, allowing us to showcase our mission and values to Toronto's philanthropic community.

Your continued support has been crucial in raising awareness and advancing our work. Thanks to the positive feedback and increased donations post-event, we're excited about future opportunities to make an even greater impact.

Thank you for your generosity and dedication. Together, we are creating meaningful change in our community and beyond.



Raja Gemini- Season 3 winner of RuPaul's Drag Race





Thank you to our Donors
and Supporters

Founding Donors

- The P. Austin Family Foundation
- The Canadian Foundation for AIDS Research
- AIDS Committee Toronto
- Christian Jasserand
- John Goodhew & Jeff Axelrod
- Ron Rosenes

\$500,000+

- The P. Austin Family Foundation
- The Canadian Foundation for AIDS Research
- CANFAR

\$100,000 to \$499,999

- AIDS Committee Toronto
- Gilead Sciences
- Government of Ontario
- Ontario HIV Treatment Network-OHTN
- Pride Remembrance Run Foundation
- TD Ready Commitment
- ViiV Healthcare

\$20,000 to \$49,999

- Christian Jasserand
- John Goodhew & Jeff Axelrod

\$10,000 to \$19,999

- The Sadvari Family
- Canadian Association for Suicide Prevention

\$5,000 to \$9,999

- Maple Leaf Medical Pharmacy

\$1,000 to \$4,999

- Diavin Miller
- Tony De Pede
- Interac
- Colin Kovacs
- John Lavis
- Marc Rodrigue
- Robert Sirman
- Alison Seymour
- The Red Dress Ball Foundation



Thank you for your support this year! We take pride in being affirming, sex-positive, and free from shame.

HQ is committed to providing essential sexual health, mental health, and social support services. With your ongoing support, we can continue to expand these holistic services to meet the growing needs of our community.

Your contributions are making a meaningful impact in the lives of those we serve!



Audited Financials Statement 2023-2024

FINANCIAL STATEMENTS

For

HQ HEALTH HUB

For year ended

MARCH 31, 2024

HQ HEALTH HUB
STATEMENT OF FINANCIAL POSITION
MARCH 31, 2024

	2024	2023
<u>ASSETS</u>		
CURRENT ASSETS		
Cash	\$ 1,026,385	\$ 1,035,174
Accounts receivable	154,853	30,026
Prepaid expenses	46,880	237
Due from related party (note 5)	<u>515,300</u>	<u>2,666</u>
	1,743,418	1,068,103
TANGIBLE CAPITAL ASSETS (note 3)	<u>1,668,557</u>	<u>2,010,927</u>
	\$ 3,411,975	\$ 3,079,030
<u>LIABILITIES AND NET ASSETS</u>		
CURRENT LIABILITIES		
Accounts payable and accrued liabilities (note 6)	\$ 186,841	\$ 19,500
Deferred contributions (note 4)	<u>1,147,656</u>	<u>631,238</u>
	1,334,497	650,738
DEFERRED CAPITAL CONTRIBUTIONS (note 7)	<u>1,668,557</u>	<u>2,010,927</u>
	3,003,054	2,661,665
NET ASSETS	<u>408,921</u>	<u>417,365</u>
	\$ 3,411,975	\$ 3,079,030

Approved by the Board of Directors:



..... Director



..... Director

(See accompanying notes)

HQ Toronto

HQ operates with gratitude on the traditional lands of the Huron-Wendat, the Seneca, the Petun, and the Mississaugas of the Credit First Nation, and we acknowledge the Métis and Inuit relatives as well.

volunteer@hqtoronto.ca
website: hqtoronto.ca
Contact us: info@hqtoronto.ca
Donate: hqtoronto.ca/donate

HQ Health Hub is a registered charity:

BN 76076 9604 RR0001

As a supporter, you'll receive email updates from HQ. You can unsubscribe at any time.

HQ Toronto
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