

Catalyst for change: Your chance to shape the future of our thriving clinic.

HQ offers integrated, population-specific sexual health, mental health, substance use and social support services for gay and bisexual men, and all trans and non-binary people.



Who is HQ?

8 🕯 🖉

Toronto HQ at 790 Bay St. is a

secure and inclusive environment for cisgender men, two-spirit individuals, transgender, and non-binary people from diverse backgrounds.

Strategic Direction

Develop strategic initiatives to offer quick access to sexual health prevention, testing, and treatment services. Enhance the availability of evidence-based mental health services that are easily accessible and responsive. Foster a sense of community and belonging among individuals. Implement innovative approaches to delivering care and support.

Our mission is to enhance care and support for a diverse community of cis guys, two-spirit individuals, transgender, and non-binary people continuously. Our Vision is for these groups to have physical, mental, emotional, and social well-being that allows them to thrive.

Our Values

Community. We create a supportive space where service users can connect and enhance their well-being while reducing isolation.

Inclusivity. We embrace diversity by involving everyone in shaping our services without judgment or discrimination.

Compassion. We approach our work with empathy and respect in a shame-free environment.

Person-centered & strengthsbased. Tailoring services based on individual needs and lived experiences.

Evidence-based. Using best practices to empower service users effectively.

Who got us here!

HQ greatly benefits from support by the Ontario HIV Treatment Network and funding from the HIV and Hepatitis C Programs, Ontario Ministry of Health. These funds were used for HQ's new space, operating costs, and infrastructure.

The P. Austin Family Foundation supported the welcome area, CANFAR bought lab machines, and various donors contributed. Insured physician services are funded by OHIP.

Research grants were received from Gilead and OHTN to evaluate rapid initiation impacts. TD Bank and ViiV provided grants for mental health services. HQ seeks sustainable funding for noninsured physician services, mental health programs, and lab operations.

Merci 🎔

We are truly grateful for your generous support towards HQ Toronto and its mission to serve the community. Your donations have had a significant impact, enabling us to make a positive difference in the lives of many individuals. We encourage you to explore our naming opportunity brochure and join us on this journey of delivering comprehensive care. Your steadfast commitment is highly appreciated.

HQ Toronto remains an inclusive environment that welcomes everyone, irrespective of their background or identity. Our dedicated team offers crucial services to over 20,000 Ontarians, with a focus on sexual and mental health.

Feedback from our beneficiaries indicates that they feel more connected and empowered through our programs. Donors play a crucial role in our initiatives, and we provide recognition opportunities for their invaluable contributions.

A heartfelt thank you to all donors who support us in continuing to offer essential services. **Thank you!**



Characteristic Family FoundationLobby and Reception Area





Kevin Woodward MD, FRCPC Executive & Medical Director

Sexual Health Services

Providing rapid access to sexual health prevention, testing and treatment services

HQ Toronto offers a variety of community and social activities tailored for the GBTQMSM2S+ community. These programs are run by the clinic and partner agencies representing diverse communities like Black, Two-Spirit, Latinx, Francophone, Asian, and South Asian.

For cisgender men attracted to men, two-spirit individuals, transgender individuals, and non-binary people in this community, feeling connected is crucial. Many may still be coming out or facing acceptance challenges. Finding support within their community is vital for their well-being.

Our programs rely on volunteers who generously give their time. We provide support to ensure a meaningful volunteering experience.

🌣 Sexual Health Services Naming Opportunities

HQ provides prevention, testing, and treatment for STBBIs such as chlamydia, gonorrhea, syphilis, and HIV. We offer anal-cancer screening, HIV risk assessment, and PrEP evaluation.

It is advised to get tested for HIV annually if sexually active; routine testing every three months is recommended. Help us name our Sexual Health Department and exam rooms serving the community in Toronto.

Sexual Health Department \$1,000,000

- Naming rights of the department
- Recognition on HQ Toronto website
- Recognition on all marketing materials
- Commitment of 5 years

Examination Rooms -5 Available \$100,000

Express Testing Rooms (small) - 6 Available \$100,000

Express Testing Rooms (large) - 1 Available \$125.000 **Kiosk Station** \$120,000

Nurses Station \$100,000

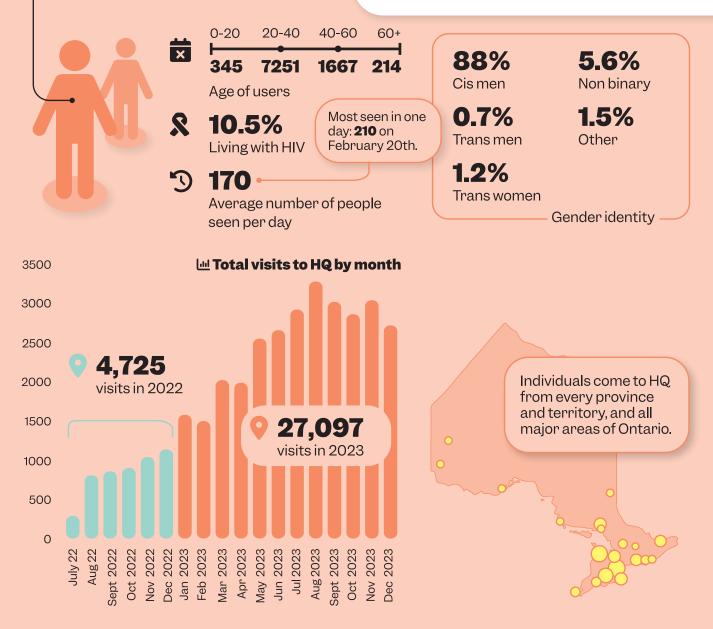
- Naming rights of the Event spaces
- Recognition on all marketing materials
- Commitment of 5 years



Sexual health visits: **31,822 visits** from **53,190 individuals**

HQ Toronto at 790 Bay is:

- Filling critical gaps in access and care by and for cis guys into guys and two-spirit, transgender and nonbinary people,
- Connecting clients to services with shorter wait times
- Reducing pressure on and costs in the health system.





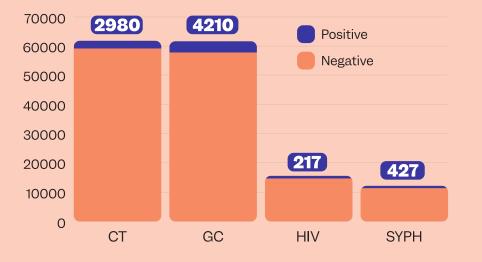






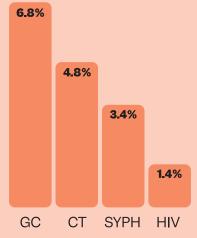
Im Tests by month **Patient experience** 10000 9000/5 8000 Overall 4.84 experience 6000 Efficiency 4.89 4000 Welcoming 2000 4.80 0 Recommend 4.90 July 22 2023 Sept 2023 Aug 22 2022 Apr 2023 2023 2023 Sept 2022 Oct 2022 Vov 2022 Feb 2023 Mar 2023 May 2023 Jun 2023 Jul 2023 Aug 2023 Oct 2023 to a friend? Dec Jan Nov Dec

Im Tests by type



	Cost / Test	Test volumes	Labour cost / Test	Total cost / Test		-
HIV Ag/AB Combo Assay	\$1.85	1367	\$2.81	\$4.63		
Syphilis TP Assay	\$1.34	1090	\$2.81	\$4.12		
Aptima Combo 2 (GC/CT)	\$9.50	5066	\$2.81	\$12.88	Ρ	Pot sav
HIV-1 QuantDx	\$25.00	21	\$2.81	\$27.78		this

Positivity rate



Fee code from the Schedule of Benefits for Laboratory services:

\$16.46 Savings per test

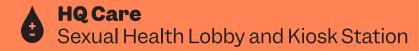
\$4.18

Potential savings on this test alone



















Tim Guimond MD,PhD,FRCPC **Director, Mental Health**

Mental Health Services Providing accessible, evidence based and

responsive mental health services

HQ defines mental health broadly, including concerns like depression, anxiety, substance use, and trauma.

We prioritize mental health care in our programming and consider the importance of emotional, psychological, and social well-being. HQ understands the impact of gender identity, sexual orientation, and unique challenges faced by different communities.

We use evidence-based tools to assess individual needs and offer group therapies, urgent care for suicidal thoughts or selfharm tendencies, psychiatric consultations, and referrals to complementary programs. HQ follows a stepped care model and collaborates with partner organizations serving diverse communities.

🌣 Mental Health Naming Opportunities

Our HQ Mental Health team excels in education, research, and service. Comprising top healthcare professionals for regional workforce needs, we conduct crucial research to advance health and wellness in Ontario.

We are proud of our impact in Toronto and invite you to name the counseling rooms and the department where diverse service users seek mental health support.

Mental Health Department \$1,000,000

- Naming rights of the department
- Recognition on HQ Toronto website
- Recognition on all marketing materials
- Commitment of 5 years

Counselling Support Offices (small) - 1 Available \$80,000

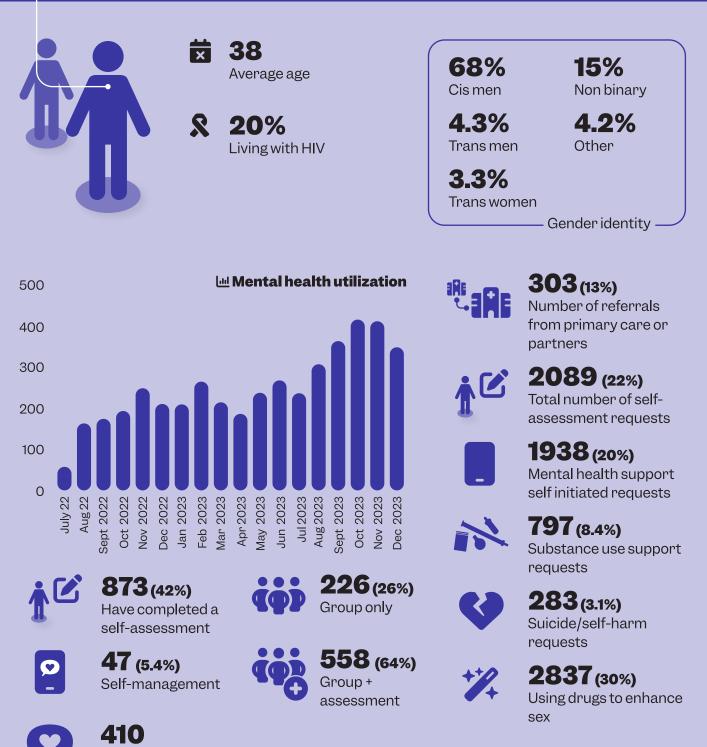
Counselling Support Offices (large) - 2 Available \$90,000

- Naming rights of the Counselling offices
- Recognition on all marketing materials
- Commitment of 5 years



Mental health visits: **9 4,481 visits** from **iii 753 individuals**





People seen for individual psychiatric care

Mental Health Services

Providing accessible, evidence based and responsive mental health services.

At HQ, we know that mental health and sexual health are interconnected. Individuals who are struggling with mental health are more likely to be at risk for STBBIs, and members of our community are at higher risk for mental health and substance struggles.

To best serve our community, we offer assessment and treatment services for mental health needs that are integrated into all of our care.

We offer evidence based treatments in groups to help decrease isolation and to build community while providing the care our community needs.

We offer cognitive processing therapy for people suffering with the effects of trauma, we offer dialectical behavioural therapy for those with problems with emotional regulation and impulsivity struggles, and cognitive behavioural therapy for depression and anxiety. We also offer specialized groups for individuals suffering from suicide attempts and suicidal ideation.

We also have a set of programs that use motivational interviewing and community reinforcement approach for individuals who are trying to change habitual behaviours including substance use, eating problems, and compulsive sex. In this way we aim to provide services for the most critical and common problems facing out community.









Osmel Guerra Maynes Director Philanthropy, Community & Engagement

Social Support Services Providing social support services and building community and belonging

HQ Toronto offers a variety of community and social activities tailored for the GBTQMSM2S+ community. These programs are run by the clinic and partner agencies representing diverse communities like Black, Two-Spirit, Latinx, Francophone, Asian, and South Asian.

For cisgender men attracted to men, two-spirit individuals, transgender individuals, and non-binary people in this community, feeling connected is crucial. Many may still be coming out or facing acceptance challenges. Finding support within their community is vital for their well-being.

Our programs rely on volunteers who generously give their time. We provide support to ensure a meaningful volunteering experience.

Social Support Services Naming Opportunities

Recognizing the unique experiences of Trans, Nonbinary, and Two-Spirit individuals in our community, we aim to offer a supportive environment for connection, mutual support, and leadership opportunities.

Proud of our impact in Toronto, we invite you to name our event spaces and the department serving diverse service users seeking social support.

Social Support Programs

\$500,000

- Naming rights of the department
- Recognition on HQ Toronto website
- Recognition on all marketing materials
- Commitment of 5 years

Event/ Group Counselling Rooms (small) - 1 Available \$100,000

Event/ Group Counselling Rooms (large) - 2 Available \$125,000

Multi- Purpose Space - 1 Available \$150,000

Social Support Kitchenette \$50,000

- Naming rights of the Event spaces
- Recognition on all marketing materials
- Commitment of 5 years

Art Wall (Reception to Testing Area) \$50,000

Art Wall (Between Event Rooms) \$25,000

Volunteer Program \$50,000







HQ Connect Mental Health & Social Support Programs rooms



Art by Brianna Roy (She | her) Titles L-R: *TJ11, TJ, Zymbul*









Tony Mazzulli MD, FRCPC, FACP Director, Medical Laboratory

CANFAR Express Lab Providing rapid and reliable results

Our lab uses the Abbott Alinity and Hologic Panther instruments. The Abbott Alinity screens for Syphilis and HIV antibodies, taking 30 minutes to an hour per test. The Hologic Panther performs Nucleic Amplification tests for Gonorrhea and Chlamydia in about 4 hours, as well as confirmatory tests for HIV-1 in 3 hours.



🌣 CANFAR Express Laboratory Naming Opportunities

Excited about the positive influence we have had in Toronto, we extend a warm invitation to you to officially open our Venipuncture and Support centers. These facilities are designed to assist and serve a diverse group of individuals within the community.

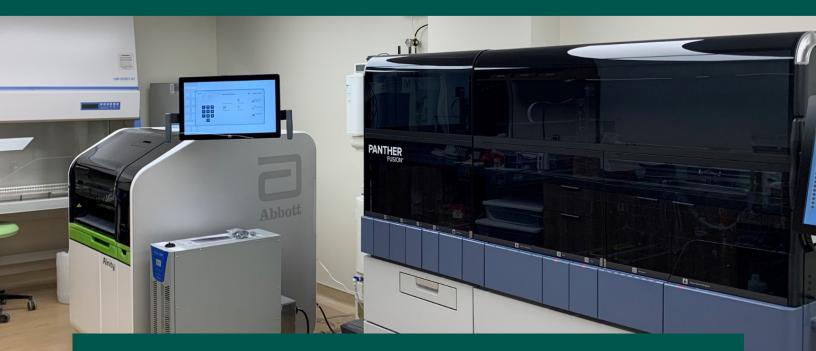
Venipuncture Room and Support office

- Naming rights of the department
- Recognition on HQ Toronto website
- Recognition on all marketing materials
- Commitment of 5 years

Venipuncture Room -1 Available \$250.000

Lab Support Office -1 Available \$25,000

- Naming rights of the Venipuncture Area
- Recognition on all marketing materials
- ▶ Commitment of 5 years









Admin & Research Providing accessible, evidence based research

HQ is a collective of diverse agencies that are deeply dedicated to promoting the health and well-being of cisgender men, two-spirit individuals, transgender individuals, and non-binary individuals.

Our collaborative efforts extend to partnering with hospitals and primary healthcare providers in Toronto to deliver cutting-edge and inclusive health services. Additionally, we engage in research initiatives aimed at advancing knowledge and understanding in the field of LGBTQ+ health.



Simon Rayek Director of Operations

🌣 Admin & Research Naming Opportunities

Our dedicated research and administrative team strives tirelessly to deliver top-notch services to our community. Through numerous research studies, we have positively influenced the community by offering support and a fresh outlook on care. Proud of our contributions in Toronto, we welcome you to christen our Administration and Research department, which caters to numerous community members.

Admin & Research Department \$500,000

- \$500,000
- Naming rights of the department
- Recognition on HQ Toronto website
- Recognition on all marketing materials
- Commitment of 5 years

Admin Lounge Area -1 Available \$50,000

Leadership Offices - 3 Available \$25,000

Research & Medical Analytics - 1 Available \$100,000

- Naming rights of the Admin Lounge and Leadership Offices
- Recognition on all marketing materials
- Commitment of 5 years





Your Support goes a long way Thank you to our Founding Donors:

- The P. Austin Family Foundation
- Canadian Foundation For AIDS Research (CANFAR)
- AIDS Committee Toronto (ACT)
- Dr. John Goodhew & Jeff Axelrod
- Christian Jasserand
- Ron Rosenes

Thank you to Our Supporters:



We need your help now more than ever!

- In providing services to those without access to care, including individuals without OHIP coverage or concerns about safe and culturally competent care.
- To improve access for the Latinx community and expand social programs addressing threats against our trans and non-binary members.

The demand for our services is growing, and we can't do it alone.

Your support will significantly impact the lives of cis guys into guys, two-spirit, transgender, and non-binary people in Toronto.



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Please connect with:

Osmel Guerra Maynes

Director of Philanthropy Community & Engagement omaynes@hqtoronto.ca 416.521.4445 ext. 500 HQ Health Hub is a registered charity: **BN 76076 9604 RR0001**

You will be issued a tax receipt in January of the following year for cumulative donation(s) of \$35 or more; emailed to you as a PDF.

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