

# 2022 – 2023 ANNUAL REPORT



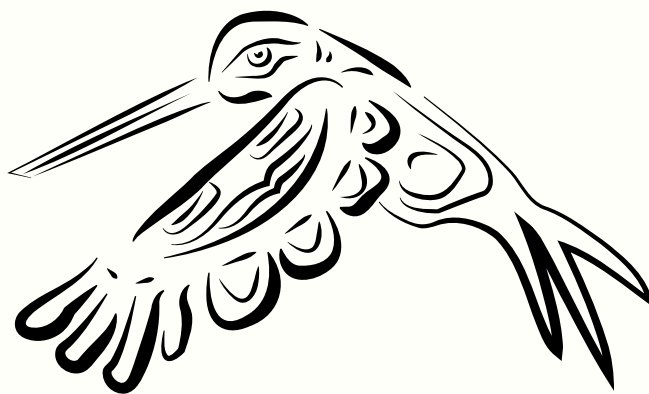




# LAND ACKNOWLEDGEMENT

**Moyo Health & Community Services is located on the territories of the Anishnabek, Huron-Wendat, Haudenosaunee, Ojibway and Mississaugas of the Credit First Nation.**

**We also recognize the past and present contributions of the Métis, Inuit, and First Nations peoples that continue to have a role in shaping and strengthening these communities in our province and country as a whole.**



# ABOUT US

**Moyo Health & Community Services is excited to share our 2022-2023 Annual Report which details the many activities we have been engaged in to support our communities in the Region of Peel.**

**In this report you will find a message from our Board Chair and Executive Director, a snapshot of the many programs we have engaged in this year as well as the community events we have attended and implemented. We will also share our annual financial statement.**

**Moyo is a Swahili word that means heart, life, and spirit. These three pillars guide our philosophy. We remain committed to the principles of social justice, equity, inclusion and anti-racism, and to ensuring that communities affected and effected by HIV attain optimal health and well-being.**

## **Our Mission**

Working together to improve the health and prosperity of communities in Peel

## **Our Vision**

Optimal health and well-being for all

## **Our Values**

Confidentiality, Respect and a Caring, Safe and Supportive Space.



# A MESSAGE FROM OUR BOARD CHAIR AND EXECUTIVE DIRECTOR

This year Moyo Health and Community Services celebrates 30 years of supporting people living with, affected by, and at-risk of HIV in our community. This amazing achievement is thanks to the many dedicated staff, volunteers, and clients that have supported Moyo (and previously PHAN) over the years. We were thrilled to be joined by our clients, peers, volunteers, board members, community partners, and MP Shafqat Ali earlier this month at our 30th anniversary celebration picnic.

This has been a year of change at Moyo after saying a heartfelt and grateful good-bye to our Executive Director Hope Ramsay, and welcoming our new Executive Director Jillian Watkins. Many thanks are due to the fantastic staff team at Moyo who have been incredible at navigating these changes and providing support and encouragement to our new ED.

We also said good-bye to staff who we will miss dearly including Ana Vujsevic, Farrah Khan, Sean Garcia, Kemar Brown, Joy Ye, Monica Fantini and Cassandra Oluwasola, and we have been thrilled to welcome new staff including Annet Namubiru, Ashley Nazaire, Vaishnavi Koujalagi, Justin Schnare, Tsitsi Razawe, Sharmin Sharif, Arvind Krishendeholl, Anthony Reis, Kandi Beggs-Calder, and Sharifah Kyomukama. We also welcomed four summer positions this year through the Federal Government's Canada Summer Jobs Program.

Moyo has so many things to celebrate this year!

- We received approval from Peel Regional Council for the site of our Supervised Consumption Site, the first in Peel Region, which is targeted to be opened before the end of this year. We are grateful for our partnerships with the Region of Peel Public Health, Wellfort Community Services, as well as the advocacy of the members of the Peel Drug Users Advisory Panel in helping us achieve this important milestone. This achievement took many long years of partnership development, strategic alliances led by our past and current leadership team, as well as the sacrifice of many lives of our clients, peers and friends, to become a reality, to which we must also honour and acknowledge.

- We received new funding from the Public Health Agency of Canada to support the distribution of HIV Self-Test Kits and have begun an aggressive and successful distribution program.
- Our partnership with the Ontario Prevention Clinic has resulted in 514 people attending our Monday evening PrEP clinic and receiving testing for HIV and other STIs, PrEP medication and other referrals and supports.
- Our Harm Reduction program has set up 5 satellite sites where peers can distribute harm reduction supplies as well as Naloxone and education and referrals.
- We saw increases in participation in our Theatre for Positive Mental Health program as well as our Young Black Women's program, two programs that support local African, Caribbean, and Black community members in their sexual and mental health.
- We have also seen increases in engagement in our workshops providing 2SLGBTQ+ cultural competency training to local service providers, and in the number of Gay, Bi, Men who have Sex with Men (GBMSM) attending our various support programs such as Queer Minds, Chai n' Chat, and Totally Outright.

We also continue to face barriers and challenges to supporting our community including concerning anti-trans rhetoric and misconceptions and fears about our upcoming supervised consumption site. We must continue to strongly advocate for our community members, educate and share our knowledge to ensure that stigma and racism do not proliferate and do not threaten the important work we do to serve our Peel communities.

We wish to thank our funders, community partners, peers, volunteers and most importantly our clients for their ongoing support. We are looking forward to an exciting year ahead where we will continue to advocate for and support our community members and clients in the Region of Peel to reduce inequities and amplify the voices of our diverse community.



**Jillian Watkins**



**Racquel Bremmer**

# Our Year In Review

## Client Support Programs

The Client Support Team continued to provide essential and much needed support to People with HIV, people affected by HIV and people at-risk of HIV through multiple programs and initiatives. These programs and initiatives include: Individual Client Support, Food Program, Monthly Lunch & Learn, and the Bi-weekly We Belong (We matter group). Services provided by the support team include: HIV pre and post-test counselling, one-on-one needs assessments and referrals, accompanying clients to medical and social services, advocating for clients, delivering hot meal and grocery boxes, wellness checks, social support through providing safe space for social connection and networking through bi-weekly and monthly group meet-ups.

### Individual Client Support:

As an AIDS Service Organization, providing individual client support is an essential core service. With a team of Community System Navigator, PHA Engagement Coordinator and our Program Manager, Moyo provided one-on-one support to clients living with, affected by and at-risk for HIV.

Approximately 8,000 client interactions took place in the past year, including people with HIV, people affected by HIV, and people at-risk for HIV.

### Monthly Lunch and Learn

Moyo hosts a monthly Lunch & Learn Session for our People living with HIV/AIDS (PHA) clients. Each session has a different focus based on our clients' needs. In consultation with our clients, some of the session focused on learning more information about living with HIV, especially in new treatments and updating their HIV knowledge with current practices and protocols. By strengthening their skills, abilities, and knowledge, and reducing the barriers to client care, this peer program improves the health and wellbeing for PHAs in Peel. Implementing a Peer program intimately involves the community in their own care and empowers them to make better decisions about their health and well-being.

7 monthly Lunch and Learn sessions were held with 77 PHA clients in the past year.

## Bi-weekly drop-ins ‘We belong/We Matter’

To provide social connections and support to PHA clients and coordination among peers to reduce social isolation, Moyo organized bi-weekly drop-ins for PHA clients. These drop-ins are meant to provide a safer space for peers to meet, connect, and network while providing peer to peer support including psychosocial support. PHA clients face many challenges and barriers including stigma, making it difficult to connect with social groups resulting in social isolation that affects their health and well-being. Covid-19 pandemic and restrictions exacerbated this challenge and social isolation among PHA clients. Bi-weekly drop-ins were organized to provide a safer space for PHA clients to meet and connect with other peers and thereby reduce social isolation among peers through social connections, networking, group activities and peer to peer support.

Last year, 14 We Belong drop-ins were organized with 70 PHA clients.

## Food Program

Our Food Program included hot meals, and grocery food box programs that provided essential, life-saving food to our clients experiencing food insecurity throughout the pandemic.

8,760 Hot Meals and 200 Grocery Boxes were delivered in the past year as part of the Food Program.

# Community Engagement Program

## The Young Black Women's Project

The Young Black Women's (YBW) Project is an 8-week leadership program tailored to empower ACB femme-identified and non-binary individuals residing in the Region of Peel. This community-centered program aims to enhance participants' abilities in expressing themselves, advocating for their needs, and navigating various aspects of personal health and well-being. It also equips them to become proficient leaders within their community and professional circles.

During the program, attendees receive education on topics such as HIV and other STBBIs, exploring preventative measures and access to sexual health services. Additionally, the program fosters discussions concerning holistic health and wellness, along with honing effective leadership competencies. Responding to valuable input from previous participants, we have recently updated the curriculum to incorporate essential subjects such as financial literacy, nutrition, and mental health.

## HIV Self-Test Kits

Our collaboration with Community Link to distribute HIV self-test kits in Peel Community has successfully reached individuals who were hesitant to utilize conventional testing services. This initiative has not only facilitated access to testing but has also sparked meaningful conversations regarding HIV prevention, testing, and transmission among those seeking or obtaining self-test kits. By offering a no-cost avenue for HIV testing, we have made it more convenient for people to proactively manage their health.

613 HIV self-test kits were distributed in the past year.

## PrEP Clinic

Moyo has established a valuable partnership with the Ontario Prevention Clinic to host a weekly PrEP (Pre-Exposure Prophylaxis) Clinic at the Moyo offices. This clinic offers a comprehensive range of services, including HIV and STBBI testing, consultations for initiating PrEP, and on-site access to Hepatitis A & B and HPV vaccinations. This collaboration plays a crucial role in delivering essential and easily accessible testing and sexual health consultations to Peel residents, particularly to those in underserved –



– communities. It embodies Moyos' commitment to providing inclusive and easily accessible care to those who need it the most.

514 clients were served through PrEP Clinic in the past year.

## **Theatre for Positive Mental Health (TPMH)**

Rehearsing and reconstructing a positive self-identity through storytelling for African, Caribbean and Black (ACB) Communities in the Peel Region.

Art therapy has long been used to alleviate mental health challenges. Participatory arts for people experiencing mental health concerns allows participants to play out scenes from their everyday life and reflect on the social construction of their realities.

Over a span of 8 weekly sessions, participants engage in conversations and craft stories, narratives, and monologues that delve into the unique determinants of health affecting ACB individuals. Through group sessions featuring participatory theatre, we aim to promote healthy lifestyles, bolster emotional resilience, and equip both Black adults and youth with effective coping skills. This initiative seeks to empower our community by enabling them to reconstruct a positive self-identity through the art of storytelling.

## **TPMH Service Providers Event: Integrating Culturally Sensitive Care in ACB Service Delivery**

The "Integrating Culturally Sensitive Care in ACB Service Delivery" training is a comprehensive two-part program aimed at enlightening service providers about the critical significance of culturally sensitive care when serving the ACB communities.

This event comprised of a keynote address, interactive training sessions, and group discussions designed to furnish attendees with actionable techniques for seamlessly incorporating culturally sensitive care into their service provision. Participants gained valuable insights on establishing a welcoming and inclusive atmosphere for ACB clients seeking services. They will also acquire effective communication skills to engage with individuals from diverse backgrounds and address their specific and distinctive needs.

613 HIV self-test kits were distributed in the past year.

## Gender-Based Violence Program

The Gender Based Violence (GBV) project focuses on creating supportive structures that address gender-based violence through community-building that advances gender equity for BIPOC women and 2SLGBTQ+ folks. Currently, this project is offering drop-in sessions for the BIPOC women and 2SLGBTQ+ folks in a safe environment at Punjabi Community Health Services and East Mississauga Community Health Centre. These interactive drop-in sessions provide a forum for clients and participants to express their thoughts and opinions and also learn further on a wide variety of topics such as the difference between healthy and unhealthy relationships, understanding forms of violence, toxic masculinity, navigating triggers, trauma and discussions around mental wellness, self-care, resilience, coping mechanism and healing.

35 participants attended the GBV drop-ins in the past year.

## Women and HIV/AIDS Initiatives (WHA1)

WHA1 is a community-based response to HIV and AIDS among Cis and Trans women in Ontario with regional Coordinators who supporting the initiative through building community capacity to support women living with or facing systemic risk of contracting HIV. Program Objectives are: i) reduce HIV transmission among women, ii) enhance local community capacity to address HIV and AIDS, and iii) build safe environments to support women and their HIV and AIDS-related needs.



Love Positive Women was developed 10 years ago, in 2012, and first implemented in 2013, raising awareness about women and girls living with HIV using social media to link local grassroots gestures of love. Using Valentine's Day as a backdrop, Love Positive Women creates a platform for individuals and communities to engage in public and private acts of love –

– and caring for women living with HIV. Going beyond romantic love to deep community love and social justice, Love Positive Women is a call-to-action campaign.. Other WHAI achievements this year include successful Girls' night to commemorate the International Women's' Day (IWD), and participation in Take Back the Night.

24 participants with lived experience participated in Love Positive Women this year

## Photovoice Program

The Photovoice Project for newcomers is an innovative project that involves storytelling through photography. This year was the last year for this three-year project where participants took photos and used those photo images to capture aspects of their environment and experiences as a newcomer. The project is an 8 week-cycle program that focuses on addressing the various health, social, and cultural needs of newcomer communities residing in Peel Region including those living with chronic disease and/or who identify as ACB (African, Caribbean, Black), those who identify as 2SLGBTQ+, Femme or substance users. The project aims to increase the capacity of settlement services in the region to enhance newcomers' sense of belonging.

31 participants completed an 8 week-cycle program.



# Health Programs and Prevention

This year was another exciting and successful period for the Health Programs and Prevention team as we continue to support our diverse and vibrant community throughout the region through our various programs, outreach events, and advocacy campaigns. Here are some snapshots of some of our events over the year.

## 2nd Annual Peel Pride: Resistance & Persistence

Peel Pride 2023 was a day filled with joy, empowerment, and inclusivity for individuals of all ages, welcoming over 250 attendees across the region and beyond. Attendees participated in an array of captivating entertainment, enlightening educational workshops, and engaging family-friendly activities. Some of the highlights included drag performances, henna art, face painting, tarot card readings, board games, and Queer Trivia. We are deeply grateful for the support and collaboration of numerous organizations in the Peel region.



## Ebony Pride

Ebony Pride was held on August 10 this year and was an event of reflection and celebration as we welcomed members of the Black, African, and Caribbean communities together to commemorate the shared history and experiences of community members. In addition to engaging in a series of interactive educational workshops, participants wrapped up the evening by enjoying a screening of the film *Paris is Burning*.



## Queer Minds

Our Queer Minds program in partnership with CMHA Peel Dufferin continues to be a thriving and engaging social space for individuals that identify as Two-Spirit, Lesbian, Gay, Bisexual, Trans, Queer etc. This group, consisting of individuals aged 16+, allows program participants to connect with community and gain knowledge and support on various 2SLGBTQ+ topics/issues.



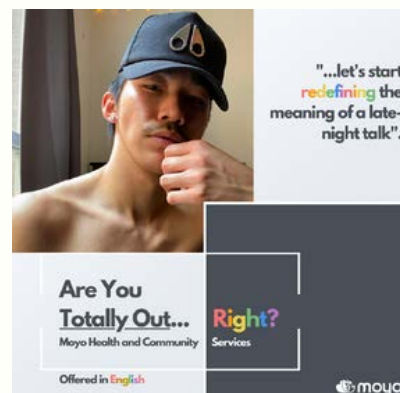
# Removing the Barriers Training

The Removing the Barriers Training Program has been an ongoing free training initiative offered to both for-profit and non-profit service providers. This program aims to enhance the knowledge and skills of service providers through specialized Training Chapters, including 2SLGBTQ+ Inclusivity, Sexual Health, and Harm Reduction. Additionally, it focuses on capacity-building and soft skill development with objectives such as gaining perspective, asking questions, and lifelong learning. This program is dedicated to equipping service providers with the tools and expertise needed to better serve their communities. Over the past year, over 150 individuals have participated in this exciting training program!



## Totally Outright

The Totally Outright Program continues to provide multi-disciplinary, interactive sessions with clients in raising awareness of different socially unspoken 2SLGBTQ+ topics ranging from sexual to mental health. This unique program meets monthly and provides an open and safe space for individuals to touch on a plethora of topics from safer injection practices to sexual health testing.





# Harm Reduction Program

It has been a big year for Moyo's Harm Reduction Program. Our Peer Satellite Program has grown to five sites across the Region, which has been providing peer led harm reduction supports predominantly to people who have no other connections to services. We have partnered with Salvation Army's FLRC Women's family shelter and have been funded to provide harm reduction peer supports to women identified substance users in Brampton. Moyo participated in conducting drug testing research through the CUSP Project which engaged 100 individuals who use drugs to get a snapshot of the toxic drug supply and learn about people's service barriers.

Our Peel Drug Users Advisory Panel and Satellite Advisory Panel continue to inform not only our own programming but a number of regional tables including the SCS Planning and Implementation Table, Community Safety Table (with Peel Police), and the Alternative to Criminalization Working Group which we co-chair with Peel's Associate Medical Officer of Health.

Our team hosted a number of events this year including a memorial on International Drug Users Day, a two-day training on Cultural Competency in Harm Reduction, and supporting a community lead event for International Overdose Awareness Day.

Along with all of these amazing accomplishments we are happy to report that after many years of work with many different stakeholders, we have secured a location for our safe consumption site and will be looking to be opening before the end of this year. This comes after many hard years of losses due to the poisoned drug supply, but we continue to fight and work hand in hand with people who use drugs and other stakeholders to bring these much-needed services into the Region.

# Harm Reduction Program

## Stats:

355 Unique Clients

975 Client Interactions

297 Referrals

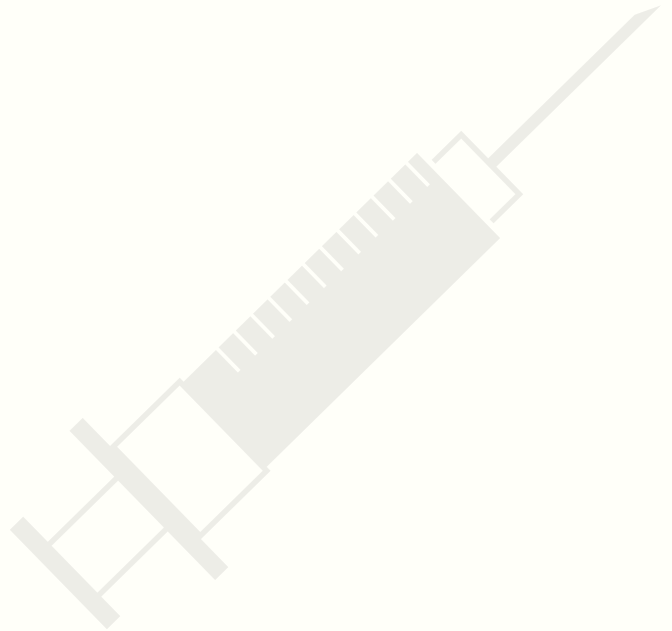
917 Harm Reduction Teachings

15 360 Needles Distributed

175 869 Stems Distributed

18 750 Meth Pipes Distributed

3985 Condoms Distributed



## Funded Peer Positions:

12 Peel Drug Users Advisory Panel Members

12 Peer Satellite Advisory Panel Members

5 Peer Satellite Site Workers

2 Women's Harm Reduction Outreach Peers

1 Harm Reduction Outreach Peer

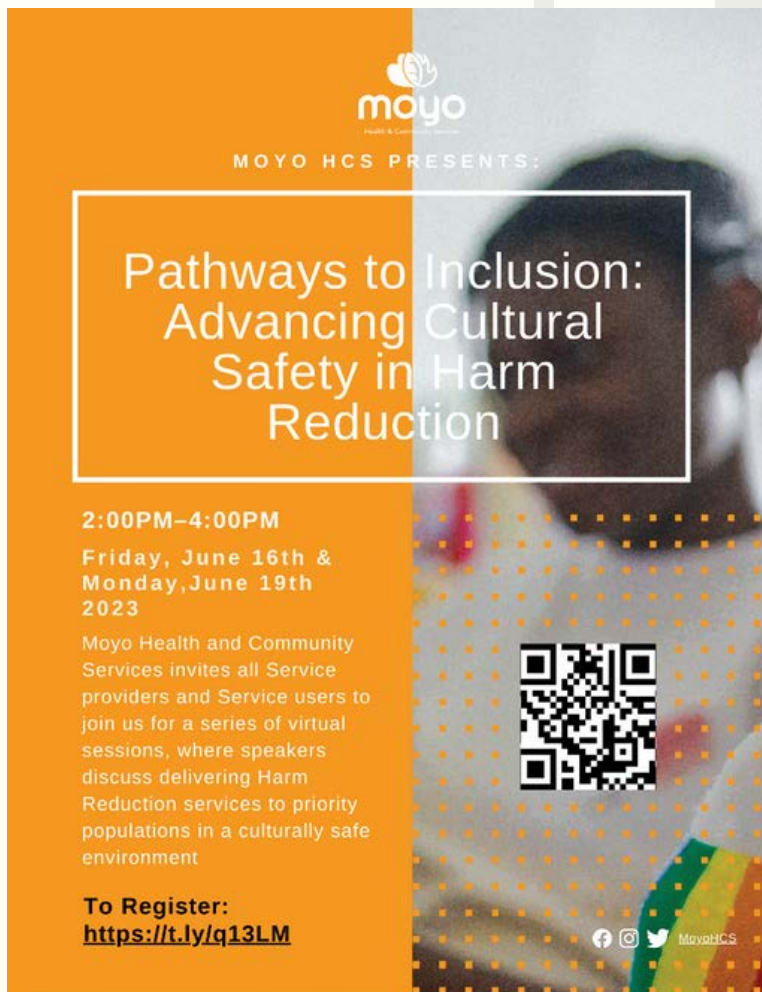
2 Peer CUSP Project research assistants



# Pathways to Inclusion: Advancing Cultural Safety in Harm Reduction

This two-part event brought together a number of experts to talk about how to deliver culturally safe harm reduction services to specific populations. The event was able to speak to how to work specifically with ACB communities, Indigenous communities, South Asian Communities and 2SLGBTQ2SI communities from a culturally sensitive harm reduction lens. This capacity building event brought together service providers and community members from across the region.

**68** service providers and community members attended the Pathways to Inclusion event.



**moyo**  
Health & Community Services

MOYO HCS PRESENTS:

**Pathways to Inclusion:  
Advancing Cultural  
Safety in Harm  
Reduction**

**2:00PM–4:00PM**  
**Friday, June 16th &  
Monday, June 19th  
2023**

Moyo Health and Community Services invites all Service providers and Service users to join us for a series of virtual sessions, where speakers discuss delivering Harm Reduction services to priority populations in a culturally safe environment

**To Register:**  
**<https://t.ly/q13LM>**

QR code for registration

Facebook, Instagram, Twitter, MoyoHCS



# Our Year In Review Gallery

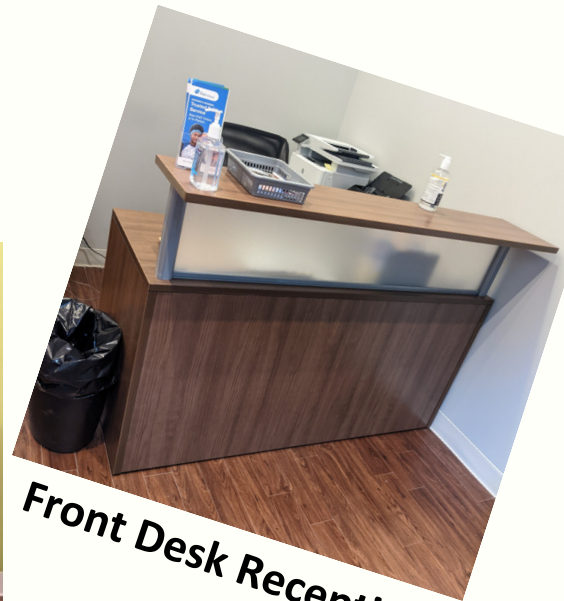
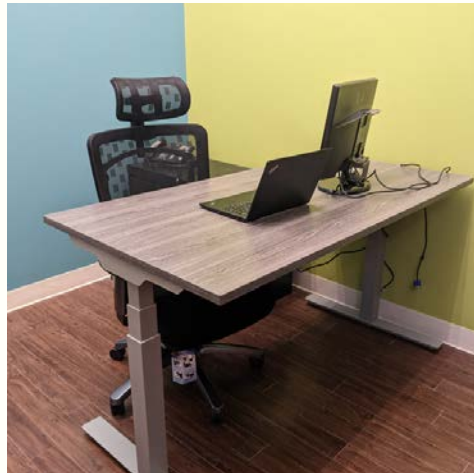


**Harm Reduction Outreach Van**



**Board Room**

**Staff Office**



**Front Desk Reception**

**Revamped Office Space**



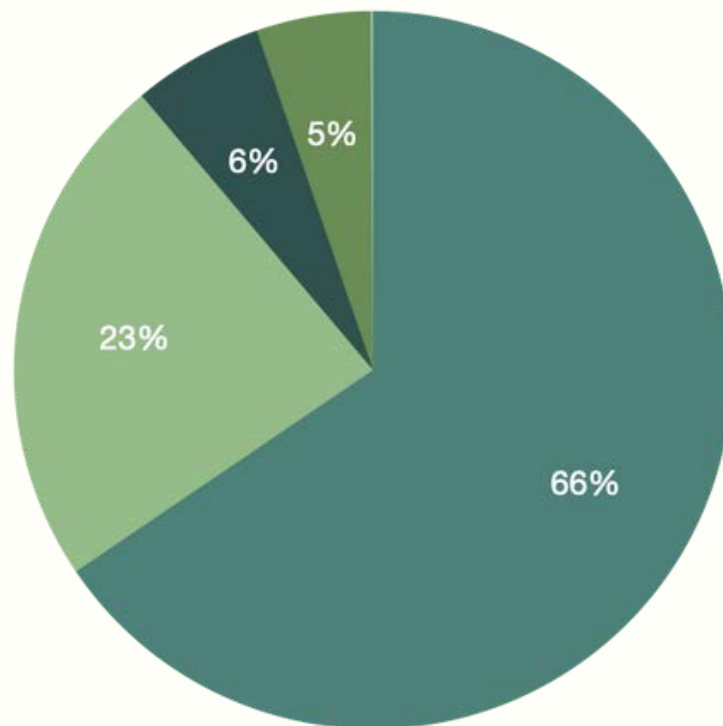
# Our Year In Review Gallery



# Annual Financial Statement 2022–2023

## Revenues

- Grants
- Public Health Agency of Canada (PHAC)
- Immigration, Refugees and Citizenship Canada (IRCC)
- Fundraising, Donations and
- Interest and Other



Revenues	Amounts	%age
Grants	\$1,279,678	65.51%
Public Health Agency of Canada (PHAC)	\$455,861	23.34%
Immigration, Refugees and Citizenship Canada (IRCC)	\$115,042	5.89%
Fundraising, Donations and	\$100,610	5.15%
Interest and Other	\$2,220	0.11%
Total	\$1,953,411	100.00%

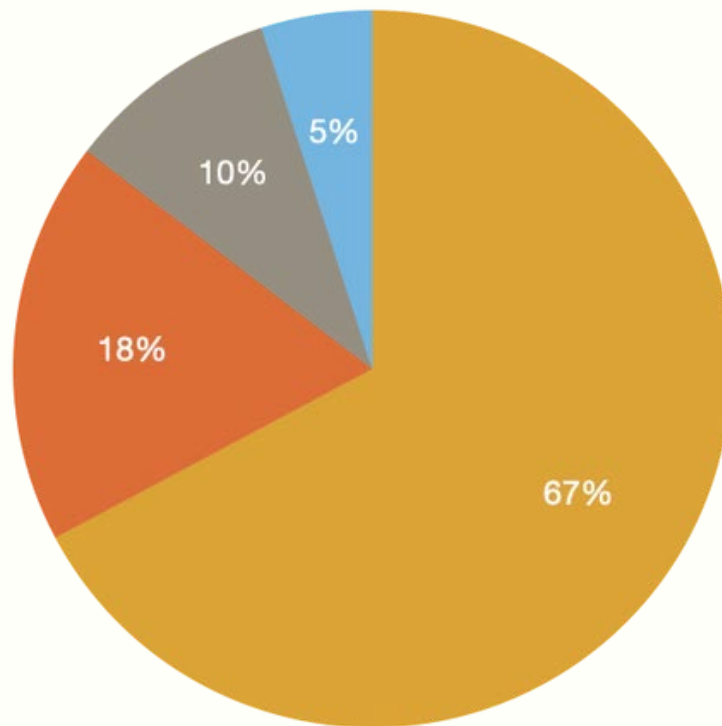


# Annual Financial Statement

## 2022-2023

### Expenditures

Salaries & Wages   Program Expenses   Rent & Office Expenses  
Professional Fees



Expenditures		
Salaries & Wages	1,262,660	67.2%
Program Expenses	342,492	18.2%
Rent & Office Expenses	179,941	9.6%
Professional Fees	93,990	5.0%
Total	1,879,083	100.0%

# Acknowledgements

## Board Of Directors



**Racquel Bremmer**  
**Board Chair**



**Theodore Walker Robinson**  
**Vice Chair**



**Balu Mistry**  
**Treasurer**



**Leslie-Ann Fullerton-Plummer**  
**Secretary**



**Deepa Mahanti**  
**Governance Committee Member**



**Taranum Khan**  
**Finance Committee Member**

# Meet Our Team



Kandi Beggs-Calder



Adam Chalcraft



Steve Gould



Nat Kaminski



Vaishnavi Koujalagi



Arvind  
Krishendeholl



Sharifah  
Kyomukama



Stephen McCalla



Meyran Mohamed



Rohan Mohindra



Annet Namubiru



Ashley Nazaire



Anthony Reis



Colin Samuels



Dawn Scarlett



Justin Schnare

# Meet Our Team



Sharmin Sharif



Michael Segbor



Sandeep Somal



Tsitsi Razawe



Jillian Watkins



Winson Wong

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Fax: (905) 595-1443

## Office Hours:

Monday – Friday 9:00 am – 5:00 pm

## Website:

<https://moyohcs.ca>