

·FOUNDRY·

# Physical and Sexual Health Services

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# Introduction

**Physical and sexual health is one of the core services streams offered at Foundry centres. Medical services providers offer physical and sexual health care, as well as supports across other service streams, including mental health and substance use support. Other service providers, like Peer Support Workers and social workers, are also part of the integrated team providing physical and sexual health services.**

**This service stream was formerly called Primary Care, but Foundry’s language has shifted to better reflect the idea that a Foundry centre as a whole provides primary health care.**

**As explained by [Health Canada](#):**

“Primary health care refers to an approach to health and a spectrum of services beyond the traditional health care system. It includes all services that play a part in health, such as income, housing, education and environment.”

Note that primary care is a term that may still be used by Foundry’s partners and other health care organizations to describe the medical care services provided by the team.

**Foundry’s work includes ensuring we create culturally safe and respectful environments for equity-denied groups including IBPOC (Indigenous, Black and People of Colour) communities.**

We recognize our role and responsibility as a white settler organization in calling out and dismantling colonialism and racism in the work we do.

Our journey includes committing to the implementation of the United Nations Declaration of the Rights of Indigenous Peoples (UNDRIP), the Truth and Reconciliation (TRC) Calls to Action, the Calls for Justice of the National Inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG) and the recommendations of the report “In Plain Sight: Addressing Indigenous-specific Racism and Discrimination in BC Health Care.”

## In physical and sexual health, services are guided by the following commitments:

### **Care is team-based and staff are supported to work to their optimal scope.**

Interdisciplinary teams, including youth and families/caregivers, work collaboratively toward a common goal, to ensure access, care experiences, outcomes and efficiencies are improved and to prevent young people from having to unnecessarily retell their stories.

### **Attachment complements medical services in the community.**

Attachment is a term used by medical services providers to describe when they take responsibility for coordinating and overseeing someone's medical care. Many youth accessing Foundry services, particularly enhanced and episodic care, are attached to a medical services provider in the community such as a family physician. Foundry seeks to complement, not replace, this care relationship, so do not seek to attach all youth who present for care. Only those youth unattached to a medical services provider in the community and receiving longitudinal care at the centre are attached to a medical services provider at Foundry .

### **Communication between team members is clear and frequent.**

Good communication is necessary to support collaboration and integration across disciplines. Communication clarifies responsibilities, reduces duplication of services and creates a culture of trust, transparency and respect.

### **Transitions are smooth.**

All Foundry centres have the age range of 12-24 so are not able to act as a lifelong medical services provider. Most youth receiving longitudinal care at Foundry have complex health concerns and face multiple socio-economic barriers to accessing care. Centres actively work to ensure appropriate and continuous attachment and smooth transitions for these youth as they reach their 25th birthday. To support this work, it is vital for each centre to be connected to their local Division of Family Practice and other relevant networks such as the Primary Care and Specialty Care Networks.

# Core Physical and Sexual Health Services

Physical and sexual health services are provided collaboratively by a multidisciplinary team including family physicians, nurse practitioners, nurses, social workers and medical office assistants. Peer Support Workers may also be involved, by meeting with young people for sexual health discussions or co-facilitating health and wellness education sessions. Services are offered on a walk-in and appointment basis, and walk-in times typically coincide with walk-in counselling and peer support services.

## **The core physical and sexual health services offered at each Foundry centre include the following:**

- General physical health assessment, diagnosis, care, procedures and prescriptions;
- Education regarding self-management of identified medical conditions and behavioural health concerns;
- Sexual health services:
  - » Screening, diagnosis and treatment of sexually transmitted infections (STIs)
  - » On-going monitoring for youth at higher risk of STIs
  - » Reproductive health care
  - » Management of other sexual health concerns, such as chronic pain
- Prevention and health promotion (e.g., immunization, education); and
- Application and support accessing resources for social determinants of health (e.g., Persons with Disabilities applications).

## **Foundry centres offer other specialized services or facilitate access to them, including the following:**

- Gender-affirming care;
- Mental health and substance use assessment, treatment and support;
- Referrals to and shared care with community specialists, care teams and other medical services providers (e.g., family physicians, pediatricians, psychiatrists and mental health teams);
- Pre-Exposure Prophylaxis (PrEP) treatment for the prevention of HIV;
- Initial prenatal care and maternity care;
- Youth-specific Opioid Agonist Therapy (OAT) services;
- Medical care for HIV and Hep C; and
- Eating disorders support.

**As with all Foundry services, an integrated team of service providers work alongside each other. Services are linked and coordinated, with everyone communicating and sharing information to provide a seamless experience for youth and families/caregivers.**

**Some physical and sexual health services are also offered virtually, through the provincial virtual services team and in most Foundry centres.**

For more information, please see the “Virtual Services” section of the [Service Model Guide](#).

## Accessing Physical and Sexual Health Services

**Foundry is committed to offering services along a continuum of care for a wide variety of youth health needs. Within physical and sexual health services, this means offering flexibility to youth in how they access care.**

**Physical and sexual health services at Foundry fall within three broad categories:**

- **Episodic care** consists of drop-in visits with no expectation of ongoing care. Examples include STI screening, immunization and reproductive health care.
- **Enhanced care** services involve additional experience or training and can vary in duration and intensity. Examples include gender-affirming care and OAT services.
- **Longitudinal care** involves coordinating all of a youth’s day-to-day health care needs and is offered to young people who experience multiple health and psychosocial barriers to accessing traditional health care services. This care is provided until either the youth is connected with a medical services provider in the community or they age out of Foundry.

The care groupings are not mutually exclusive. Over time, youth may move fluidly between these groups, or they may receive care within multiple groups simultaneously.

# Tools and Resources

Visit [The Foundry Learning Centre](#) to access these tools and resources.

- Medical Services Community Scan
- Medical Services Roles
- Electronic Medical Record Selection Worksheet
- Medical Services Equipment Needs
- Shared Care with Psychiatry at Foundry

**“Indigenous people have the right to their traditional medicines and to maintain their health practices, including the conservation of their vital medicinal plants, animals and minerals. Indigenous individuals also have the right to access, without any discrimination, to all social and health services. Indigenous individuals have an equal right to the enjoyment of the highest attainable standard of physical and mental health.” Foundry commits that it “shall take the necessary steps with a view to achieving progressively the full realization of this right.”**

Article 24, United Nations Declaration on the Rights of Indigenous Peoples



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