

**PARN—Your Community
AIDS Resource Network**
159 King Street, Suite 302
Peterborough, ON K9J 2R8

Phone: 705-749-9110
Toll Free: 1-800-361-2895
Fax: 705-749-6310
Email: getinformed@parn.ca

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March 2016

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Board of Directors

Chair: Mark Phillips
Vice Chair: Alison Rodgers
Treasurer: Megan Mattos
Members at Large:
Cheyenne Buck
Sarah Frank
Mark Smith
Bunny Smith

Hours of Operation

Monday—Friday 9 am—5 pm
Closed Wednesdays from 1pm—3pm

The PARN offices will be closed on Friday, March 25 and Monday, March 28 for the Easter holiday. We will re-open at 9am on Tuesday, March 29.



Transformation

PARN's Peer Engagement Worker Brittany Cameron has changed her life around. From long-term street-involvement to working in an AIDS Service Organization doing the Peer Engagement work that she loves, Brittany talks to Positive Lite's Bob Leahy about transitioning from client to staffer—and everything else. Page 9.

What's Going On? March 2016

HEP-C Community Programs March 2016

Peterborough Hep C Testing & Treatment
Every Tuesday & Thursday , 9am - 4 pm
@ Positive Care Clinic, 159 King Street

Peterborough Hep C Drop In
Tuesday, March 1 —9.30 am - 12.30pm
@ PARN, Suite 302-2—159 King Street

Port Hope Hep C Support Group
Wednesday, March 23, 10am-Noon
@ PHCHC, 99 Toronto Street

Lindsay Hep C Support Group
Friday, March 11 , 10 am - 1 pm
@ KLCHC, 108 Angeline Street

Haliburton Hep C Support Group
Friday, March 18, 10 am - 1 pm
@ HFHT, 7217 Gelert Street

The Positive Living Room

This program is open to anyone attending The Positive Care Clinic on Thursday mornings. We open at 10am and run until 11:30 – join us Thursdays for a light breakfast, coffee and conversation while you wait!

M4M: Movies 4 Men—A Gay, Bi Trans, MSM Movie Club
Movie TBA

Wednesday, March 30—7pm
Suite 302-2, 159 King Street

Wednesday
April 20, 2016

Save The Date!



A TASTE
FOR LIFE

Rainbow Youth Program—Every Thursday



3:30 - 5:30 pm—Suite 302-2, 159 King Street

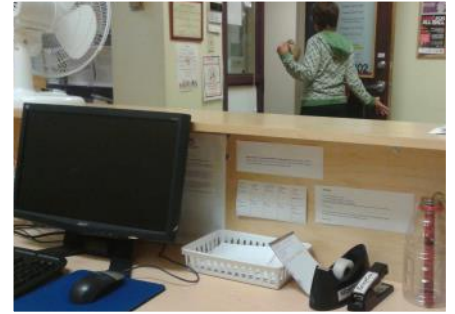
ATTENTION:

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From the Front Desk March 2016

By Peg Town, PARN Office Administrator

In the October 2015 newsletter, we shared some data collected by reception volunteers and placement students, - the agency gatekeepers. Their data identified the number of customers who phoned or came into the office over a specific period of time, as well as the type of service they requested, such as information related to HIV, Hepatitis C and other STBBIs.



In January 2016, data from the front desk indicated that 50 percent of customer requests were for Harm Reduction supplies. People who use our services know the impact of stigma, and it can take courage to come through PARN's door. We realize that sometimes a person will "bury the lede" when they ask the receptionist for assistance. It takes skills for a receptionist to get down to the main reason why the customer came through the door or picked up the phone. Sometimes that is revealed moments later when they are in the HR supply room, engaged in a conversation with a staff person. We strive to make space for people to share their stories, and to respond effectively and without judgement when they express a desire to change their behaviour.

Currently, PARN is looking at adopting Brief Action Planning as an added layer in our customer service. Brief Action Planning is a self-management support tool for health and well-being which is rooted in the spirit of Motivational Interviewing, a practice being used by some counselling staff at PARN. In February, a staff member, a placement student and a reception volunteer all attended a workshop on Brief Action Planning through the Question of Care Campaign. It was one of a series of free workshops being offered locally. For more information, here is their ongoing community calendar: <http://questionofcare.com/calendar/>

Get to Know the PARN Reception Team: Introducing Thom Fairweather

Hello my name is Thom Fairweather. I am also occasionally known as Ivanna Onthetop (formerly HugnKiss). You may have seen her sitting at the reception desk on Halloween, or in the Peterborough Pride parade walking with PARN, or even at the occasional Drag Bingo (Sapphire Room & Delta Bingo). I have also helped out at the annual AIDS walk and helped with the red ribbon drive by cutting and pinning the red ribbons.



I have been a volunteer receptionist for the past 5 years. And in that time I have seen many changes here at PARN. The Reorganization of the office, staff changes and changes to the services provided. I am happy to say that I enjoy my time at the reception desk and look forward to many more years with such a great organization!

HIV Support Services @ PARN

Opening Doors is Coming Up: We Need Your Help!

The Central East Opening Doors (CEOD) Planning Committee is seeking one person living with HIV in Peterborough and the Four Counties to represent PARN and the people living with HIV. This is a great opportunity to get involved in planning our annual educational conference!

If you are able to attend year round meetings on the first Monday of every month and to assist with activities and sessions throughout the conference – we want to hear from you!

No prior committee experience is required. Lunch is provided. Travel, childcare and pet care subsidies are available. **Please connect with Brittany Cameron at 705-749-9110 or Brittany@parn.ca if you have any questions or if you would like to apply!**

Help us Guide our HIV Support Programs: Join Project Inform

The goal of Project Inform in our community is to amplify the voice, increase levels of involvement, empower individuals, and improve support services by; encouraging diversity of voices and participation, by creating meaningful programs and by influencing decision making at all levels of PARN activities. We aim to build community capacity and are committed to actively engaging our community to reduce the impact of stigma, isolation and criminalization impacts. We also seek to create a bridge between staff, service users and community partners. Accessibility will not be a barrier to participation – travel subsidies can be provided. Members can participate by Skype, and/or phone. Please contact Brittany at 705-749-9110 or brittany@parn.ca for the application and/or more information.



Committee Members Needed

In addition to Project Inform, we have a number of committees and advisory groups that run throughout the year that require your input! We are currently looking for members to join two of our committees:

Picnic Planning Committee - Our Annual Picnic Planning Committee will be starting in April - If this is something you would be interested in assisting with please let Brittany know.

Fundraising Committee Opportunity – If you are interested in being part of the PARN Fundraising Committee please contact Dylan at Dylan@parn.ca Subsidies are available for people living with HIV who would like to participate.

HIV Survivors Group—Are you HIV positive? Why not come and join us for lunch on the 3rd Thursday of every month? We meet at the PARN office from noon until 2pm. A truly positive space run by positive peers. To find out more please contact Mark Phillips at markyfund@aol.com

HIV Support Services @ PARN

Thank You Lance!

Lance joined PARN in February 2015 in the role of HIV Support Services and Programs Coordinator. Working closely with PARN Engagement Worker Brittany Cameron, Project Inform, and people who are living with HIV in our communities, Lance brought a fresh perspective and a number of great initiatives to PARN.

Over the past year, Lance participated in a response to long term care facilities in need of education about HIV and people who identify as LGBTQ+. Lance also supported the launch of a Rainbow group at a federal prison for people who are LGBTQ+. This was a first ever in Canada.

After a year in Peterborough, Lance decided to move back to his home community to be closer to his family and network of friends.

We had been planning a surprise bon-voyage party but the start date for Lance's new job was moved up a week.

We will have note cards available for the next few weeks if you'd like to add to the box that we'll send one to Lance the first week of April. There will also be some Lance colouring pages for those who are feeling creative.



HIV Support Services Scheduling in March

Brittany be away from the office from Monday, March 15 to Tuesday, March 23. If you require Support Services while Brittany is away, please contact PARN Executive Director Kim Dolan and she will work to meet your needs.

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March Update

Ariel O'Neill, Women and HIV/AIDS Initiative Community
Animator, PARN—Your Community AIDS Resource Network
email: ariel@parn.ca twitter: [@WHAIatPARN](https://twitter.com/WHAIatPARN)



Collective Impact: Women Living with HIV

All over the province, WHAI Coordinators are having meaningful conversations. This month WHAI@PARN is partnering with AIDS Committee of Durham Region (ACDR) and Positive Care Clinic to gather information from women living with HIV for specific reasons:

- o Identify the problems women have with getting the health care they need
- o Capture what it's like for a woman living with HIV to maintain her health while managing other aspects of her life, such as caregiver responsibilities and other social needs
- o Develop a portrait of what women say they need to stay healthy
- o Identify the social and medical supports that best fit women's needs.



Who is collecting this information? The Women and HIV/AIDS Initiative Coordinators, Ariel O'Neill from PARN and Devorah Garland from ACDR, are teaming up with Kara and Tobin from Positive Care Clinic, Lakeridge Health, for this project. The information will be collected into a report to the Ontario AIDS Bureau and will be shared with health care providers. In the summer of 2016 we will be sharing the results and celebrating our communities, so please watch for this announcement.

How to get involved

Call Ariel at (705) 749-9110 ext. 215 or email ariel@parn.ca if you would like more information or to complete a survey in the PARN office at 159 King St. Suite 302, Peterborough.

Call Devorah at 905-576-1445 ext 30 or email at women@aidsdurham.com to arrange for completion of the survey at the AIDS Committee of Durham Region office at 22 King Street West, Suite 202, Oshawa.

If you are going to any of Positive Care Clinic sites for test follow ups, drop ins or appointments, talk to the nurses about the survey and they can provide it to you along with the gift cards.

March Update

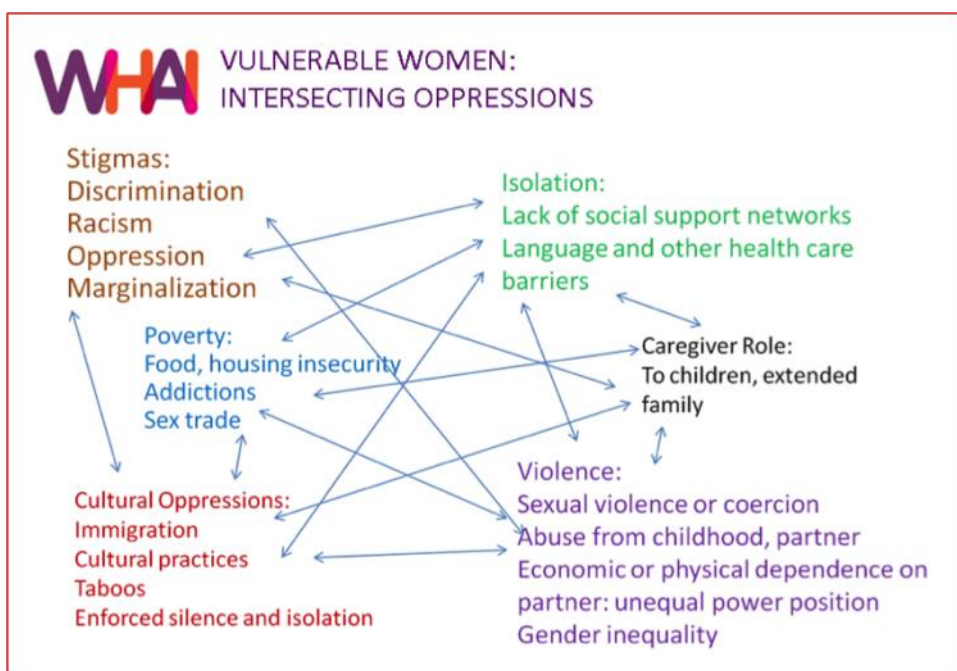
Ariel O'Neill, Women and HIV/AIDS Initiative Community Animator, PARN—Your Community AIDS Resource Network
email: ariel@parn.ca twitter: [@WHAIatPARN](https://twitter.com/WHAIatPARN)



Collective Impact: Agencies and Institutions

In 2015, WHAI implemented a collective impact framework to guide its work. The Coordinated Collective Impact Initiative (CCII) is currently in its initial situational analysis phase. The situational analysis will see all 16 partner AIDS service


organizations (ASOs) working simultaneously on gathering local information, which will give us a collective understanding across the province about women's needs in our communities. Key to this information gathering process is centering the lived experiences of diverse women living with, and at heightened vulnerability for HIV across Ontario, as well as the services they access. We are hoping to connect with women living with and at heightened vulnerability for HIV as well as clinics and other service providers in our community.



To gather information, we will be utilizing a variety of data collection methods which include but are not limited to: in-depth interviews, focus groups, and online or telephone surveys. Our intention is to make this process as accessible and collaborative as possible. The information shared with us will be used to identify the key issues affecting the capacity of our community to support women living with and at heightened vulnerability for HIV. This process will be a catalyst for improving programs and services for women.

Please take ten minutes on the survey here: <http://fluidsurveys.com/s/WHAIsurvey/>

For more information or to schedule a face to face meeting, please contact Ariel at 705-749-9110.



Safe space
Safe injection tips
Kit making
Personal care items

**women's drop
in Mondays
2 to 4 pm**

159 King Street. Suite 302
Ariel & Kylie contacts
(705) 749-9110

We Need Volunteers for our Men Who Have Sex With Men Programming

PARN is looking for volunteers with specific interest and experience working with gay, bisexual, and other men who have sex with men. As part of our HIV Prevention programming, we require volunteers with lived-experience who can help guide our work and support our outreach initiatives.

In particular, we are currently looking for people who are interested in joining our Men Who Have Sex With Men Advisory Committee, Park Outreach, and Online Outreach

If you are able to give your time, effort and wisdom to any of these programs, please contact Chris Jardin, PARN Prevention Coordinator at 705-749-9110 ext 206 or chrisj@parn.ca to find out how you can help us build effective programming to prevent the transmission of HIV in Peterborough and the Four Counties.



Transformation An Interview with Brittany Cameron

Four years ago when PositiveLite.com last wrote about HIV-positive Brittany Cameron she was a client of PARN - Your Community AIDS Resource Network. She talked about positive parenting, bringing three little girls into the world, all HIV-negative. Since then she has gone back to school and become a staff member at the same agency, facing new challenges.

Bob Leahy: Hi Brittany. Let's start by telling me a little about the job you're in.

Brittany Cameron: I'm the peer engagement worker at PARN. It's a new position that was created in the last year from recommendations that came out of a program review here. It's a position that's specifically for someone living with HIV. Essentially what I do is help develop programs for people living with and affected or at risk of HIV.

This is an abridged transcript of an interview conducted by Bob Leahy that originally appeared at Positive Lite. To read the original interview, please visit: <http://www.positivelite.com/component/zoo/item/transformation-2>

Tell me a little bit about PARN. It's a Peterborough-based agency with a large rural catchment area. That must present challenges for engaging people.

Absolutely. The catchment area is huge. It's estimated there are 1,400 people living with HIV in the area and there is a lot of difficulty in terms of reaching out to those people.

Before you got the job you were a client of the agency - you still are. But going back in time, do you want to talk about your life before you became positive?

Sure. Previous to my HIV diagnosis ten years ago I was engaged in survival sex work. I was also a user of crack cocaine. A large portion of my youth was in Toronto. I ended up facing some criminal justice issues and then ended up moving to Montreal. I spent about eight years on the street. I suspect I was probably infected around July of 2005. But I wasn't diagnosed until the following year. In September of 2005 I found out I was pregnant. I did get an HIV test but unfortunately some criminal justice issues came up and I didn't get the test results. After that I moved to Peterborough in hopes of starting a new life, getting sober, getting off the streets - and being a mom.

So at what point did you find out you were HIV-positive - after the baby was born?

In prenatal testing. It wasn't until I was 36 weeks pregnant that I was able to get a doctor and at the point I was diagnosed over the phone. The doctor told me she had never delivered a positive woman's baby and my options were either to be her test run or to go to Mount Sinai Hospital in Toronto, to their High-Risk Pregnancy Unit for babies of HIV-positive moms.



Transformation An Interview with Brittany Cameron

Were you worried about having a poz baby?

Absolutely, I was not very well educated and although the doctors reassured me they were reducing the risk, I didn't know anything then. Not only did I think I was dying but I was going to bring a child into the world that would die.

The baby was tested right away?

Yes. The infectious disease specialist came over to the hospital and drew the first blood sample. As with first infants born to a positive mother, the first test was positive because they carry mom's antibodies. So I continued three months visits and at 18 months they confirmed that her antibodies had flipped to her own and she was in fact HIV-negative.

How did that feel?

Amazing!



I bet! That was your first child and you went on to have two more children?

I did. After my diagnosis, I started doing a lot of research and reading other positive moms' stories and I realized that if women with HIV wanted babies they could have babies that were born without HIV. It was really a fairly simple task to ensure an HIV-negative baby. I had since split with my former partner who was the father of my first baby and met my present partner, Jason. The risk of having a positive baby was less than 1% but that 1% plays on a mother. I think with all three of my children those first 18 months were the hardest time of my life – there was still that minute chance.

That is an amazing story. But another amazing story happened after that.

Well, it was about six years ago that I decided I wanted to get more engaged and bring about awareness of HIV and positive motherhood, really started ramping up and getting involved in leadership development and such. And I felt there was just not enough going on for people living with HIV in our community. It was at that point I decided I was going back to school, I'm going to get an education and then I'm going to work for PARN. I had dropped out in Grade 9, then got my grade 12 and I went back to get my Social Service diploma and graduated with honours.

And during that time you were open about your status and had your photos in the media. Tell me why you were comfortable with that when so many others don't want other people to know their status.

For me it's about putting a face to HIV. We have been bombarded with photos of really ill people and I wanted to help change society's view of how a person living with HIV looks. Often that's really uncomfortable work but for me it's a bigger picture thing. I'm open about my status because there are many, many people out there who can't. It opens minds.

Transformation An Interview with Brittany Cameron

So the job you are in now, this was a new position you had to get through a competitive process. Let's talk about the transition from a client to an employee. How easy was that for you?

It's definitely an ongoing process. It's not easy. A lot of the people who are now my clients were friends before. But most of them have embraced where I have come from and what I have done to get to this place. Also it says to them that this is possible for them as well. Plus I still get services from PARN. We didn't want to have people living with HIV going in to a paid position and being disadvantaged by losing services they were previously using.

I hear there are challenges but also benefits to a person living with HIV being in that kind of position?

Absolutely. I think the biggest and best benefit for me is being able to empower my peers and watching them grow. I have seen them go to rock bottom and then go on to take peer leadership roles and it's amazing to see the growth that's possible and get to the same place as me.

And outside PARN you are a busy person also. You have three kids and a husband, you have your own little business. How do you manage all this?

Well, definitely in any work we do I think it's important to recognize self-care – and so my family and kids always come first. I'm not shy in saying I need a break. I'm very lucky our Executive Director is very understanding and I've never had an issue in going to her and saying "I need a day off". It's been critical that I've been supported like that.

Do you find working in this environment stressful? Are you able to leave it when you go home at night?

Sometimes it's stressful. A friend of mine who is also a client and a friend of my husband passed away last month. So both work and home were experiencing grief and trauma and that was really hard to navigate. That being said I'm a person living with HIV and I am really passionate about the work, so it's not often I do shut it off.

You're happy in your work then?

Absolutely, I wouldn't change it for the world, Bob. PARN gave me so much in my first eight years of being positive and this is my time to give back.

OK. One more question. Looking back on your transition from client to staff, what would you say to other people living with HIV who were contemplating that kind of jump?

I'd say "go for it!" We need more people living with HIV steering the ship. It's not necessarily an easy change but there is space within the AIDS movement to be paid for our work and that opportunity is really important to me.

Brittany, that's a nice note to end on. You're an inspiration. Good luck with your future work and thank you for talking to PositiveLite.com.



Check out Peterborough This Week profile for a great profile of local artist, activist (and PARN Board member!) Bronson Smith

PARN's work is guided by a Board of volunteer directors who ensure that PARN is meeting and exceeding its commitments to the communities we serve in Peterborough County, Northumberland County, The City of Kawartha Lakes and Haliburton County. Peterborough This Week recently profiled one of our Board Members, Bronson Smith, in their regular Peterbio column.



You can read all about Bronson at: www.mykawartha.com/community-story/6311018-peterbio-bronson-smith/

If you are interested in becoming a member of PARN's Board of Directors, please contact Executive Director Kim Dolan at kim@parn.ca or 705-749-9110.

Can you contribute to the PARN E-NEWS?

We are looking for submissions from people with lived experience for our monthly electronic newsletter. Suggestions include personal essays, health-tips, movie/book/music reviews, historical accounts, recipes and home tips...basically if you have an idea, send it to us and we can help you share it with our community. You can email submissions to Brittany (brittany@parn.ca), or directly to Dylan (Dylan@parn.ca) who puts together our newsletter.

If you can't find the time to write something, but would like to see a topic or issue covered in one of our monthly newsletters, don't hesitate to let us know about your suggestions and ideas.

Women in Solidarity – International Women’s Day 2016

Kawartha Sexual Assault Centre and the Kawartha World Issues Centre are once again co-hosting a dynamic and interactive evening for International Women’s Day. Taking place at Seeds of Change (in George Street United Church, 534 George St. N.) on Wednesday, March 9, 2016, at 6pm. Doors open at 5:30 pm for an evening of pot luck, music, speakers, solidarity and celebration. This is a free public event that is gender and child friendly, and organized with support from Trent University and several local community organizations.



Peterborough is excited to welcome Canadian author Camilla Gibb, who will be available for book signings, as well as:

- * Drumming by Erin Hayward- Hill, Six Nations of the Grand River Territory
- * Dr. May Chazan, Gender and Women’s Studies, Trent University
- * Fadya Adnan Falah, Draa, Syria
- * Dana Wesley, MA, Gender Studies
- * Lisa Trefzger Clarke, Needs Assessment Project Manager, KSAC
- * Raging Grannies, Musician Lorinda Frudd, Under One Sun and more...

“The theme of *Women in Solidarity*’ was selected in response to discussions the committee had in which women of varying ages expressed concern at the lack of support often provided for each other,” explains Julie Cosgrove, Executive Director of the Kawartha World Issues Centre. “This plays out in various ways, such as in social media, and competitiveness in work or school spaces.” The speakers will bring global and local perspectives to the theme, referencing also a recent Community Needs Assessment conducted by the Kawartha Sexual Assault Centre and partners.

“This year’s International Women’s Day event will explore why women don’t always support one another, where women are actively supporting each other or acting in solidarity, and how to create opportunities for our community to inspire greater solidarity for women.” Visit www.kwic.info and www.kawarthasexualassaultcentre.com for more information.



“This will save lives”

Peterborough Drug Strategy Partners Applauds Move to Create Good Samaritan Drug Overdose Act



Media Release—Thursday, February 26, 2016—The Peterborough Drug Strategy partners have announced their strong support for new federal legislation introduced by Coquitlam-Port Coquitlam MP Ron McKinnon, who introduced a bill entitled, the “Good Samaritan Drug Overdose Act” on February 22, 2016. If successful, this bill would be an important step in alleviating the growing crisis of opioid-related deaths in Canada and in our community. The “Good Samaritan Overdose Act” would provide immunity to prosecution for people who contact emergency services to report a drug overdose.

A Peterborough Drug Strategy study found that fear of arrest is the number one reason locally why 911 is not called in the event of an overdose. “People should not have to be afraid of calling 911 in a life or death situation,” says Donna Rogers, Executive Director of FourCAST. This bill, if approved would ensure that people across Canada do not have to choose between calling 911 and being charged for a drug related offense. “An overdose like any incident involves people who could use help from their community at a time of need” says Kim Dolan, Executive Director of PARN & Harm Reduction Works.

In response to local data indicating the fear of calling 911, the Peterborough Police Service has made a commitment to saving lives, rather than focusing on arrests. “Our number one concern in an overdose situation is to help someone receive the treatment that they require,” says Tim Farquharson, Deputy Chief of Police. “We are not there in an overdose situation to lay charges, instead we are there to help and support those in need.” In 2013, Police Chief Murray Rodd made this commitment publicly in the [911 Naloxone video](#).

The Peterborough Drug Strategy is a group of partners working from a four-pillar approach to reduce the harms that substance use has on our community. These pillar partners in our City include the Peterborough County-City Health Unit, Peterborough Police Service, FourCAST, and PARN. Collectively these agencies have been working together on the opiate crisis in Peterborough City and County, and despite best efforts continue to see people dying of opiate overdoses. The proposed Good Samaritan legislation is one of many recommendations of [Prescription for Life](#) released by the Municipal Drug Strategy Coordinators Network of Ontario in 2015.

Naloxone Saves Lives—Get it at PARN

Naloxone is an injectable drug that temporarily reverses an opiate overdose until an ambulance can arrive.

PARN provides free Naloxone, following a 15-20 minute training session, to people associated with Injection Drug communities to reduce the number of opiate overdoses in Peterborough and the Four Counties.

Naloxone is available at PARN on the third Tuesday of every month from 9am to 1pm. FourCAST (130 Hunter Street West in downtown Peterborough) also distributes Naloxone on the first Tuesday of each month from 1pm to 4:30pm.



**GETTING WHAT YOU'RE
LOOKING FOR?**

Getting lost between relationships, hook ups, dating apps, sex, life and trying to connect with people?

If you are a man who has sex with men, contact us to book a free appointment to talk and get support.

For more information, please contact

Chris Jardin
705-749-9110 ext. 206
chrisj@parn.ca

PARN GMSH
YOUR COMMUNITY AIDS
RESOURCE NETWORK

WHAT IS YOUR STATUS



Where to go and what you need
to know to get tested for HIV.



Questions?

Call us or stop by:

PARN - Your Community
AIDS Resource Network
159 King Street
Peterborough ON
Phone: 705-749-9110
OR 1-800-361-2895

For a testing site near you call
the AIDS and Sexual Health
Info Line: 1-800-668-2437



United Way
Peterborough & District
Change starts here.