

Newsletter - February, 2017

**THE
SEX
YOU WANT**



TheSexYouWant.ca

See page 7 for details on the GMSH's The Sex You Want campaign

Lots to read
about inside!

Men's Sexual Health Clinics
OAN Delegate Report
Ontario's HIV Strategy
CATIE Endorses U=U
HIV and Media Research Study
Love Positive Women

PARN is a community based agency providing support and health promotion for people living with or affected by HIV and/or AIDS. PARN provides education for people at risk for HIV and awareness of AIDS issues to the broader community.

PARN's Board of Directors

Chair:

Mark Phillips

Vice Chair:

Amanda Campsall

Secretary:

Kirk Parry

Members at Large:

Cheyenne Buck, Sarah Frank (*Chair, Board Development Committee*), Kim Kennelly (*Chair, Fundraising and Communications Committee*), Megan Mattos, Bronson Smith

What's Going On February 2017



Rainbow Youth Program Every Thursday - 3:30 - 5:30 pm
Suite 302-2, 159 King Street



Office Hours @ PARN

Monday:

9:30 am–5 pm

Tuesday:

9:30 am–5 pm

Wednesday:

9:30 am– 1 pm, 3 pm–5pm

Thursday:

9:30 am–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Positive Living Room

Every Thursday - 10 to 11:30am

The Positive Living Room is open to anyone attending the Positive Care Clinic on Thursday mornings. Join us for a light breakfast, coffee and conversation while you wait for your appointment.

Please note: The PARN offices now close at 5pm on Thursdays.

The PARN offices will be closed on Monday, February 20 for the Family Day statutory holiday. We will re-open at 9:30 am on Tuesday, February 21.

Men's Sexual Health Clinics in Peterborough and Port Hope

PARN has partnered with Peterborough Public Health and the Haliburton, Kawartha, Pine Ridge District Health Unit to provide monthly clinics dedicated to men's sexual health in Peterborough, Port Hope and Lindsay. Free and confidential services include testing for HIV, Hep C, & Sexually Transmitted Infections as well as condoms, lube & information on sexual health. Get The Facts! Stay Safe! Know Your Status!



Lindsay - Thursday, February 9 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, February 28 - 5pm to 7pm

HKPR District Health Unit

200 Rose Glen Rd - 905-885-9100

Peterborough - Date to be confirmed

Join us for Queer Movie Nights

PARN hosts Queer Movie nights at Catherine Parr Trail, Bagnani Hall. The next movie night is February 22 from 6pm to 9pm. Going forward, we will be hosting Queer Movie nights on the third Wednesday of each month - March 15, April 19, and May 17 from 6pm-9pm.

Movies that feature LGBTQ+ identities and issues, followed by a discussion. Free and open to all in an accessible space.

Movies to be announced, check us out on Facebook. Want to suggest a film? Contact anya@parn.ca

10% of the films at this year's ReFrame Film Festival dealt with LGBTQ issues. PARN was proud to sponsor five of these films. To learn more about ReFrame, visit www.reframefilmfestival.ca/

Save The Date

PARN's Annual
General Meeting
of the
Membership

Wednesday

JUNE

21

Living with HIV? Can you help HALCO with Strategic Planning?

The HIV & AIDS Legal Clinic Ontario (HALCO) - the only legal clinic in Canada devoted exclusively to people with HIV - is currently developing a strategic plan that will guide their activities over the next three to five years.



HALCO is hoping to hear from as many people living with HIV as possible to help guide their work. Participation is voluntary, and people do not have to provide their names when completing the survey. The survey includes 7 short questions, and the information provided will be combined with other information collected during the planning process and reported without any names or identifying information. To view the survey, please visit: <https://www.surveymonkey.com/r/HALCOCommunitySurveyFinal>

A Taste For Life - Wednesday, April 26

Mark your calendars for the return of Peterborough's first foodie-fundraiser - A Taste For Life - on Wednesday, April 26. We'll once again be partnering with restaurants throughout Peterborough and the Four Counties for an amazing night of food and fun in support of people living with HIV in our communities. Stay tuned for a full list of participating restaurants and more details to come soon.



This will be our first ever A Taste For Life without Elements and SKH (formerly Shish Kabob Hut), which both closed during the past year. We are so thankful for the support we received from Elements and SKH over the past 12 years and wish the owners and staff all the best for the future.

HIV Support Services

@ PARN



Ontario AIDS Network Update

As a member of the Ontario AIDS Network (OAN), PARN sends two people (delegates) to OAN Member's meetings - the executive director and a person who is living with HIV and/or AIDS. PARN has been well represented at OAN meetings by Bob Leahy from the early 2000s until 2015; and Mark Phillips from 2011 to 2016. In 2016, in time for the OAN Member's Meeting in November, Kirk Parry stepped into the role. Kirk brings a rich history of engagement and service with AID Service Organizations.

November 16th, 2016 OAN Member's Meeting Highlights

PHA Engagement

The OAN has been looking at PHA engagement at Member's Meetings and recognizes that there are many different ways that members choose their delegate. There was a call to have more PHA's at OAN meetings

State of the Sector Report

The OAN and the OHTN produced documents that give a snapshot of HIV and AIDS in Ontario. These are available from Kirk or Kim D on request.

Disclosure and Criminalization

Ryan Peck from HALCO (HIV AIDS Legal Clinic) spoke about HIV disclosure and legal issues.

February Office Hours

Brittany and Adam will be out of office on Monday February 6th, and the PARN offices will be closed on Monday, February 20 for the Family Day statutory holiday. Brittany and Adam will also be out of office from Wednesday February 22nd until Friday February 24th, returning back Monday February 27th.

Picnic Planning

We are looking for folks to help plan our Annual Summer Picnic. Our first planning meeting is March 23rd. Let Brittany know if you are interested in participating.

HIV Survivors Lunch

Are you living with HIV? 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

PLDI Level 1 Training in March

Applications are now being accepted for the next Positive Leadership Development Institute (PLDI) Level 1 training happening from March 3-5, 2017.

You can contact Adam or Brittany to get an application or for help with applying.

Visit www.oan.red/pldi/ for more information.

Ontario Advisory Committee On HIV/AIDS Delivers 10-Year HIV/AIDS Strategy



MINISTRY OF HEALTH AND LONG-TERM CARE

Media Release - January 25, 2017

The Ontario Advisory Committee on HIV/AIDS (OACHA) has delivered a new 10-year HIV/AIDS strategy to Dr. Eric Hoskins, Minister of Health and Long-Term Care. The report, entitled HIV/AIDS Strategy to 2026: Focusing Our Efforts: Changing the Course of the HIV Prevention, Engagement and Care Cascade in Ontario, outlines a vision for an Ontario in which new HIV infections are rare and all people living with HIV lead long, healthy lives.

This new strategy builds on the important work already done by community-based HIV organizations and programs, researchers, people living with or at-risk of HIV and health care professionals committed to fighting this disease. Over the past few decades, the number of new HIV diagnoses in Ontario has been trending downward – from 2,069 in 1990 to 842 in 2015. Of those living with the virus, it is estimated that more than 90 per cent who are receiving treatment obtain a suppressed viral load. In other words, the amount of HIV in their blood has been reduced to such a level that tests cannot detect it. This means the virus is under control, the person with HIV has the opportunity of a long life, and there is negligible risk of passing on the virus.

The HIV/AIDS Strategy to 2026 focuses on reducing new HIV infections even further and improving the health and well-being of people living with HIV. The report is the result of extensive consultations with people living with and at-risk of HIV/AIDS, service organizations, local public health units, HIV clinics, researchers and policy makers. The strategy recommends two key strategic approaches:

1. Work together with the communities most affected by HIV to increase the number of people living with HIV who are diagnosed early, linked to care and remain engaged in effective treatment that will prevent new transmissions.
2. Increase access to services for people living with HIV infection by strengthening the capacity of community-based HIV/AIDS services and other key community partners to provide evidence-based services that support people with complex needs such as mental health and addiction care, housing, and supports for other social determinants of health. Reduce the social isolation that surrounds HIV by creating communities and a society free of HIV stigma, discrimination and other forms of oppression.

The report further recommends that Ontario adopt the Joint United Nations Programme on HIV and AIDS (UNAIDS) 90-90-90 targets with the following goals:

90 per cent of people living with HIV are diagnosed

90 per cent of those diagnosed are getting HIV treatment

90 per cent of people receiving HIV treatment have an undetectable viral load (the amount of virus in their blood is so low tests cannot detect it, HIV is controlled, and the possibility of HIV transmission is negligible).

With this approach, people infected in their 20s, diagnosed early and engaged in care, can expect to live a lifespan approaching the average for the population as a whole, if they are otherwise healthy. By reducing the number of people living with HIV who are undiagnosed and by moving people more quickly into care and treatment, new HIV infections will also be reduced.

To view a downloadable PDF of the strategy, please visit

http://www.health.gov.on.ca/en/pro/programs/hiv aids/oach_strategy.aspx

CATIE Endorses U=U!



Canada's source for
HIV and hepatitis C
information

"All of us here at CATIE, and indeed around the world, are celebrating the most significant development in the HIV world since the advent of effective combination therapy 20 years ago – people living with HIV with sustained undetectable viral loads can confidently declare to their sexual partners 'I'm not infectious!'" - Laurie Edmiston, CATIE Executive Director

On January 13, 2017, CATIE officially endorsed the Consensus Statement of the Prevention Access Campaign and its message that Undetectable = Untransmittable.

To read the endorsement, visit here: <http://blog.catie.ca/2017/01/13/undetectableuntransmittable-catie-signs-on/>

To read about CATIE's reasons for signing on, please visit: <http://blog.catie.ca/2017/01/24/three-reasons-why-catie-supports-uu-for-sexual-transmission/>

To read the Consensus Statement of the Prevention Access Campaign, please visit:
<https://www.preventionaccess.org/consensus>

Research: Experiences and Perceptions of HIV-Related Media



This research study is being conducted as part of a Master's thesis project to investigate experiences and perceptions of HIV related media. As part of this research we would like to learn about your perceptions of HIV related media and its effects. HIV related media are any messages, communications, or representations of HIV/AIDS or individuals living with HIV/AIDS present in media. HIV related media can be in print, broadcast, or online formats and includes news, entertainment, informative, or activist types of media.

Your participation will help us understand how HIV related media affects individuals who are living with or affected by HIV. It is a prerequisite of this study that you are at least 18 years of age and have experienced HIV related media in the past 2 months. The questionnaire takes approximately 30-45 minutes to complete. Once completed, you will have the opportunity to voluntarily share your contact information with the researcher to conduct a follow up interview. The researcher and his assistants have no commercial interest in this or any other project.

As a token of appreciation, you will be able to enter your email for a draw for one of two \$50CAD gift cards. Your email will be a separate form so that it is not connected to your survey responses.

To participate, please visit:
https://trentu.qualtrics.com/jfe/form/SV_eRu6OhQMKbwL96R

If you have questions about the study or the procedures, you may contact the primary researcher at Trent University, Pake Newell (pakenewell@trentu.ca). This project has been reviewed and approved by the Trent University Research Ethics Committee. If you have any questions concerning ethical aspects of this project, you may contact Karen Mauro, Certifications and Regulatory Compliance Officer (kmauro@trentu.ca; Phone: 705-748-1011 ext. 7896).



An innovative response to gay men's health in Ontario

The Sex You Want



A new campaign developed by the Gay Men's Sexual Health Alliance aims at getting gay men testing, preventing, and treating HIV and other sexually transmitted infections. With new HIV prevention technologies like pre-exposure prophylaxis (PrEP) making headlines around the world, The Sex You Want offers gay and bisexual men evidence based information around HIV and STIs in a fun and sexy way. 'The Sex You Want' is timely in an era of sustained HIV infection rates and an epidemic of sexually transmitted infections among gay men.

According to the latest data available, in Ontario 63% of all HIV diagnoses in the province were gay, bisexual and other men who have sex with men in 2014-15.*

Today a number of HIV prevention strategies exist including condoms, pre-exposure prophylaxis, post exposure prophylaxis and treatment as prevention. The GMSH identified a lack in user-friendly resources that clearly explained these strategies- grounded in the scientific evidence, presented through mixed mediums with a tone and use of language that would resonate in a community that has been exposed to sexual health social marketing campaigns for the past 30 years.

The Sex You Want features animated videos, comic strips, and info-graphics that reflect the complex and diverse experiences of gay men grounded in science and a progressive attitude towards sex and pleasure.

The creative design is particularly striking:

"For over 30 years gay men have been bombarded with social marketing campaigns telling us we are "high risk". So many of the same images that reinforce a particular ideal and physique. We wanted to do something very different. Our diverse community is going to see itself in The Sex You Want"

– Dane Griffiths, Manager of Health Promotion

The campaign will be promoted in cities and towns across Ontario supported by a network of HIV/AIDS services organizations.

Ontario's Gay Men's Sexual Health Alliance is a provincial network of gay men and their allies from community based HIV/AIDS service organizations, the HIV research community, public health, policy makers and other community members. It is housed within the Ontario AIDS Network.



Ontario Working Group on Criminal Law and HIV Exposure

PARN is one of a small handful of AIDS Service Organizations that are actively involved with The Ontario Working Group on Criminal Law and HIV Exposure (CLHE) as part of our commitment to addressing HIV stigma and discrimination.



The Working Group and its members have been very active this year: the first few weeks of January, 2017 saw a number of articles in NOW, the Toronto Star and Canadian Lawyer Magazine.

Check out the articles in NOW that came out last month:

HIV Disclosure Double Jeopardy, Cecile Kazatchkine and Ryan Peck

<https://nowtoronto.com/news/hiv-disclosure-double-jeopardy/>

Laws Criminalizing HIV are Putting Vulnerable Women at Greater Risk, Kevin Ritchie

<https://nowtoronto.com/news/laws-criminalizing-hiv-are-putting-vulnerable-women-at-great/>

What It's Like to be HIV-positive, Declan Keogh

<https://nowtoronto.com/news/being-hiv/>

HIV Is Not a Crime, Declan Keogh

<https://nowtoronto.com/news/hiv-is-not-a-crime/>



The Toronto Star carried this article: **Guide to prosecuting HIV cases 'undermining' public health**

<https://www.thestar.com/news/gta/2017/01/15/guide-to-prosecuting-hiv-cases-undermining-public-health-critics-say.html>

On January 13, Canadian Lawyer Magazine posted an article called *Document on HIV non-disclosure prosecutions disclosed*, which outlined “a new document that sheds some light on how Crown attorney’s may have approached HIV non-disclosure cases” and included a link to the original document. Unfortunately, the links to the article and the document appear to be broken at this time and the article can no longer be viewed.

CLHE’s *Consultation on Prosecutorial Guidelines for Ontario Cases Involving Non-disclosure of Sexually Transmitted Infections: Community Report and Recommendations to the Attorney General of Ontario* can be found at <http://clhe.ca/wp-content/uploads/CHLE-guidelines-report.pdf>.

You can also check out a Timeline of CLHE activities, including a January 5, 2017 letter to Minister Naqvi requesting an immediate moratorium on all prosecutions in cases of HIV non-disclosure, at <http://clhe.ca/advocacy-timeline>

Love Positive Women Art workshop

A small group of PARN staff and placement students got together with the marvelous Deb Reynolds and her tickle trunk of beautiful supplies at PARN on Monday, January 30. Twenty tiny, beautiful books will be going to women living with HIV and/or facing systemic risk factors in another community in Ontario! Love Positive Women February 1-14th is a global event that WHAI staff around the province are embracing this year by exchanging cards (and in the case of Peterborough, tiny books) at our February meeting.

More about the campaign:

www.facebook.com/LOVEPOSITIVEWOMEN/

To get involved, see Brittany or Ariel at PARN.

Photos of the artwork created will also be part of International Women's Day campaign.

art card & tiny book making + exchange

Monday January 30th
2:00-4:00 @ PARN
159 King St. Suite 302
Peterborough

Free workshop led
by community
expressive art
practitioner
Deb Reynolds
Twitter &
Instagram
@debreynoldsarts

call Ariel to register
(705) 749-9110
ariel@parn.ca



Update on the Sex Work Action Project Evaluation

Apologies for the delay! There was a long queue with the departmental ethics board at Trent but interviews with community partners involved in SWAP have now been booked. Folks working around Ontario on this area will inform the evaluation as well. If you had any involvement with the SWAP van, drop-in or community network meetings and you have not been contacted, please get in touch with brittanyreid@trentu.ca and if you have thoughts or experience you'd like to share generally, please let me know at ariel@parn.ca

Please Welcome our new Placement Students @ PARN

Six placement students from Trent University, Fleming College and Loyalist have joined the PARN team this semester. We are thrilled to have this group of motivated, dedicated and compassionate young people working with us in the office over the next few months.

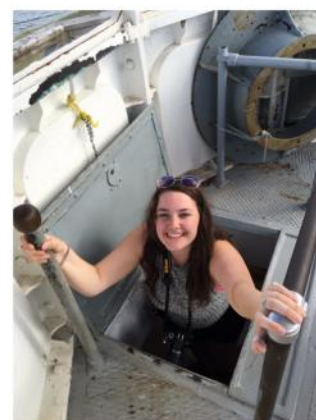
Carly Dupont: I have a degree in Psychology from Trent University. I am currently in my last semester of the Drug and Alcohol Counsellor program at Fleming College. I chose to do my placement at PARN and I am thrilled to be here. I picked PARN specifically because of its harm reduction approach. I strongly support and believe in harm reduction. PARN allows me to experience front-line in harm reduction through the safe needle exchange program, naloxone training, and outreach. I am also eager to learn about the efforts PARN focuses on toward women, HIV/AIDS and Hep C. For example, getting involved with the week without violence campaign and the Positive Care Clinic.



Kay Kanyandula: I am an international student from Mozambique. I am currently in my final semester in the Drug and Alcohol Program at Fleming and graduated from Trent in 2014 with a degree in Cultural Studies. I took two years in between to pursue a career in media in Tanzania, but then changed my direction and wanted to get further education which brought me back to Peterborough in this new chapter. I chose PARN to do my placement because I felt that it aligned perfectly with a lot of my own personal values when it comes to helping the community. Harm reduction and the philosophy behind it is what attracted me to PARN. I am interested in meeting people where they are at and providing services as well as referrals, but most of all I feel honoured to be in a safe space where people that are coming to use the services feel free to share with me whatever they want to share allowing me a look into others lives.



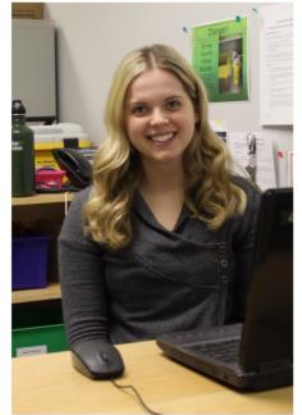
Emily Hoover: I am second year nursing student from Trent University. I am from Uxbridge, ON. In my family, my grandmother, aunt, and uncle have careers based in medicine and it has always been something of an interest to me. In first year, I had placement in a long term care facility in Lakefield, and in this past semester's clinical rotation, I was fortunate to be placed in the mental health unit at Peterborough Regional Health Centre. When I'm home from school and during the summer, I work at a retirement home where I assist residents with various activities of daily living such as dressing, bathing, and getting around, which I enjoy thoroughly. I have always had an interest in substances and the effects that they have on the body. I am excited for this placement because I will have many opportunities to learn more about specific substances and target populations that are most involved in/at risk for substance use, and I am interested to learn more about HIV/AIDS. I am excited to be here because I know that this placement will help me build my knowledge and skills around harm reduction and safety promotion. It will be interesting to see how my experience in mental health will aid me in this placement and I will be interested to see where I am able to make connections between the two and how they intertwine. Thank you very much for allowing me to be here, and I can't wait to get to know everyone better as our time together continues on.



Please Welcome our new Placement Students @ PARN

Continued from previous page:

Emily Pecena: I am a third year Social Work student from the new BSW program at Trent University. Currently I am the Vice President of the Trent Social Work Society, as well as the student representative on the Community Advisory Committee (CAC). I have a lot of experience working with youth of all ages in the Peterborough community as a youth programmer. As a Peterborough local I want to create positive change in my community. I know that PARN has many amazing individuals making change in the everyday lives of oppressed and marginalized community members. I feel that my time at PARN will help better connect me to my community and further my knowledge in harm reduction approaches and the Hep C/HIV/AIDS community. I am really looking forward to my time here at PARN and will take this learning experience with me in my future endeavours.



Nicole Selfe: I'm currently in my second year of the Bachelor of Science in Nursing program at Trent University. I have wanted to be a nurse since I was about thirteen, the idea of combining science with the ability to help people in need really grabbed my attention. Throughout my time living in Peterborough, completing my degree, I have learned so much more about how great the occupation is and of all the different areas I can take it. Already, I have worked in a long term care facility and the mental health unit at the local hospital. I have gained a lot of experience on proper bedside manner, basic bodily care, and how to establish therapeutic relationships with patients. It was especially worthwhile to work in the mental health unit, listening to the patients' stories about having to deal with unsupportive families, traumatic events, overdose and addiction, and other stressors was really eye opening. I was happy that I could provide a non-judgmental medium for these individuals to open up to, without trying to fix their problems. I was inspired by the mental health placement to become more involved in trying to decrease the harm brought on by some of these negative factors, which is why I'm excited to work with the Haliburton Kawartha Pine Ridge Drug Strategy to help reduce the harms brought on by drug and alcohol use.



Teresa Whitney: I am currently a student at Loyalist College in Belleville, Ontario taking the Social Service Work diploma. I am also a graduate from the University of Ottawa with a Bachelors Degree in Psychology. Living in Ottawa for 7 years I became aware of many different social issues that were not so evident to me in my rural hometown of Campbellford. This inspired me to continue my education in Social Service Work so that I could get hands on experience and will soon be able to become employed in a position in which I can make a difference. I am very enthusiastic about HIV prevention which is why I decided that PARN would be an amazing opportunity to complete my placement. I am interested in harm reduction as well as HIV education specifically in our school curriculum, I believe that the best way to prevent is to educate and by working with PARN I am now becoming more educated myself. I look forward to the future both within my placement at PARN as well as in my career in social service work.



Women's rights are human rights

On January 21st I travelled to Washington, DC with nine other social work students and our professor Dr. Susan Hillock, to participate in the Women's March on Washington. We are the first cohort of students from Trent University's new ground breaking Bachelor of Social Work program. When we learned about the march we knew we had to take action and have our voices heard. Upset by political opinions and the long history of oppression faced by marginalized groups, we loaded into two cars and drove ten hours to Capital Hill where we collected with like-minded activists and took our stand.

In a crowd of 500,000 people I felt completely safe. I could feel love and strength everywhere and I was proud of every protester that I met. I read signs that said; "girls just want to have fun-damental rights", "I am a nasty woman", "I can't believe I'm still protesting this". A kind supporter of our group crocheted us all pink "pussy hats" to wear to the march. I was amazed by how many marchers were wearing these hats. A sea of pink power!

During the rally I met two middle school children who identified as part of the LGBTQ community. I listened as they shared their stories of coming out, being bullied at school, and gender identity. This was their first protest and they were so excited to be part of the revolution. Their energy and strength was so inspiring to me and I was instantly reminded how important this march is. I wasn't just marching for any one issue such as women's reproductive rights, or equal pay for equal work; I was marching for every individual who is oppressed under our white, middle-class, male dominated society.

It was exciting to take the theory we have been learning out of the classroom and into action. As a group of passionate social work students, we identify as structural feminists. However I did not fully understand this theoretical framework until I actually did something about it. Structural feminism "acknowledges the various structural barriers and oppressions that women and queer individuals face and acknowledges that each person is affected differently by this intersection of oppressive structures" (Mullaly, 2007, p.211). After participating in this revolution, I have come to realize that we must do more than just acknowledge oppression, we have to do the work towards changing patriarchy through collectivization and social action. This is not just a political issue; this is a societal issue.

This revolutionary moment in time was something that our group did not want to miss out on. I am very thankful that I had the opportunity to travel to Washington and participate in this march. Witnessing this event first hand was truly inspiring. I can feel the power and strength of this movement globally and throughout the Peterborough community. I cannot wait to see where this movement will take us and I hope we continue to strive towards an anti-oppressive, equitable society.



Until we are all free, we are none of us free

-Emma Lazarus (1849-1887)

by Emily Pecena
Trent BSW Student
PARN Placement Student





YORUBA RICHEN

WHAT THE GAY RIGHTS MOVEMENT LEARNED FROM THE CIVIL RIGHTS MOVEMENT

TED

<http://ideas.ted.com/none-of-us-is-free-until-all-of-us-are-free/>

“There is no such thing as a single-issue struggle because we do not live single-issue lives.”

-Audre Lorde

No one is free until we are all free.

-*Dr. Martin Luther King*



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.