

Newsletter - May, 2018

12 Restaurants
19 Volunteers
1000 Diners!
\$11,000 raised!



A Taste For Life raises \$11,000 - See Page 9

Also inside
this issue

Meet the new Harm Reduction Workers at PARN
RAAM Clinic Opens in Peterborough
Central East Opening Doors

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:	Vice Chair:	Secretary:	Treasurer:
Mark Phillips	Amanda Campsall	Kirk Parry	Cynthia Lord

Members at Large:

Cheyenne Buck, Lawrence Finnie, Alex Karn, Kim Kennelly,
Meredith Richmond

What's Going On May 2018



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:

11:00 am–5 pm

Wednesday:

9:30 am – 5pm

Thursday:

9:30 am–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Thursday Morning Drop-In

Make a difference every Thursday morning @ PARN by helping build a community that is a little more safe and a little more friendly.

Join PARN staff and volunteers every Thursday from 10:00am to 11:30pm to make kits for our Harm Reduction Works program.

PARN Office Closures

The PARN offices will be closed on May 7th, 8th and 9th for renovations. The PARN offices will also be closed on Monday, May 21st for the Victoria Day Statutory Holiday.

Men's Sexual Health Clinics in Lindsay and Port Hope

PARN has partnered with 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.

Lindsay - Thursday, May 10 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, May 22 - 5pm to 7pm

HKPR District Health Unit

200 Rose Glen Rd - 905-885-9100



Concerned About Your Status?

HIV testing is available in our region

The following locations offer HIV testing in Peterborough and the Four Counties:

Positive Care Clinic

Tuesdays and Thursdays at PARN – 9am to 4pm
1-866-303-2420 or 905-579-8711 ext. 3127

Peterborough Public Health Sexual Health Clinic

705-748-2021

Haliburton Kawartha Pine Ridge District Health Unit Sexual Health Clinic

1-866-888-4577 ext. 1205

Trent University Health Services

705-748-1481 (Trent students only)

Fleming College Health Services

705-749-5557 (Fleming students only)



The **Red Scarf Project** raises awareness around HIV support and prevention while also serving the needs of our communities in the winter months. To build on our successful 2017, we are getting a head start on the 2018 Red Scarf Project. On December 1, 2018, Red Scarves will be placed on lampposts throughout our communities for World AIDS Day. If someone is cold, they can take a scarf. If you are interested in contributing a scarf or have any questions, please contact Brittany Cameron at brittany@parn.ca or call 705-749-9110 x204.

PFLAG Peterborough Meetings - May 10th and 24th @ 7pm

PFLAG Canada Peterborough Chapter hosts Sharing Meetings on the 2nd and 4th Thursday of each month at 7pm in Suite 302-2 at the PARN offices on 159 King Street in downtown Peterborough. For directions or more information please contact Dianne McKay at 705 749 9723 or ladydi@nexicom.net. Visit the website at <http://www.pflagpeterborough.com>

PFLAG  **CANADA**
PETERBOROUGH - ON

Thinking about quitting or reducing smoking?

Please visit www.positivequitting.ca for information - including support, resources and strategies - on quitting smoking for people living with HIV

positive quitting

research, resources, support.



HIV Support Services @ PARN



Central East Opening Doors Conference

October 10 -12, 2018 · Fern Resort, Orillia

An evidence-based learning opportunity that focuses on the medical and psychological wellbeing of people living with HIV/AIDS (PHA), those affected by HIV/AIDS, and their respective service providers.

Why should you attend this conference?

- Holistic insight into current health, legal, and social issues that impact individuals living with and affected by HIV/AIDS;
- An opportunity to network with a diverse range of people living with and affected by HIV and AIDS and service providers in your community;
- Increase your knowledge, strengthen your advocacy, anti-oppression, and activism skills;
- Learn something new and meet other amazing people who help make your community a better place to work and live.

No cost to people living with HIV. Registration includes 2.5 days of education and social events, meals, and accommodations. Each registrant can invite a guest to join them after day 1.

Contact:

Brittany Cameron at PARN: 705-749-9110 / 1-800 361-2895 brittany@parn.ca

Faith Makgatu at ACDR: 905-576-1445 / 1-877-361-8750 caseworker@acdr.ca

www.ceodconference.ca · @CEODConference Central East Opening Doors

Presented by: Ontario



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.



May Office Hours

Please note that the PARN offices will be closed on May 7th, 8th and 9th for renovations.

The PARN offices will also be closed on Monday, May 21st for the Victoria Day Statutory Holiday.

Highlight of Maternal, Newborn and Child Health Project Knowledge Exchange, Totonicapan, Guatemala February 2018

This past February, Ariel travelled to the Western Highlands of Guatemala with Horizons of Friendship, an international non-governmental organization based in Cobourg ON and working in several Central American countries at the community level. The 10 day trip was a knowledge exchange with other Canadian health and community workers meeting Guatemalan counterparts and government actors at community, clinic, hospital and regional ministry levels.

It was a glimpse into a complex health systems infrastructure that is being strengthened with international partnership and administration through PIES Occidente, with capacity building with the traditional Indigenous Mayan midwives a central goal to improve lives for women and children. The traditional Indigenous midwives are known as comadronas and their work is a calling and an art, strengthened by cultural safety training of mainstream agencies and clinical supports to their own practices.

Comadronas attend close to 80% of the births in the region, mostly at home, in very difficult conditions. Against a backdrop of staggering mortality rates, stunning geographic beauty and mind boggling scarcity of needs, there is astounding resilience and spiritual depth of people coping with persistence of violence and oppression at state and community level. Indigenous midwives from Northwest Territories and Nunavut were part of the Canadian delegation and some of the best parts of the trip underscored shared experiences and shared responsibilities of settlers in both countries to understand and rectify present day inequality that impacts the health of women and babies more than any other community members.

Details about the trip on the Horizons of Friendship blog: <https://www.horizons.ca/blog/2018/2/24/strength-and-resilience-in-toniticapn>



Above: mutual collaboration and appreciation at a training event on the trip.

To learn more about the amazing work of Horizons of Friendship and how you can get involved, look them up at <https://www.horizons.ca/>

A 3km fundraising walk in support of the project is planned for May 5th and this June, folks from Guatemala will be coming to Canada to talk about the project, so stay tuned!

Employment Opportunities @ PARN

Support and Interventions Program Coordinator

The Support and Interventions Program Coordinator will coordinate the development, delivery and evaluation of programs and services for people who are living with, affected by and at risk of HIV, hepatitis C and other blood-borne infections. Working closely with the Peer Engagement and Harm Reduction programs the Program Coordinator will provide supportive counselling, access to resources and skills development opportunities to individuals living throughout the four-county region including two prisons. This is not an entry level position.

The successful candidate will develop, recommend and implement a work-plan framed by GIPA/MEPA, the social determinants of health, the care and treatment cascade and the principles of harm reduction and a budget for the delivery of the program, monitoring progress throughout the year and taking corrective action.

As an active member of a team involved in prevention, support and harm reduction programs the incumbent will maintain a web-page and use social media effectively. The incumbent will have an intersectional perspective and a commitment to anti-racism/anti-oppression, social justice and equity issues.

The incumbent will be equally adept working with people who experience systemic barriers, service providers, decision makers and peers. The Coordinator will represent PARN and our communities at provincial meetings and locally with diverse agencies, organizations and groups that provide supports and services to people who are living with HIV and people who use injection and inhaled drugs.

To read the full job posting and apply, please visit:
<https://charityvillage.com/app/job-listings/3f513c3d-e84c-e811-80d3-14187768272a?search=true>

Women & HIV/AIDS Initiative (WHAI) Community Animator

The WHAI Animator seeks to animate the capacity of organizations in PARN's four county region to actively engage in women's HIV prevention needs, and to improve the quality of life for women living with, at risk of or affected by HIV, hepatitis C and other blood borne infections.

The WHAI Animator works with diverse agencies, organizations, and groups that exclusively and incidentally serve women, to advance the goals of the provincial Women and HIV/AIDS Initiative. The successful candidate will develop, recommend and implement a work-plan and a budget for the delivery of the local program, monitoring progress throughout the year and taking corrective action.

As an active member of a team involved in prevention, support and harm reduction programs the incumbent will maintain a web-page and use social media effectively. As an active member of the Provincial Women and HIV/AIDS Initiative (PWHAI) the incumbent will have an intersectional feminist perspective, a commitment to anti-racism/anti-oppression, social justice and equity issues.

The incumbent will be equally adept working with women who experience systemic barriers, service providers, decision makers and peers. The WHAI Animator will represent PARN and our communities at provincial meetings and locally with diverse agencies, organizations and groups that provide supports and services to women.

To read the full job posting and apply, please visit:
<https://charityvillage.com/app/job-listings/91dcd1e3-7e4d-e811-80d3-14187768272a?search=true>

New Harm Reduction Workers join the PARN Team



Megan Deyman

Over the past several years I have moved from city to city (and even province to province), mostly due to the educational institutions I was attending at the time, and so I think of many places when I say the term "home". However, I have recently moved to the Peterborough area and have begun the process of making a place of my own here.

In the years previous I was living in Victoria, BC where I was completing my Masters of Public Health degree at the University of Victoria and working as a Research Assistant at the Canadian Institute for Substance Use Research. It is during my time in Victoria that I got to see first-hand how effective harm reduction approaches were at engaging the community around issues related to substance use and homelessness. I also got to witness the building of Intent City where community members mobilized and acted on their right to set up camp on provincial grounds when the city failed to provide other housing alternatives to those in need. It was the momentum from these events that then led me to seek new opportunities at PARN.

At the end of January I started my new role with PARN, titled Naloxone Program Community Engagement Worker for the Haliburton Kawartha Pine Ridge Region. In coordinated efforts with my colleagues at PARN and community partners throughout the region, my role is to help increase awareness of naloxone availability, to provide individuals and organizations with naloxone trainings, and to help develop engagement tools that better reach individuals who face systemic risk. Our overall motive is to ensure that this life-saving antidote is put into as many hands as possible, so that we might help alleviate some of the burden caused by the opioid crisis that is still facing our community.

I have been called to this kind of work now for several years now, and for many reasons. But some of reasons that are of particular importance in sustaining my continued efforts include the strength of partnerships and collaboration, the resiliency of communities, the authenticity and genuineness of relationships formed, and the unequivocal hope and perseverance of so many people fighting on the frontlines.

Matt Perrin

When I first attended Fleming College in the fall of 2013 I could have never imagined where it would ultimately lead me. Shortly after I began my course in social services, and over the following two years I lost several friends to opiate overdoses. These losses hit me hard, it was a turning point for me. It was at this point that I decided that I would do all I could to help those impacted by addiction.

In the fall of 2014 I began my student placement here at PARN and I can say with conviction that it changed my life. It is amazing thing to able to come home after a long day and say "I made a difference in someone's life today."

In early January of this year I am excited to have now joined the PARN team. I will be primarily serving the Kawartha Lakes, Haliburton and Northumberland regions as the Harm Reduction Outreach Worker. My position will involve needle exchange, naloxone distribution and community development. I cannot begin to describe how excited I am to work with so many amazing individuals as we continuously strive to build a safe, inclusive community.



New Harm Reduction Workers join the PARN Team

Andrew Nelson

I am PARN's new Harm Reduction Outreach Worker. I was born and raised in the Kawartha Lakes (Bridgenorth area to be exact). I attended Fleming College and graduated from the Social Service Worker Program.



I was one of the original staff at the Warming Room as an overnight supervisor for 4 years. I was part of a team that was instrumental in creating and forming what the Warming Room has become today. I helped partner and create the harm reduction program at Warming Room, making it the only overnight space in Peterborough that you can get supplies. When the One Roof Community Centre (a part of Warming Room Community Ministries) opened, I joined that team as a weekend supervisor, moving to full time when the Warming Room closed for the summer. While there I was responsible for creating and shaping programs that took place there as well as ensuring the safety of everyone who attended. I left Warming Room Community Ministries to expand my horizons and that led me to PARN.

I bring a non-judgemental, friendly attitude to my work at PARN as well as the lessons I have learned in my many years of experience working within the community. I am very excited for this opportunity and welcome the new journey with open arms.

Julie Cryderman

I am from Bowmanville, Ontario, however the past five and a half years I lived in Albany, New York to attend the University of Albany. Originally I planned on going to school to become a nurse; however I chose Albany because it allowed me to continue playing lacrosse, and it turns out they didn't have a nursing program, so I decided to major in Public Health. After the first few weeks of classes, I realized I wanted to pursue a career in public health and I became very interested in community health work.

I graduated in December 2017 with my Master's in Public Health, and was very fortunate that PARN had a posting at the same time that aligned perfectly with my interests and was the line of work I wanted to get involved in. I am now one of the Naloxone Program Enhancement Project Coordinators at PARN, and have loved my time here so far.

After researching PARN throughout the application and interview process, I knew it was an organization where I would have an amazing

experience, and would meet so many amazing people. I have already had the opportunity to gain firsthand experience and learn so much. I hope to continue to grow as not only a community health worker, but individual as well, and to help as many people as I can during my time at PARN.



HALIBURTON, KAWARTHA, PINE RIDGE DRUG STRATEGY

Serving the City of Kawartha Lakes, Haliburton County and Northumberland County

Invites you to...

HALIBURTON OPIOID AWARENESS SEMINAR

Wednesday, May 16, 2018

Time: 10:00 am - 1:00 pm

S G Nesbitt Memorial Arena

55 Parkside St., Minden

NORTHUMBERLAND OPIOID AWARENESS SEMINAR

Thursday, May 24, 2018

Time: 10:00 am - 1:00 pm

Haliburton, Kawartha Pine Ridge District
Health Unit,

200 Rose Glen Road, Port Hope

Lunch Provided ✕

- ❖ **What is the Local Opioid Crisis Picture?**
- ❖ **Addressing Stigma**
- ❖ **Perspective from the Four Pillars of Harm Reduction**
- ❖ **Community Substance Misuse Priorities**

Ideal seminar for 45 front-line workers in health care, community services, education, law enforcement and justice, and treatment.

Please RVSP to coordinator@hkprDrugStrategy.ca

**Thank You to the
Haliburton and Northumberland Human Services and Justice Coordinating Committees for their generous grant.**



A Taste For Life

On Wednesday, April 25, more than 1000 people dined out for A Taste For Life, raising more than \$11,000 to support programs and services at PARN

12 Restaurants
19 Volunteers
1000 Diners!
\$11,000 raised!



Thank You to our A Taste For Life Sponsors



Thank you to all of the restaurants that participated in A Taste For Life!

BE Catering

Capers

Publican House

St. Veronus

Brio Gusto

Hot Belly Mama's

Rare Grill House

The Thirsty

The Sapphire
Room

La Hacienda

Sam's Place

Loon

Shafiq's Taste Of India

PRHC opens barrier-free downtown clinic, providing rapid access to treatment for addictions

Peterborough Regional Health Centre (PRHC) is pleased to announce the recent opening of the area's first Rapid Access Addiction Medicine (RAAM) clinic, which provides expedited, barrier-free treatment for patients who are addicted to alcohol or opioids.



The clinic is staffed by PRHC physicians and registered nurses (RNs). No booked appointment or physician referral is necessary, although referrals from doctors, nurses, social workers, addiction counselors and community providers are welcome.

"Our Rapid Access Addiction Medicine clinic provides immediate access to lifesaving treatment by offering same-day counselling and addiction medication, and prescription therapies," said Dr. Jim McGorman, an Emergency Department physician with PRHC who is now also treating patients at the new clinic. "This care model has been shown to help save lives by engaging patients with both short- and long-term therapies as soon as they are ready to pursue those treatments."

The Rapid Access Addiction Medicine model is designed to initiate therapy for opioid or alcohol addiction and then triage clients to the most appropriate ongoing care provider. It is not intended to replace or duplicate the care provided by a family physician or a treatment clinic. The Peterborough RAAM clinic is working closely with other healthcare providers and resources in the community to ensure patients have access to additional supports following their initial treatment, as they move through the continuum of care.

PRHC's RAAM clinic has been made possible through a \$200,000 commitment from the Ministry of Health and the Central East Local Health Integration Network (LHIN). The RAAM clinic model has been implemented in cities across Ontario, where it is helping to prevent opiate overdoses and reduce ED visits and inpatient stays for people with addictions.

"The Central East LHIN, together with the Ministry of Health and Long-Term Care and our health service provider partners, is committed to improving access to comprehensive care for people living with substance abuse disorders," said Deborah Hammons, CEO of the Central East LHIN. "We look forward to seeing how the opening of the Rapid Access Addiction Medicine (RAAM) clinic at Peterborough Regional Health Centre will have a positive impact on our ability to support individuals dealing with an opiate addiction by providing them with timely treatment, counselling and other supports. The development and implementation of RAAM clinics in Oshawa, Scarborough and now in Peterborough is an important part of the recently released Central East LHIN Opioid Strategy as we collectively respond in an integrated and coordinated way to addressing the opioid crisis in each of our sub-regions."

The RAAM clinic has been operating in its downtown location at 159 King St. Suite 302 (co-located with PARN) since March 5. It is open Mondays, Wednesdays and Fridays from 8:00 a.m. to 11 a.m.

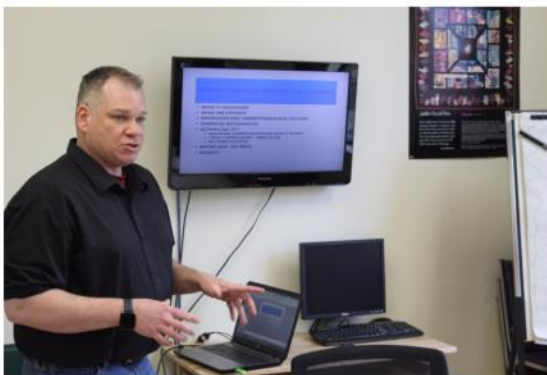
Naloxone Saves Lives



**Many people in our communities are at-risk for overdose death.
You can be prepared to save a life.**

Harm Reduction Works @ PARN provides no-cost Overdose Prevention Training and Naloxone Kits to anyone. The training can take as little as ten minutes and can change a life forever.

Please contact us at 705-749-9110 to arrange for training, or just stop by our office at 159 King Street, Suite 302 and we'll hook you up with the training and a kit.



Naloxone Saves Lives

Harm Reduction Van Outreach

Free and Confidential Services

Get Safer Injection and Inhalation Supplies, Overdose Prevention tools (including Naloxone), and information on testing, mental health and addictions supports.

Every 2nd Wednesday and 4th Monday of the month at the following parking lots:

Bewdley Arena

10:45am - 11:45am

Fenella Community Centre

12:15pm - 1:15pm

Campbellford (Behind LCBO)

2:15pm - 3:15pm

Warkworth-Behind Cheeky Bee

3:30pm - 4:30pm

Brighton-Across from Library

5pm - 6pm

Harm Reduction
Works
@
PARN



COMMUNITY-BASED HIV/STBBI PROGRAMS
SUPPORT. PREVENTION. EDUCATION.

For text reminders or more information:

text or call PARN's outreach worker Chris @ 705-740-5155

Are you someone living with HIV and/or Hep C?

Are you a current or former substance user?

Are you a current or former sex worker?

Are you part of the LGBTQ* Community?

Do you want to help make a difference in our community?



If you answered YES to one or more of the questions above we would love to chat with you!

Join us at the table as we launch our newest advisory group!

**Have your voice heard and work together towards
a shared vision of PARN Programs!**

When:

Stay tuned for the date of the next meeting!

Where:

PARN – 159 King Street, Suite 302

Please contact Brittany Cameron, Peer Engagement Worker, if you would like to get involved.

Email: brittany@parn.ca

Phone: 705-749-9110 ext 204

Drop into the office



PARN'S COMMUNITY GARDEN CLUB

"a place for you and your plants to grow"

Are you someone who loves all things green?

Have you always wanted to grow your own fruits, vegetables, flowers and herbs?



Here is your opportunity!



PARN has been able to secure a plot in a community garden in downtown Peterborough!



We welcome people from all backgrounds, skill levels and stages of life.

If you are interested in being part of the 2018 Community Garden Club please contact Brittany Cameron, Peer Engagement Worker at 705-749-9110 or brittany@parn.ca.



COMMUNITY-BASED HIV/STBBI PROGRAMS
SUPPORT. PREVENTION. EDUCATION.



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.