

Newsletter - January 2019

**Opioid Poisoning has taken the lives of
9,000 people in Canada since January 2016.**

See page 5 for more information.

Also Inside this issue

Information on PrEP for guys

Women's Dinner now happening twice per month

Naloxone saves lives

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

PARN's Board of Directors

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Kirk Parry

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Cynthia Lord

Members at Large:

Cheyenne Buck, Kim Kennelly,

What's Going On January 2019



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–5pm

Thursday:

9:30 am–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Positive Care Clinic

Every Tuesday & Thursday @ PARN

The Positive Care Clinic provides HIV and hepatitis C testing and treatment in Peterborough at the PARN site on Tuesdays and Thursdays.

The clinic is provided through a partnership between Lakeridge Health and PARN.

PARN Office Closures in January

Please note that the PARN offices will be closed on Tuesday, January 1 for New Year's Day.

The PARN offices will not open until 11:00am on Thursday, January 3 to accommodate an all-staff meeting.

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, January 10 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

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

HKPR District Health Unit

200 Rose Glen Rd, Port Hope, ON



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)

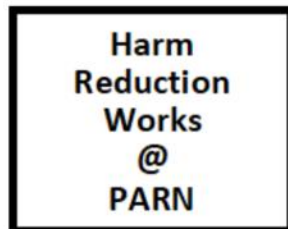
Fleming College Health Services

705-749-5557 (Fleming students only)



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.

Save the Date



Wednesday, May 1, 2019

PFLAG Peterborough Meetings - January 10th and 24th

PFLAG  **CANADA**
PETERBOROUGH - ON

PFLAG Canada Peterborough Chapter usually 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>



Things Are Changing! Starting in January 2019 the Women's Meal will be held twice a month on the the second and fourth Fridays of the month.

The meal will continue be hosted at the Bridge, 256 Brock St.

The next meal is on:

Friday January 11th
3:00-6:30 pm

For info, updates and to request individual reminders, like our Facebook page:

WHA@PARN

**This is a free event for all self-identified women
and the youth and children in their care.**

Food and activities are provided.

For more information, contact Rachel Petty by email at Rachel@parn.ca or by calling 705-749-9110.



Latest Data on the Opioid Crisis

More than 9,000 Canadians lost their lives between January 2016 and June 2018

In December, the Public Health Agency of Canada (PHAC) released data on behalf of the federal, provincial and territorial Special Advisory Committee on the Epidemic of Opioid Overdoses on apparent opioid related deaths in the first half of 2018 in Canada, as well as data on suspected opioid-related overdoses reported by emergency medical services. In addition, the Canadian Institute for Health Information (CIHI) released updated data on hospitalizations and emergency department visits due to opioid poisonings.

In the first half of 2018, more than 2,000 Canadians lost their lives. Tragically, that means more than 9,000 lives were lost in Canada between January 2016 and June 2018 to an apparent opioid-related overdose. These statistics suggest that we have not yet turned the tide on the crisis. Of the deaths reported in the first half of 2018 (January to June), 94% were the result of accidental overdoses, of which almost three quarters (72%) involved fentanyl-related substances. This indicates the continuing role of fentanyl contamination of the street drug supply in this crisis, highlighting the vital importance of increasing access to a safer supply of drugs to prevent death and other harms.

In addition to these deaths, thousands of Canadians have also experienced non-fatal opioid overdoses and related harms. Data released from CIHI today show a 27% increase in hospitalizations due to opioid-related poisonings over the past five years. In 2017, hospitalization rates were 2.5 times higher in smaller communities with a population of between 50,000 and 100,000 compared to Canada's largest cities.

"These numbers are heartbreaking," says Ginette Petitpas Taylor, Minister of Health. "One death is too many in this tragedy. The data released today will help us to continue to develop strategies to reduce deaths and to better inform public health interventions and policies for us all."

Quick Facts

- From January 2016 to June 2018, there were more than 9,000 apparent opioid-related deaths; 2,000 occurred between January and June 2018.
- Most accidental apparent opioid-related deaths were among young and middle aged adults; 20% were individuals between the ages of 20 and 29, 27% were between the ages of 30 and 39 and 21% were between the ages of 40-49.
- The Canadian Institute for Health Information found that an average of 17 Canadians were hospitalized every day due to opioid poisoning in 2017—an increase from 16 per day in 2016.
- CIHI also found that between 2016 and 2017, rates of emergency department visits due to opioid poisoning rose in Ontario and Alberta by 73% and 23%, respectively.
- Based on available emergency medical services data between January and June 2018, 71% of suspected opioid-related overdoses occurred among men.

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

Think you might have Hep C?

Get tested and find out
your results in 20
minutes!



No doctor? No Problem! The Positive Care Clinic (Lakeridge Health), in partnership with PARN, is providing no-cost rapid Hep C testing at the PARN offices (**Room 305**) in January. The test takes 20 minutes and can change your life !

Thursday, January 10 - 9:30am to 1:30pm
Tuesday, January 15 - 9:30am to 1:30pm
Tuesday, January 22 - 9:30am to 1:30pm
Tuesday, January 29 - 9:30am to 1:30pm
Thursday, January 31 - 9:30am to 1:30pm

There is a cure for Hep C

OHIP Card is Required

Please contact Becky Lyon (Hepatitis C Outreach Coordinator)
at 705-749-9110 or becky@parn.ca for more information.

POSITIVE CARE CLINIC
HIV and Hepatitis C Care



**Lakeridge
Health**

***Unspeakable* Premieres on CBC - Wednesday, January 9**

CBC will broadcast the premiere of *Unspeakable* on Wednesday, January 9 at 9:00 pm. The series will focus on events that saw blood containing HIV and Hepatitis C being used in blood transfusions throughout Canada in the early 1980s. The Canadian Hemophilia Society estimates that there were more than 1,100 transmissions of HIV and up to 20,000 transmissions of Hepatitis C through these transfusions.

Many people in our communities experienced the impact of this tragedy. Women, men and children in the Four Counties tested positive for HIV and/or Hepatitis C because of blood transfusions that were meant to improve their health. Some lost their lives at a time when there was no treatment for HIV and no cure for Hepatitis C.

PARN recognizes that this series may bring up some difficult memories and feelings for people who lived through this crisis or lost a family member or friend because of Canada's untested blood supply. We are here to support you. Please contact Chris Jordin, PARN's Support and Interventions Coordinator at chrisj@parn.ca or 705-749-9110 ext 206 if you need support.



Unspeakable will air on CBC stations on Wednesdays at 9:00 pm for 8 weeks beginning on Wednesday, January 9. For more information, please visit: <https://www.cbc.ca/mediacentre/program/unspeakable1>

A Personal Reflection on the Canadian Blood Crisis by Kim Dolan

My daughter was born in February of 1985. It wasn't a difficult birth but there was a complication that caused me to lose a significant amount of blood. I went into hemorrhagic shock that needed a surgical intervention and a transfusion of two units of whole blood. I remember being surprised by the intense bone-ache as the frigid blood entered my arm.

I was fortunate to be able to breastfeed without supplementation. My daughter started eating solid food in August when she was 6-months old.

September 1985. My doctor called. By then there were news reports^[1] about HIV/AIDS in the Canadian blood supply. I was advised to get an HIV test^[2].

In the weeks that it took to get the test results back my thoughts were filled with worry and dread about my daughter's health, my health and yes, death. It was ironic that the risks I took with my sexual and physical health only a few years earlier didn't result in the transmission of HIV or hepatitis. It was simply the act of living, of doing something that many of us take for granted that had me concerned for our futures.

There wasn't a lot of information available in 1985, but enough to know that there was no cure, treatment was difficult and people living with HIV were experiencing discrimination based on unfounded fear despite the available evidence.

I am fortunate. I know this. Neither my earlier risk behaviours nor the blood transfusion during a difficult time with blood supply management resulted in a long-term health challenge.

Today, HIV-related stigma and discrimination based on unfounded fear is one of the most significant health issues facing people who are living with HIV and at-risk for HIV transmission.

[1]<https://www.cbc.ca/archives/entry/1985-canadian-red-cross-begins-testing-blood-donations-for-hiv>

[2] Ontario first offered human immunodeficiency virus (HIV) testing in 1985 - <http://www.stmichaelshospital.com/crich/wp-content/uploads/Ontario-HIV-testing-counseling-evaluation-2010-final-report.pdf>

Please Welcome Becky Lyon to the PARN Team!

I am your new Hepatitis C Outreach Coordinator at PARN! After graduating from University of Guelph and spending a year in Central America, I moved to Peterborough in 2012 and had the fortunate experiences of working for Kawartha Food Share, Alderville Black Oak Savanna and By the Bushel Food Co-operative.

I have a passion for community development and food security and in 2016 I was accepted for a Master's of Public Health in Health Promotion at the University of Toronto. This education greatly increased my knowledge and understanding of the systemic barriers that people face in accessing equitable health care.



Two years later I am grateful to land with PARN, an organization that values lived experience and demonstrates respect for human dignity. My bottom line is community support and inclusion, and this feels like a great fit. Working in the Four Counties, my program offers Hepatitis C community education and training for staff, supportive counseling for service users on their Hep C status, and helping service users navigate treatment.

We live in a critical time where treatment for Hep C is becoming more accessible and less invasive. I partner with the Positive Care Clinic, which offers Hep C testing and clinical care twice-per-week out of our Peterborough offices. In the near future, we will be developing a program to provide testing for Hep C as part of our joint community outreach. Think of me as your systems navigator for Hep C.

Express Yourself - Drop In Expressive Arts

Hosted by the Kawartha Sexual Assault Centre, this drop-in program provides a space for you to try out different art materials and express yourself through the arts. Come learn about our monthly themes focused on healing and self-compassion, or explore your own ideas. No art experience or skills required.

Who: Female-identifying people

When: Friday mornings, 10:00 am to 12:00 pm.

Where: Kawartha Sexual Assault Centre (150 King Street, 3rd Floor, Peterborough)

Contact: 705-748-5901 or ksac@nexicom.net

This drop-in space is peer-supported. We ask that participants enter the space with a willingness to explore and with kindness towards other participants. You will not be asked to share any personal information or history. Refreshments are provided.

This program is supported by:



ReFrame Film Festival - January 24-27 in Peterborough

The ReFrame Film Festival - which has taken place every January in Peterborough since 2005 - aims to build and support informed, thoughtful, and engaged community audiences for documentary film and art.



This year's festival will be taking place at various locations in Peterborough from Thursday, January 24 to Sunday, January 27. For more information and the full festival schedule, please visit: <https://reframefilmfestival.ca/>

PARN is Proud to Sponsor 3 Films at this year's ReFrame Film Festival

Beauty - January 25, 2019 - 3pm @ Market Hall (140 Charlotte St, Peterborough)

In a world of prescribed roles, expanding the definition of gender requires the courage to dive deep into understanding and acceptance. "Beauty" explores the lives of five gender-creative kids engaged in shaping their ideas of what it means to be human. Claiming your own sense of gender when everything around you insists that you comply and conform can be challenging. These remarkable kids have found their own way to break free and show what it means to be your true self.

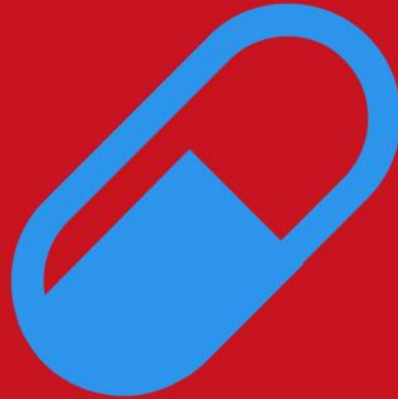
Gospel of Eureka - January 25, 2019 - 5pm @ Market Hall (140 Charlotte St, Peterborough)

Love, faith and civil rights collide as evangelical Christians and drag queens work to dismantle stereotypes. Taking a personal, and often comical look at negotiating differences between religion and belief through performance, political action, and partnership, gospel drag shows and passion plays set the stage for one hell of a show. Narrated by Mx Justin Vivian Bond.

Nothing Without Us: The Women Who Will End AIDS - January 27, 2019 - 4.30pm @ The Venue (286 George St N, Peterborough)

The inspiring story of the vital role that women continue to play in the global fight against HIV/AIDS. Combining archival footage and interviews with female activists, scientists and scholars in the US and Africa, "Nothing Without Us" reveals how women not only shaped grassroots groups like ACT-UP in the U.S., but have also played an essential part in HIV prevention and treatment access throughout sub-Saharan Africa.

PrEP is available in Peterborough!



Contact the Positive Care Clinic at
905-668-6831 x 3127 to make an
appointment to get PrEP

The Positive Care Clinic provides HIV and hepatitis C testing and treatment (as well as pre and post-testing counselling) in Peterborough at the PARN site on Tuesdays and Thursdays. The clinic is provided through a partnership between Lakeridge Health and PARN.

Positive Care Clinic - 159 King Street, Suite 305 - Peterborough, ON
www.lakeridgehealth.on.ca/en/ourservices/positivecareclinic.asp
905-668-6831 x 3127

8 Questions about PrEP for Guys

1. What is PrEP?

PrEP is used by HIV-negative people to help prevent HIV transmission. PrEP stands for pre-exposure prophylaxis. It involves taking a prescription pill that contains two medications.

Taking PrEP also involves medical visits every three months for HIV testing, screening for other sexually transmitted infections (STIs), monitoring for possible side effects, and ongoing support.

Most guys take PrEP every day, and some take it only on days before and after having sex (this is called on-demand PrEP). You can talk to your doctor about which way might work best for you.



PrEP is one of several highly effective ways to help prevent HIV, and it can be used as part of a healthy sex life. Another highly effective way to prevent HIV transmission is using condoms. Also, when people with HIV take treatment and maintain an undetectable viral load, they do not pass HIV through sex.

PrEP only helps to prevent HIV—it does not protect against other STIs (such as chlamydia, gonorrhea, herpes and syphilis) or other infections (such as hepatitis A, B and C).

2. Who is PrEP for?

PrEP is for HIV-negative people who are at risk for HIV. You might want to use PrEP as a way of staying HIV negative if one or more of the following applies to you:

- You don't always use condoms for anal sex or vaginal sex.
- You don't know the current HIV status of one or more of your sex partners.
- You have a sex partner who is HIV positive and who is not on HIV treatment with an undetectable viral load.

Talk to your doctor about whether PrEP is right for you.

3. How well does PrEP work?

For HIV-negative guys who take PrEP as prescribed and who have regular ongoing medical care, it is rare to get HIV through sex. Taking your pills when you are supposed to is very important because PrEP can be less effective when pills are missed. If pills are missed, drug levels in your body may be too low to prevent HIV transmission.

8 Questions about PrEP for Guys

4. Is PrEP safe?

PrEP is generally safe and well tolerated, and most people who take it report no side effects. Some do experience side effects such as nausea, diarrhea or fatigue, but these usually go away on their own within a few days to weeks as the body adjusts to the medication.

Talk to your doctor if you experience any side effects.

In some people, PrEP can affect the kidneys, liver and bones. If this happens, organ function usually returns to normal after PrEP is stopped. Your doctor should monitor your kidney function while you are taking PrEP and check for evidence of other possible drug effects on the body.

5. What else is involved in taking PrEP?

Being on PrEP involves more than just taking pills. Before starting PrEP it is important to be tested for HIV to make sure you're negative. Starting PrEP if you are HIV positive (but don't know it) can create serious problems for future HIV treatment.

You will also need to be tested for other STIs and hepatitis B. Your doctor should also test your kidney function.

While taking PrEP you will need medical visits every three months to test for HIV and other STIs, to monitor for drug side effects and to get ongoing support if you need it. Since PrEP doesn't protect against STIs, many guys use condoms at the same time as PrEP.

6. What are some other benefits of PrEP?

PrEP has benefits beyond preventing HIV. If you worry about getting HIV during sex, being on PrEP can help you feel less anxious about getting HIV.

PrEP is a way to help prevent HIV that you can control without your sex partner knowing that you are using it.

You can be on PrEP for as long or as short a time as you want. Many guys only use PrEP for a period in their life when they need it, based on their risk for HIV at the time.



8 Questions about PrEP for Guys

7. What about PrEP for trans men?

There is not a lot of information about the effect of PrEP in trans men, but based on what we know from other people, experts think that trans men can use daily PrEP to help prevent HIV.

An on-demand PrEP schedule should not be used by trans men having frontal sex. For these men, it is very important to take PrEP every day and not miss any pills because daily dosing is needed to keep drug levels high in the front hole or vagina.

8. How can I get PrEP?

If you want to take PrEP, you have to talk to a healthcare provider who is licensed to write a prescription.

PrEP medications can be expensive, but cheaper generic versions exist. PrEP may be covered by some private and public health insurance plans in Canada.

You may want to contact your doctor, a sexual health clinic or an HIV organization for help to figure out how you can pay for PrEP.

This content was originally published by CATIE, Canada's source for HIV and hepatitis C information. - www.catie.ca/en/prepfor guys

For more information on PrEP, visit www.TheSexYouWant.ca



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.