

# Newsletter - August 2019

**Sign the petition to bring a Consumption and Treatment Services site to Peterborough**

# Help Us Get to 10,000 Signatures!

**See page 4 for details**

Also Inside  
this issue

Central East Opening Doors Registration is Open

Highlights from the 10th IAS Conference on HIV science

Meet the new members of the PARN team

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 for 2019/20**

**Chair:**

Lawrence Finnie

**Vice Chair:**

Kirk Parry

**Secretary-Treasurer:**

Elisa Hollingsworth

**Members at Large:**

Adrienne Barnes, Kim Kennelly, Kim Sanderson.

# What's Going On August 2019

## New Office Hours @ PARN

PARN has updated it's office hours to accommodate a weekly staff meeting on Tuesday mornings. Beginning immediately, PARN will open at 11:30 am on Tuesday mornings. All other office hours remain the same at PARN.

## PARN Office Closures in August

Please note that the PARN offices be closed from Monday, August 5 to Friday, August 9. We will re-open at 9:30 am on Monday, August 12.



### Office Hours @ PARN

**Monday:**

9:30 am—5 pm

**Tuesday:**

11:30 am—5 pm

**Wednesday:**

9:30 am—5pm

**Thursday:**

9:30 am—5 pm

**Friday:**

9:30 am—5 pm

**Closed Saturdays and Sundays**

## A Message from PFLAG Peterborough

There is no PFLAG sharing meeting scheduled for August 2019. To confirm the September meeting, please contact Jenn Lesurf, PFLAG Peterborough Chapter, 1-888-530-6777 ext 583 [peterboroughon@pflagcanada.ca](mailto:peterboroughon@pflagcanada.ca)

## PARN recognizes it's 30th year

In 1987, a small group of concerned people got together to respond to the growing need for HIV/AIDS services in Peterborough.

On August 8, 1990, PARN opened its doors as an incorporated agency at 311 George Street North in Peterborough.

Over the next year, PARN will be holding a number of events to recognize 30 years of providing services in the community, culminating with a gala event in summer 2020. Stay tuned to this newsletter and our Twitter and Facebook profiles for more information.



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



# Concerned about HIV and/or Hep C?

## Testing is available in our region

The following locations offer HIV and Hep- C 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)



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## HIV and Hep C Services are available @ PARN

PARN provides a range of services for people living with HIV and/or Hep C and people affected by HIV and/or Hep C. PARN works to promote the well-being and independence of people living with or at risk for HIV and/or Hep C in the counties of Peterborough, Northumberland, Haliburton and Kawartha Lakes by providing services such as: counseling, workshops, and information on progression and treatment of the condition for themselves and their families; referrals to other service providers; basic necessities to those in need; and assistance with other health issues.

Chris Jardin – HIV Support Services Coordinator – [chrisj@parn.ca](mailto:chrisj@parn.ca) – 705-749-9110 ext 211

Becky Lyon – Hepatitis C Outreach Coordinator – [becky@parn.ca](mailto:becky@parn.ca) – 705-749-9110 ext 205

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## 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.

The Positive Care Clinic provides individual assessment and follow-up care, nutrition and medication counselling, laboratory work (blood work), and education opportunities. Services are fully funded by the Ontario Ministry of Health and Long-Term Care.

For more information, please visit:

<http://www.lakeridgehealth.on.ca/en/ourservices/positivecareclinic.asp>

# Sign the Petition to bring a Consumption and Treatment Services Site to Peterborough

A group of local organizations and community members are working to establish a site where people who use injection drugs can use those drugs under the supervision of health professionals in order to prevent opioid poisoning deaths. The site will also provide onsite or defined pathways to addiction treatment services, primary care, mental health, housing, and other social supports.

We are looking to get 10,000 signatures on a petition to present to Queen's Park. You will find a copy of the petition on the back page of this newsletter. If you would like to sign, or know people who would like to sign, please fill it in, and return it to MPP Dave Smith's office (1123 Water Street, Unit 4, Peterborough, ON, K9H 3P7) or PARN (159 King Street, Suite 302, Peterborough, ON, K9J 2R8).

If you would like to download more copies of the petition, please visit: <http://parn.ca/wordpress/wp-content/uploads/2019/07/Treatment-and-Consumption-Site-in-Peterborough.pdf>

## **Please note:**

- The petition must include first and last name, and at least one of: address, phone number, or email address.
- There are no age or location requirements to sign this petition, however the petition will make a stronger impact if it is signed by people of voting age living in Peterborough County.
- The petition pages must be originals: no photocopies or digital signatures.

## Help us get to 10,000 signatures

As part of a multi-faceted community-based response to opioid poisonings and deaths in the Peterborough region, a steering committee was struck on Saturday, June 29 to bring a Consumption and Treatment Services site to Peterborough.

Peterborough MPP Dave Smith, Peterborough Mayor Diane Therrien, and Selwyn Township Deputy Mayor Sherry Senis (representing the County of Peterborough) met with a number of community representatives including Peterborough Public Health, Peterborough Police Service, Canadian Mental Health Association, Peterborough Regional Health Centre, Fourcast, the 360 Nurse Practitioner Led Clinic and PARN. The group also included private business White Path Consulting, a retired ER physician and community members with experience in developing inclusive programs.

These partners will be working together to establish a site where people who use injection drugs can use those drugs under the supervision of health professionals in order to prevent opioid poisoning deaths. Existing Supervised Consumption Sites are shown to decrease transmission of blood-borne infections (such as HIV and HCV), reverse overdoses, facilitate access to health and social services and reduce costs to the entire healthcare system. Sites have also been shown to decrease public injecting and discarded needles.





## Central East Opening Doors Conference: Creating Connections

October 24 - 25, 2019 · Viamede Resort, Woodview



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

### Why should you attend this conference?

- Holistic insight into the current health, legal and social issues that impact people living with HIV and/or AIDS;
- Networking with a diverse range of people in your community;
- Knowledgeably strengthen your advocacy, anti-oppression and activism skills;
- Enjoy a beautiful getaway on Stony Lake;
- Learn something new and meet other amazing people who make community a better place to work and live.

### Program Sessions

- Grief and Loss
- Cannabis
- Peer Panel: Isolation and Loneliness
- Complementary Health
- Housing
- Sexual Health
- Harm Reduction
- Peer Led Sessions
- Online Dating Safety
- Engaging People Living with HIV and/or AIDS

### Cost


#### **For People Living with HIV and/or AIDS:**

- Free with Double Accommodation

#### **For Service Providers:**

- Full registration \$75, includes 1.5 days of education, meals and accommodation
- Day registration \$25, includes 1.5 days of education, lunch

Contact: Victoria van Veen - [victoria@eVvVents.ca](mailto:victoria@eVvVents.ca) - 705-930-5774 - [www.ceodconference.ca](http://www.ceodconference.ca)

Presented by:  Ontario



JohnHoward  
SOCIETY OF GERIATRIC RESIDENTS



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## Update from HALCO on Legal AID cuts in Ontario

On April 11, 2019, the Ontario government cut funding to Legal Aid Ontario (LAO) by 30% for this fiscal year (2019-20), with additional cuts over coming years. In addition, the government also made clear that LAO is unable to use any provincial money for refugee/immigration law services.

The HIV & AIDS Legal Clinic Ontario (HALCO) condemns these cuts in the strongest language possible. The legal aid cuts, combined with other cuts made by the province, will have a devastating impact on the people of Ontario.

To read the full statement from HALCO Executive Director Ryan Peck, please visit:

<https://www.halco.org/2019/news/lao-cuts-2019july>

# RESEARCH PARTICIPANTS NEEDED

## ARE YOU 60+ YEARS OLD AND LIVING WITH HIV?

The Preferences and Needs for Aging Care among HIV Elders (PANACHE) Ontario study team is seeking research participants to join community consultations on the health and social needs and care preferences of older adults living with HIV. An honorarium will be provided.

**Date: AUGUST 1 FROM 12:30-3PM**

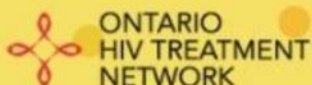
**Location: PARN, PETERBOROUGH ON**

**Contact: Chris Jardin [705-749-9110 ext 206]**



These are stock photos with models

Date Last Revised: June 25, 2019



### What is PANACHE Ontario?

PANACHE stands for Preference and Needs for Aging Care among HIV Elders and is being conducted in collaboration by Realize, University Health Network and community partners across Ontario.

### What is the PANACHE Ontario study about?

PANACHE is a community based research study. In the PANACHE study we are trying to find out about the current and anticipated health or social care needs and preferences of older adults (people age 60+) living with HIV. We are doing this by holding consultations with community members across Ontario. The consultations will take about 2.5 hours and will be facilitated by Peer Research Associates. An honorarium will be provided to research participants.



# 10th IAS Conference on HIV Science | 21-24 July 2019 | Mexico City, Mexico

Some 6,000 professionals from 130 countries participated in the 10th International AIDS Society Conference on HIV Science July 21-24 in Mexico City. The conference featured strong representation of women, who accounted for half the number of abstract presenters during the week, and from people under 35 years old, who comprised one-third of the presenters.



While the most recent studies show that more than 75% of people living with HIV are male, it was noted that women were the driving force in the conference's success. "Input from women living with HIV has played a key role in updating guidelines," said IAS 2019 International Scientific chair Anton Pozniak.

Key themes included results of an ECHO study which concluded that hormonal contraception does not increase vulnerability to HIV acquisition, and concerns that use of the antiretroviral drug dolutegravir (DTG) by pregnant women led to possible risk for neural tube defects (NTD) among infants were lessened. Source: International AIDS Society.

The conference also focused on engaging the Indigenous community in global treatment and prevention goals moving forward, as noted here:

<http://programme.ias2019.org/Programme/Session/60>

A new vaccine trial – based on a study known as 'Mosaico' -- will commence soon for men who have sex with men and transgender people. Read more here: <https://www.nih.gov/news-events/news-releases/nih-partners-launch-hiv-vaccine-efficacy-trial-americas-europe>

Early research data focused on news that a potential implantable form of PrEP may be on the horizon. Results to date have been promising but require further trials, as outlined here:

<http://programme.ias2019.org/Abstract/Abstract/4843>

Also, early research data presented at the conference indicates that taking anti-HIV medication four days a week has proven to be just as effective as taking it daily. Under the headline, 'Four days on, three days off HIV treatment just as effective as continuous therapy,' found on the AIDSMAP website, reporter Keith Alcom noted that this strategy showed no difference to the daily regimen (among people who were virally suppressed when they switched from daily to four on, three off). Click on this link for more: <http://www.aidsmap.com/news/jul-2019/four-days-three-days-hiv-treatment-just-effective-continuous-therapy>

# 10th IAS Conference on HIV Science | 21-24 July 2019 | Mexico City, Mexico

## *Continued from previous page*

Playing a prominent role at the conference was Dr. Anthony Fauci, renowned director of the National Institute of Allergy and Infectious Diseases (NIAID). Dr. Fauci discussed what he believes are achievable goals, such as decreasing HIV transmissions by 75 percent in five years and by 90 percent in 10 years, and the creation of a safe and effective vaccine, which he suggests will be the “final nail in the coffin” of the epidemic.

Dr. Fauci has reason to be optimistic, given the dedication of researchers and their commitment to eradicating the HIV epidemic, and by the treatment as prevention tool U=U (Undetectable equals Untransmittable), which the public just started learning of in the last couple of years. Dr. Fauci helped cement the monumental importance of U=U by stating at this year’s conference, “if we accomplish U=U ... that means we don’t have anybody transmitting infection. That’s what I mean when I say the concept of U=U is the foundation of being able to end the epidemic.” More from Dr. Fauci, including an interview from the conference, can be found here: <https://www.niaid.nih.gov/news-events/ias-2019-fauci-discussion>

While there were some in the medical profession that scoffed at U=U (some still do), by January of 2017, the formula had been recognized by the Canadian AIDS Treatment Information Exchange (CATIE). “(We) are celebrating the most significant development in the HIV world since the advent of effective combination therapy 20 years ago,” CATIE executive director Laurie Edmiston stated at the time, thus putting Canada on the map as one of the very first countries to acknowledge U=U publicly. <http://blog.catie.ca/2017/01/13/undetectableuntransmittable-catie-signs-on/>

In June of 2017, PARN endorsed U=U, while the Centre for Disease Control (CDC) came on board in October of that same year.

Dr. Nora Volkow, of the National Institute on Drug Abuse, provided eloquent, informative responses to a reporter’s questions in a segment called Reservoir Talks, conducted at this year’s conference and posted here: <https://www.youtube.com/watch?v=hu8CULeFHMY&feature=youtu.be>

**To learn more about the 10th IAS  
Conference on HIV Science,  
please visit:**

**<http://www.ias2019.org/>**



**IAS 2019**  
10TH IAS CONFERENCE ON HIV SCIENCE  
Mexico City, Mexico 21-24 July 2019



# Please welcome the newest members of the Harm Reduction Works @ PARN team

## Brie Beukeboom

I've returned to Ontario after eight years away. I moved to Alberta a few days after completing grade twelve. I spent five years in Alberta working frontline with various organizations. I worked tightly with housing first programs and became fluent in harm reduction models.



I moved further west, naturally, and found my sense of home in Victoria, BC. While there, I worked with PHS (largely known for Insite; the first safe consumption site in North America). PHS offered me the knowledge of long-term supportive housing. It affirmed my learnings from Alberta and propelled a wider understanding of harm reduction.

Aside from a history of frontline work, I bring some eclectic trainings and tools. I am a full spectrum doula; meaning I support people through pregnancy, pregnancy loss, and post-partum. The foundation of doula work is informed consent and advocacy. My passion to foster choice and dignity during the initiation of pregnancy progressed to a more holistic scope of support. This is what led me to become a death doula and sexual health educator. I came to the conclusion that birth, sex and death are the universal truths for everyone. So, how does this fit into harm reduction?

Harm reduction includes informed consent, fostering dignity and respecting autonomy.

I am honoured to be joining PARN! The wisdom from the team here is vast, and I have such gratitude for this opportunity. I hope to bring a creative and fresh perspective to PARN's pursuits.

## Carolyn King

I grew up in Peterborough and consider it my hometown. While I have come and gone throughout the years, I always seem to return here. Most recently, I have returned from Victoria, BC, where I spent the better part of ten years working in the social service sector in various capacities.

My passion is in being of service to others and to my community as a whole. I believe that all humans walk a road that can be very tough at times, and during those times we need the support of others to help us through. My goal is to promote and nurture those connections that help to keep us safe and well, in a way that is dignifying, authentic, and inclusive.

My role at PARN is as the new Harm Reduction Coordinator, overseeing the Harm Reduction team for Peterborough, Haliburton, City of Kawartha Lakes, and Northumberland. My work will largely focus on educating, partnering, and capacity-building regarding reducing the harms associated with injection and inhaled drug use and the interrelated factors that increase vulnerabilities for the transmission of HIV, Hepatitis C, and STBIs. I am excited to be part of a dynamic team of passionate individuals, who all bring their unique experiences and strengths to the HR program and work to make a real difference in our shared home communities.

# Please welcome Lily Ross to the PARN Team!

I have wanted to change the world for as long as I have had a concept of 'the world'. As a child, I thought the best way to do that was through science, by discovering the cure for a devastating disease or finding intelligent life on distant planets. I was a very ambitious 10-year-old. In the past 4 years, it became apparent that activism, politics, and public relations was a better fit for me. I believe that to get real and positive change we need to challenge the systems that have put progress on hold. I have admired the work PARN is doing and the change they are creating in our community since I was introduced to them through Camp fYrefly in 2017.

Aside from my new position at PARN, I have a background in mental health advocacy and have been working with Peterborough Youth Services locally and Children's Mental Health Ontario (CMHO) provincially since 2017. Education-wise, I was a student in the brand-new Youth Leadership in Sustainability (YLS) program last fall, and I could not recommend it enough. I will be returning to full-time high school this year to complete my diploma and intend to pursue a post-secondary degree in policy and public affairs. As of this month, I have lived in Peterborough with my family for 6 years.

Prior to moving to Peterborough in 2013, I had spent my childhood in Sedgewick and Fort McMurray, AB, though I was born in Sarnia, ON. My experiences in each place have only strengthened my commitment to social and economic justice and a more equitable world for all.

## City of Peterborough Unveils Rainbow Crosswalk!



The City of Peterborough has painted the crosswalk rainbow colours at the intersection of King Street and Water Street in downtown Peterborough, just in front of Millennium Park. The crosswalk was unveiled on Wednesday, July 31.

"It's a step toward making people feel included and welcome," mayor Diane Therrien told the Peterborough Examiner when council approved the plan in June 2019.

In September 2018, the main crosswalk on campus at Fleming College in Peterborough was also painted in rainbow colours.



# **Volunteers needed for:** **Harm Reduction Works @ PARN**

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**Drop in and help us pack Harm Reduction Kits!!**

**Thursday, August 15 - 10am to 11:30am**

**Thursday, August 22 - 10am to 11:30am**

**Thursday, August 29 - 10am to 11:30am**

**Where: PARN – 159 King Street, Suite 302**

**No registration required.**

**Light refreshments and snacks provided.**

**For more information, please contact contact:**

**Brittany Cameron (705-749-9110 ext 204 - [brittany@parn.ca](mailto:brittany@parn.ca))**

**or**

**Andrew Nelson (705-749-9110 ext 216 - [andrew@parn.ca](mailto:andrew@parn.ca))**



Gender Journeys & Rainbow Youth Present:

# A TRANS SWIM NIGHT!

June 16th, July 21st, August 18th, 4pm - 6:30pm

Trent University Athletic Centre  
1650 W Bank Dr, Peterborough



Join us the 3rd Sunday of June, July, and August for an evening of swimming and community!

This swim is for all nonbinary, two-spirit, gender diverse, trans, and questioning folks, as well as their allies.

***Please RSVP by emailing  
[genderjourneys@cmhahkpr.ca](mailto:genderjourneys@cmhahkpr.ca)***



Canadian Mental  
Health Association  
Haliburton, Kawartha, Pine Ridge  
*Mental health for all*





# RAPID ACCESS ADDICTION MEDICINE CLINIC

*Now open!*



**CLINIC HOURS:**  
Monday, Wednesday, Friday  
8 a.m. to 11 a.m.

**LOCATION:**  
159 King St., Suite 302  
(co-located with PARN)  
t: 705-749-9708 | f: 705-748-3060

Offering expedited, barrier-free treatment and counseling for patients who are addicted to alcohol or opioids, Peterborough Regional Health Centre's Rapid Access Addiction Medicine (RAAM) clinic is staffed by PRHC doctors and nurses and FourCAST addiction counselors, and serves clients from Peterborough, Kawartha Lakes, Northumberland and Haliburton.

Treatment and counseling are available free of charge on a walk-in basis. Referrals from other healthcare providers are welcome, but not necessary.

The RAAM clinic works in partnership with FourCAST and Peterborough AIDS Resource Network (PARN) to ensure our clients are supported through the continuum of their care. We are co-located with PARN, which provides access to a full range of harm reduction services, including needle exchange, outreach services and naloxone distribution.

Guided by you · Doing it right · Depend on us  
[www.prhc.on.ca](http://www.prhc.on.ca)



**PRHC**  
Peterborough Regional  
Health Centre



# 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







**Consumption and Treatment Site in Peterborough-Kawartha**

**TO THE LEGISLATIVE ASSEMBLY OF ONTARIO:**

**WHEREAS** Currently Peterborough city and county has seen a major increase in the amount of opioid related overdoses, poisonings and deaths  
**WHEREAS** in Ontario and across the country it has been deemed that there is a current opioid crisis  
**AND WHEREAS** Peterborough currently does not have a consumption and treatment site to help in the reduction of overdoses and deaths in the area;

**WE THE UNDERSIGNED PETITION THE LEGISLATIVE ASSEMBLY OF ONTARIO AS FOLLOWS:**

Work to put forward an application for a **Treatment and Consumption Services Site** to follow the mandatory services such as:

- a) Supervised drug consumption (injection, intranasal, oral) and overdose prevention services
- b) Onsite or defined pathways to addiction treatment services
- c) Onsite or defined pathways to wrap-around services: primary care, mental health, housing, other social supports
- d) Provide proper Harm reduction services such as; Education, First aid/wound care, Distribution and safe disposal of needles, and Provision of naloxone and oxygen.
- e) Removal of any discarded harm reduction supplies around Consumption and Treatment area
- f) Support ongoing discussions to address local community and neighbourhood concerns on an ongoing basis

Name	Email address or Phone Number	Address	Signature

Please return all petitions with original signature to the Action Centre of MPP Dave Smith  
1123 Water St Unit 4 Peterborough ON K9H 3P7