

# Newsletter - October 2019



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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 October 2019

## PARN Office Closures in October

Please note that the PARN offices be closed on Monday, October 14 for the Thanksgiving statutory holiday. We will re-open at 11:30 am on Tuesday, October 15.

The PARN offices will also be closed on Thursday, October 24 and Friday, October 25 for the Central East Opening Doors conference. We will re-open at 9:30 am on Monday, October 28.



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

## HALCO Annual General Meeting October 28, 2019

HALCO's Annual General Meeting will be Monday evening, October 28, 2019, at 6 pm, at 55 University Avenue, 14th Floor Room H2, Toronto (just south of King Street West and the St. Andrew subway station). Light refreshments will be served at 5:45 p.m. The meeting space is physically accessible and a scent-reduced environment.

For more information about the meeting, please contact HALCO at [talklaw@halco.org](mailto:talklaw@halco.org) or 1-888-705-8889 at extension 4042.



### Office Hours @ PARN

**Monday:**

9:30 am–5 pm

**Tuesday:**

11:30 am–5 pm

**Wednesday:**

9:30 am–5 pm

**Thursday:**

9:30 am–5 pm

**Friday:**

9:30 am–5 pm

**Closed Saturdays and Sundays**

## PFLAG Peterborough Sharing Meetings Happening in October

After taking a summer break, PFLAG Canada Peterborough Chapter will resume its regular Sharing Meetings on the 2nd 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 Catherine Middleton at 705-745-5782, or visit the website at <http://pflagpeterborough.com>

**PFLAG**  **CANADA**  
**PETERBOROUGH - ON**

# 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.

To speak to someone at PARN about HIV or Hep C, please call 705-749-9110.

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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>



# Please welcome MacKenzie Clark to the PARN team!

I am PARN's newest Harm Reduction Outreach Worker for the Northumberland Region! I was born and raised here in Peterborough, and have been an active volunteer at various organizations in the community for many years, such as working with children and adults with various exceptionalities and special needs, as this is something I am deeply passionate about. I have seen the need for services and support within the community for those living with addiction, mental health and other health-related problems, which has inspired me to pursue my career in the field of social services.



Prior to this position, I completed my undergraduate degree at Trent University in Psychology, followed by a post-graduate certificate in Addictions and Mental Health at Durham College. I recently completed my Durham program placement at PARN over the summer and thoroughly enjoyed my time here, particularly through my work in the Harm Reduction program. This led to my interest in pursuing a career that allows me to utilize harm reduction strategies in my work, as I whole-heartedly believe that this initiative saves lives and that each individual deserves to be treated with respect, dignity and compassion. I aspire to be an advocate for those who seldom have a voice and hope to work towards challenging the stigma and attitudes of others surrounding drug use.

I am so grateful and excited about this opportunity to work at such an inclusive and supportive organization, and hope to grow as an individual and continue to improve my skills throughout my work.

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## Smoking Cessation Phone Services Shifting from Smokers' Helpline to Telehealth Ontario

On September 11, 2019 the Government of Ontario announced that Telehealth Ontario will begin delivering phone cessation support services beginning October 1, 2019. While Smokers' Helpline will no longer provide phone support in Ontario, it will continue to provide evidence-based digital services including:

- SmokersHelpline.ca
- First Week Challenge Contest
- NRT trial packs (until mid-November 2019)
- Moderation of the SmokersHelpline.ca online community
- SHL Text Messaging Service, including Live Chat by Text
- Email support

**Contact the Smokers' Helpline at 1-877-513-5333**

**Get fast, no-cost medical advice through Telehealth Ontario at 1-866-797-0000**

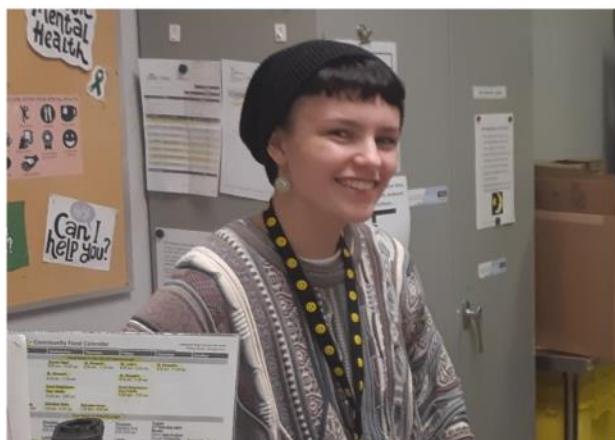




# Meet the new Placement Students @ PARN

## Vernon Keigan

My pronouns are they/them. I am a fourth year social work student at Trent, and the focus of my studies has been working with LGBTQ+ youth. I look forward to expanding my knowledge of harm-reduction and learning about all the other work PARN does.



## Rebecca Duval

My pronouns are she and hers. I will be at PARN until mid-December learning a variety of skills I will be able to take forward into future school and career endeavors. As of right now, I am currently a student of the community justice program at Fleming College. I look forward to working with PARN service users at reception desk and in the harm reduction cupboard.



## PARN's Annual Red Ribbon Campaign

### Saturday, November 23, 2019

We are looking for volunteers who can help out with our annual Red Ribbon Campaign on Saturday, November 23. Volunteers work in pairs for a two hour shift at a local business to hand out red ribbons and collect donations.

If you are interested in volunteering, please contact Dylan DeMarsh at 705-749-9110 ext 208 or [dylan@parn.ca](mailto:dylan@parn.ca)







## Out and About with PARN

September is always a busy month at PARN, with Peterborough Pride Week and students returning to Trent and Fleming.

PARN's Harm Reduction Outreach Workers Brie and Andrew (top left) were at Fleming's Dirty Bingo event to provide safer sex and drug use information on Thursday, September 19.

Brie and Becky (PARN's Hepatitis C Outreach Coordinator) were invited to meet students at Trent as part of the University's Resource Day on Wednesday, September 11 (top right).

At Pride on Saturday, September 21, PARN had a presence in the park and the parade. Becky staffed the PARN table at Millennium Park (middle right), joined by PARN peers throughout the day who provided sexual health information to Pride-goers.

PARN had a small, but passionate (and colourful) group of all ages in the parade this year (bottom right). We are proud to have been part of the biggest Pride celebration that Peterborough has seen to date. It was an amazing day.





# CATIE Launches *Can't Pass It On* Campaign

People living with HIV on effective treatment can't pass it on to a partner. That's the message CATIE and its partners are sharing through the new *Can't Pass It On* key messages series, adapted from Terrence Higgins Trust in the United Kingdom.

It is now well known that the use of HIV treatment not only improves the health of people living with HIV, but is also a highly effective strategy to prevent HIV transmission. This is because HIV treatment can reduce the amount of virus (viral load) in the blood and other bodily fluids to undetectable levels.

To become and remain undetectable, people living with HIV need to take their HIV treatment as prescribed. In addition to taking HIV medications, regular medical visits are important to monitor viral load to make sure it stays undetectable, and to receive other medical support.

Evidence shows that HIV-positive people who are on treatment, engaged in care, and have an ongoing undetectable viral load:

- do not transmit HIV to their sexual partners
- do not transmit HIV to their baby during pregnancy and delivery (if they maintain an undetectable viral load throughout pregnancy and childbirth)
- have a greatly reduced chance of transmitting HIV through breastfeeding
- have a greatly reduced chance of transmitting HIV to people they share injection drug use equipment with

A significant body of research has been accumulating over the years. Between 2016 and 2018, the final findings of four large international studies—PARTNER 1, HPTN 052, Opposites Attract and PARTNER 2—were published. These studies showed that not a single HIV transmission occurred within couples with one HIV-positive partner when the partner living with HIV was on effective treatment.

As a result, we can confidently say that when a person taking antiretroviral treatment achieves viral suppression, they do not transmit HIV to their sex partners.

The Prevention Access Campaign—an international coalition of HIV advocates, activists and researchers who are spreading the word that undetectable HIV is untransmittable—has turned this scientific evidence into a simple message: U=U.

People living with HIV on effective treatment **can't pass it on** to a partner.

Learn more at [cantpassiton.ca](http://cantpassiton.ca)



**CAN'T PASS IT ON**

**CATIE** Canada's source for HIV and hepatitis C information

The information about treatment should always be made in consultation with a medical professional. Unfortunately, about 1% of individuals at the end of the treatment for acute HIV infection become treatment nonresponders. However, the Canadian Society of HIV and Infectious Diseases Clinicians (CSIDS) has published a statement supporting the use of the 12-week treatment of HIV and Hepatitis C. For more information, please visit [www.catie.ca](http://www.catie.ca).

CSIDS is a national organization of HIV and hepatitis C experts. For more information, please visit [www.catie.ca](http://www.catie.ca).

**To learn more about *Can't Pass It* Or, or to order posters or other materials, please visit:**

**[www.catie.ca/en/cant-pass-it-on](http://www.catie.ca/en/cant-pass-it-on)**



# Voting Information for the Election

*A Federal Election is happening on **Monday, October 21**. On this day, Canadian voters will select their next government. The following FAQ has been provided by **Care Hope Vote** to make it as easy as possible for you to vote in the upcoming election. To view more information from the Care Hope Vote campaign, please visit:*  
[www.peterboroughpublichealth.ca/care-hope-vote/](http://www.peterboroughpublichealth.ca/care-hope-vote/)



## Do I need to register to vote in advance of election day?

No, but the voting process is simpler if you do. Visit [www.elections.ca](http://www.elections.ca) and click on 'Registration' for more information on registering. If you have already registered, you will receive a Voter Information Card in the mail.

## How do I vote?

Once the election is called, you can vote almost any time before election day. Choose the voting option that works best for you:

- A. On election day at your local polling station
- B. At an advance poll
- C. At any Elections Canada office (your local returning office)
- D. By special ballot

Visit [www.elections.ca](http://www.elections.ca) and click on 'Ways to Vote' for more details on these options.

## Do I need Identification (ID)?

Yes, normally everyone needs two pieces of ID, one must have your current address. If you don't have ID, someone who knows you and lives in the same polling area can vouch for you. Visit [www.elections.ca](http://www.elections.ca) and click on 'ID to Vote' for a list of acceptable ID.

## I am a student at Trent University or Fleming College. Can I vote here?

Yes, you can vote here or in your home riding. Elections Canada has prepared information just for you. Visit [www.elections.ca](http://www.elections.ca) and click on 'Spread the Word' for more information.

## Definitions

### Riding

In Canada, a riding is an electoral district. It is a place or geographical area that is represented by a member of parliament.

### Voter Information Card

About three weeks before election day, Elections Canada mails personalized voter information cards to voters. The card tells them that they are registered to vote. It also tells them when and where to vote, the different ways they can vote, and how to get more information.

### Polling Station

The place where people go to vote. Each voter is assigned to a specific polling station, according to their residential address.

### Local Returning Office

Each electoral district has a local election office known as a returning office. Returning offices open once an election or by-election has been called. Voters can go to the returning office to vote by special ballot or during advance voting. They can also go to the returning office to add, update or remove their information on the voters list.



# A Message to the 2019 Election Candidates

In Canada and globally, progress in the HIV and Hep C epidemics represent some of the major medical breakthroughs of our time. Anti-retroviral treatment (ART) for HIV, while not offering a cure, has meant that positive persons can live long and healthy lives, as well as not pass on HIV to their partners. New highly effective direct-acting (DAA) treatments for Hep C are now available, well tolerated, and cure more than 95% of people who are treated.

In both cases, this progress has given us the rare opportunity to eliminate HIV and Hep C as public health issues in Canada. However, effective treatments are not enough. We need effective strategies and sufficient resourcing for prevention, testing, initiation of care and treatment, and ongoing care and support.

Specifically, we need to reaffirm and recommit to the principle of putting people with HIV and people with lived experience of Hep C at the centre of our response to these epidemics at all levels, including decision-making. Canada is signatory to two international declarations affirming the principle of the Greater Involvement of People Living with HIV/AIDS (GIPA). Future involvement must also provide opportunities for the meaningful engagement of people living with HIV (MEPA). The same principles must also apply to those who have lived experience of Hep C.

We have made tremendous gains with respect to the UNAIDS goals of 90-90-90 for 2020 (90% of people living with HIV aware of their status, 90% of those on treatment and 90% of the treated undetectable). The next goals on the horizon are 95-95-95 for HIV, and the elimination of Hep C for 2030. This will take a concerted effort and the reaffirmation of the commitment at the federal level is important.

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## HIV and Hep C: The Canadian Situation

**HIV:** Of the more than 65,000 persons living with HIV currently in Canada, about 9,000 are unaware of their diagnoses. Another 14,000, while aware of their status, are not accessing effective treatment.

**Hepatitis C:** Of the estimated 250,000 people living with HCV in Canada, over 40% are unaware of their status.

The Public Health Agency of Canada estimates that there are 13,000 to 15,000 Canadians living with both HIV and Hep C. Hep C progresses faster among people living with HIV, and people living with both viruses experience greater liver-related health problems than those who do not have HIV.



# A Message to the 2019 Election Candidates

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To meet those goals, there is overlap with provincial jurisdiction, but there are clear federal roles to be found:

- **Testing:** Health Canada must approve any new technology that is to be used for HIV testing in Canada. A number of Canadian companies produce innovative testing technologies that are not marketed in Canada, but only sold elsewhere in the world. Help and encouragement to bring those tools to the market in Canada is needed.
- **Link to Care:** While direct individual health care is a clear provincial jurisdiction, there are many aspects where there is a role for the federal government, such as programs to develop the skills of peer helpers and the development of communications technologies to help maintain contact.
- **Effective treatment:** Again, direct individual health care is a provincial matter, but the federal government plays an important role in drug approval and pricing, as well as coordination with the provinces and territories for access.
- **We will always add to other aspects of the commitment to eliminate HIV and HCV:**
  - **Prevention:** A shared jurisdiction that needs sustained support to reach those most likely to be exposed to infection with tools and strategies to avoid it.
  - **Quality of life:** People living with HIV or with lived experience of HCV are more than just medical patients. They are whole people with needs along the entire spectrum of social determinants of health, and they are also often faced with severe stigma, which is a barrier not only to their quality of life, but also to the goals of eliminating these two epidemics.

The people the most impacted by HIV and HCV include some of the most vulnerable and hardest to reach populations in the country. Community organizations often have privileged contact with those populations and are in a good position to make significant impacts with them in the fight against these epidemics and for their quality of life. The federal government has a role in supporting that community response that needs to be protected and intensified. This is complementary to the provincial role in supporting that response, but cannot be neglected.

Direct health services for individuals are clearly in the provincial jurisdiction, as noted above, but there is an important role for the federal government with respect to the harm reduction approach that many of those services rely on to meet their goals. The first aspect of that role is to recognize its place in our responses to health problems. More concretely, the federal government must not stand in the way of those services developed and offered in the provincial and territorial context.



# **Volunteers needed for:**

## **Harm Reduction Works @ PARN**

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

**Thursday, October 3 - 10am to 12pm**  
**Thursday, October 10 - 10am to 12pm**  
**Thursday, October 17 - 10am to 12pm**  
**Thursday, October 31 - 10am to 12pm**

**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))**





PARN Needs Your Support!

# Red Scarf Project

## World AIDS Day 2019



### Act Up! Take The Red Scarf Challenge

On December 1, 2019, Red Scarves will be placed on lampposts throughout Peterborough, Haliburton, Northumberland and City of Kawartha Lakes for World AIDS Day.

The Red Scarf Project raises awareness around HIV support and prevention while also serving the needs of our communities in the winter months. If someone is cold, they can take a scarf.

We ask for scarves that are red and approximately 6" by 60" in size, but the pattern is completely your choice! We are also looking for donations of red yarn, knitting needles, crochet hooks, and other supplies.

We will need to collect all completed scarves by Friday, November 22, 2019 to prepare them for December 1. If you are interested in contributing or have any questions, please contact Brittany Cameron at [brittany@parn.ca](mailto:brittany@parn.ca) or call 705-749-9110



#### About PARN

PARN provides support and health promotion for people who are living with, affected by, or at-risk for HIV in the four counties of Peterborough, Kawartha Lakes, Northumberland and Haliburton; education and equipment for people at risk for HIV, hepatitis C and other sexually transmitted and blood-borne infections; outreach and programming for lesbian, gay, bisexual, transgender, 2-spirit, queer and questioning (LGBTQ+) youth and for women who are living with, affected by, or at-risk for HIV; community capacity-building and workshops; and awareness of HIV/AIDS issues to the broader community.

#### We're Here to Help, Confidentiality Assured!

159 King Street, Suite 302 - Peterborough ON - K9J 2R8  
705-749-9110 - 1-800-361-2895 - [getinformed@parn.ca](mailto:getinformed@parn.ca)

[www.parn.ca](http://www.parn.ca)



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





# 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