

NEED GEAR? CONDOMS? SUPPORT?

The NESI team distributes kits for safer rock smoking, rigs, and all the stuff that goes with them! We also have supplies for safer sex, and provide support and referrals to services.

Here's how to reach us...

NESI Drop In!

Times: **Mondays 9am-12/1-4pm**

Tuesdays 1-6pm

Wednesdays 9am-noon / 1-4pm

Thursdays 1-6pm

Fridays 1pm-4pm

We're at Somerset West Community Health Centre (corner of Booth and Eccles). Drop-in for support and advocacy in a non-judgmental environment. Chat. Chill out on a couch. Grab some gear. Use a computer. Have a coffee. In a rush? You can also grab a five packs of stems or fits from reception or medical walk-in. Call us! We accept collect calls. **613.238.8210 ext.2246**

the NESI VAN

Just give us a call! **(613)761-0003**

We aim to get to you faster than your dealer.

We're out on the road:

Tuesday's market mornings: 10am to noon

Monday to Saturday: 5pm -11:30pm

Wednesdays: 5pm to 10pm

(Sundays no service)

We're happy to deliver supplies to you anywhere in the greater Ottawa Area. Got rigs to return? Used Pipes? We'll come get'em!

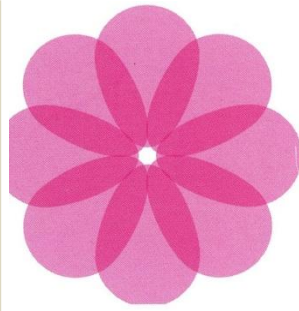
Outreach!

Outreach & Peer workers are out on foot throughout the week in different neighborhoods.

Call our **outreach cells!**

Shannon: 613.290.0363

Stan 613.295.4329



Daisy's

Support, Supplies &
Something to Eat

Fridays
5:30 - 8:30am

1475 Caldwell

Questions? 613-327-0002 or 613-722-4000 x.258

For Jason In memorial

(in remembrance of Jason who passed away due to fatal Fentanyl overdose on January 4th, 2016.)



No farewell words were spoken
No time to really say goodbye
You were gone before I knew it
Maybe God knows why
I have stopped asking why
My heart aches in times like these
But I will think of sunny days
Of our happy conversations full of hope
You will not be forgotten friend
You are gone but not forgotten
(photo and poem by Tyson Haller)

Looking to move? Can't find a place? Trouble paying rent? Shitty landlord? **Housing Help** is now available for drop-in help at Somerset West Community Health Centre, 55 Eccles. Drop by and get the housing support you deserve!

Fridays 9am-4pm



NESI News

what's cracking? **FEBRUARY 2016**

Monthly info brought to you by SWCHC's Needle Exchange Safer Inhalation Program

Phase 1 Peer Program

Looking to make a healthy connection with other folks who use drugs? Looking to make some extra cash? Come work with the NESI program! **Every Thursday at 1PM**, our peer program compensates peers for 2 hours of work. Every **2nd Thursday** of the month we do a **Women's only day**. Work ranges from preparing smoking & injection supplies and gear, to workshops and/or gardening! Interested? Call us to find out how to join!

(613)238.8210 ext 2246

Come out of the cold!

Based on feedback we got from peers the **NESI Drop-in** is trying out a new schedule.

We're now open at the following times...

Mondays: 9am-12 / 1pm-4pm

Tuesdays: 1pm-6pm!

Wednesdays: 9am-noon / 1-4pm

Thursdays: 1pm-6pm!

Fridays 9am-12 / 1pm-4pm

Drop-in for peer support, tools, knowledge sharing and hanging out! Phones, computers, coffee and comfy couches! Get a copy of our Monthly Drop-in Calendar. We welcome all people who use drugs to come on by and share space in a non-judgmental environment!

"SKY HIGH"

by James Fox



(Mixed media, acrylic on collage)

I created this piece to represent the experience of doing drugs. To me, colors are way more intense and they make everything seem crazy and cartoonish. It has two sides to it because it's bright and has happy cartoon characters, but the pill in the middle has a smile that you're not sure about- is he grinning because he's about to take you on an adventure or is it a sinister grin? Who knows? The piece isn't condemning or approving of drugs, I just created it to show that drugs alter your perceptions and take you into another world. How you interpret that journey and what use you make of it is entirely up to you.

The NESI program is based at Somerset West Community Health Centre, 55 Eccles (Corner of Booth and Eccles).

Got Questions? Need Supplies?

Drop by the NESI Drop in room, or call **(613)238-8210 ext 2246**. Call a **NESI Worker** at: Shannon ext.2319 Stan ext.2392 Evening or night? Call the NESI Outreach Van: **(613)761-0003**



Drug Testing Now Available at the Tool Shed!

Knowledge is power! Test it before you ingest it.
Want a drug testing kit?
For more info, or to get a kit, stop by the **Tool Shed** or talk to Caleb at ACO, 19 Main Street.
613.238.5914 ext. 239. Reagents available mandellin, marquis, mecke. \$15 per reagent (limited pay-what-you-can is also available)

The Bannock Bus is Back!

Every Monday, Wednesday & Friday

Here's the Route...

Centre Town CHC (420 Cooper) 4pm
Minto Park (Elgin St.) (4:30)
Sandy Hill (Chapel & Mann) (5pm)
Metro (Rideau St.) (5:30pm)
Scotia Bank (Montreal Rd) (6pm)
Ottawa Freedom Centre (Montreal Rd) (6:30)



Bank Account\$

There's lots of benefits to having a bank account. One of the main ones is not having to rely on loan sharks other places that rip you off and take a good chunk of your money each time you use them.



Have you had trouble opening a bank account in the past? Don't have the required pieces of I.D.? No problem!

SWCHC & NESI have a relationship with one of the local banks in our hood and we can provide you with a support letter that will make the process easy! Plug in with a NESI worker to find out more!

ANGER AND ASSERTIVENESS: A GROUP FOR WOMEN

Anger can be a sign that something in your life needs to change. Free yourself from old patterns Learn to set boundaries & say "No". Practice communicating effectively Meet some great women & have fun!



When? Thursday Evenings 6pm (March 24th-May 12th), 8 weeks

Where? SWCHC, 55 Eccles 3rd floor (Assistance with Childcare & transportation is available with advance registration.) You must commit to attending the 8 wks. Register in advance to attend! Contact Bonnie Stephanson at SWCHC 613.238.8210 or Andrea Madan at CCHC (613)233.4443.

1-on-1 Computer Support at NESI!

Computers can be a pain in the ass to get the hang of.

Pop-in for computer help

from our NESI staff and two volunteers.



When? Every Friday 9-11am

Where? The NESI Drop-in

One on one support will range from the very basics of how to turn on a computer & surf the web, to accessing the internet, getting an email, facebook accounts, looking for housing and more. We aim to make these lessons non-judgmental, fun, patient and meet you where ever you are at in your knowledge of computers.

Heads up! Recent Montreal Cocaine Bust could be impacting the supply in Ottawa!

Ottawa Public Health has recently become aware of a recent change in local drug use patterns. It is possible that this is related to a large drug bust in Montreal where large amounts of cocaine were apprehended; there appears to be a shortage on the streets in Ottawa.

As a possible result of the situation described above, emergency Department Physicians have noticed increased misuse (including by injection) of the following medications in Ottawa:

1. Bupropion (Wellbutrin, Zyban)
2. Pregabalin (Lyrica)
3. Gabapentin (Neurontin)
4. Zopiclone (Imovane)

The first three of these drugs, when crushed, inhaled or heated and injected can give a similar high as to that of cocaine. One of the serious side effects however are that the injection sites can become necrotic and there have been cases of limb loss and death.

Imovane, if combined with alcohol, can have its sedative effects compounded, resulting in respiratory depression.

Please be aware of the potential for abuse of these medications. This information is also being shared with the local pharmacist community and through the network for emergency physicians who are now adding these to the medications of potential abuse which includes: opioids, benzodiazepines, stimulants (ex: Ritalin).

Want to DETOX?

Need a break? Can't seem to do it without some support? Call Detox **613.241.1525**. Need to get there? Call a NESI worker at our numbers listed at the back of our page to help you get there.

Two Blocks from NESI

By: 1.1.1.



GOT CHARGES OR TICKETS?

Get the free legal support you need! Police continue to carry out crack downs in the market on street level drug users and throughout our neighbourhoods. We realize this is messed up and negatively effects and traumatises our community and loved ones behind bars. If you need support, we invite you to talk to a harm reduction worker you trust. If you are facing charges or need legal support, be sure to check out the ticket defense program clinics taking place at various locations and times throughout the city. Legal help is friendly, walk-in, and you don't even need your paper work! Connect with us for an updated schedule of clinic times throughout the city.

Frostbite

By Joanna

Prevention, Symptoms, Treatment



It seems so simple- cover up, and when you get cold, come indoors. But realistically frost bite can be sneaky.

Prevention:

Use your drink/drug in moderation. Each year we see people in our clinic with devastating injuries after “passing out” in the snow.

Cover all exposed skin, and pay attention to Cold Alert and Frost Bite Warnings. Your ears, nose, cheeks, fingers, toes are especially at-risk areas.

Keep your feet dry. This may mean keeping an extra pair of socks handy when on the go.

Plan for your pet. If you prefer to stay outside because of a pet, please consider having a plan for the cold days/nights.

Symptoms:

The stages are usually cold, then numb, then clumsiness (if fingers/toes). The skin may become white or grey. Gradually blisters may form with clear fluid. If you sense you are going numb, urgently go somewhere to warm up.

Treatment: Warm Up.

Do not rub skin- be gentle with the skin as it is very delicate when frozen. Gradually warm with warm water- not too hot or it could make things worse. Put your fingers in your armpits, put your toes there if you can reach!
Do not use fire/stoves/lighters to warm skin- you can easily burn the skin as you don't have as much feeling.

Try not to walk on frozen feet- get carried.

Did you know:

- When you work you are entitled to be provided with the right equipment to do the job and prevent injury (i.e. appropriate protective outerwear if working in the cold)- it is your right to refuse unsafe work!
- You could get frost bite in your eye (cornea) from very strong winds! Use eye protection.
- The City of Ottawa has a list of places that you can go to warm up when a “Frost Bite Advisory” is issued. Call 3-1-1.

The Euphoria Spider

By Jesse James

The spider bites with all her might,
Exhausting her venom with all her fight,
With death in primary instinctive sight,
Using all of her power with vicious
Spite.

As her paralytic elixir takes its hold.
I fall victim to paralysis as her venom
Is sold, I'm spun with lightening speed
In her web of silk and gold.

As dead draws near, my purpose becomes
clear.

As the pain climbs my vein, flooding my brain,
with euphoria blessing me with comfort and
alleviating the pain, the despicable pain.

As my aura achieves spiritual ascension
My brains toxicity creates its pretension.

The euphoria spider, her genderless
Preference seduce all with her eyes
Of hypnotic and eternal fire,
With the reflection of you burning
At your funeral fire.

W-SERIES COMPOUNDS

(B.C. Centre for Disease Control,
with amendments by Carl R.)

“W-Series” compounds are a class of opioids discovered at University of Alberta in 1982. There are 32 compounds, named W-1 to W-32. They have never been used medically. Recently, some of these compounds, especially W-18 which is 100x stronger than Fentanyl, are being sold as street drugs through out North America. These compounds are not currently regulated under the Controlled Drug and Substances Act and as such can be manufactured and distributed legally.

Though there is no documented medical use, it is likely that W-compounds could be used like Fentanyl. However, W-1 to W-19 act like heroin, while W-20 to W-32 are more like methadone in that they can block other opiates but also get you high. There are major differences in just how high these compounds will get you. The strongest is W-18 (100x Fentanyl), W-19 (10x Fentanyl) and W-11 (1.5x Fentanyl) but some are many times weaker than Fentanyl.

The mixed effects and varying strengths of W-compounds makes administering Naloxone challenging as it is unlikely that the specific identity of the compound will be known.

There is little evidence for the use of Naloxone with W-compounds. Only W-3 was tested, only in mice(!) and only for reversal of high (it was effective). Reversal of shallow breathing was not tested!

SO.... theoretically, Naloxone should be effective... BUT, given how high some of the W-compounds will get you, many doses of Naloxone MAY be required, AND, given that W-20 to W-32 can act like methadone, it's hard to predict outcomes. It is therefore important that Naloxone shots be given, observed, and repeated, one at a time, until breathing improves.

TIPS ON DEALING WITH A FRIEND WHO HAS O.D.ed on W...

If you have a phone, call 911 for professional guidance. If the person isn't breathing normally then try...

1. Give one dose (0.4 mg) Naloxone (Get your POPP kit today)!
2. Observe 2-3 minutes for an increase in breathing rate
3. If there is no change in breathing, give them another shot
4. Observe for 2-3 minutes again, and repeat shots as necessary until a healthcare professional appears
5. Monitor and support the persons breathing throughout the O.D.

Free Income Tax Clinic!

April 4th, 55 Eccles

Limited space! Call Anne-Marie to book your appointment today!

613.238.8210 ext 2301

You must book in advance. You must live in the SWCHC catchment area.

Zen Meditation

Feeling stressed or overwhelmed? Want to learn how to settle the mind?

Every Friday at noon, in the **NESI Drop-in**, John runs a meditation class. Classes are free & all welcome! There will be sitting meditation, walking meditation and a brief talk. Everyone is invited to attend no experience is needed! See you there!

French Toast

Friday's with.....



Are you an active or recovering drug user? Come to DUAL's **Breakfast every Friday morning from 9:30-11:30am** at 216 Murray Street!

We provide a chill, peer-run, safe space. Find out about services, surveys, & advocacy opportunities happening right now! So far we have at least 30 people visiting a week, so don't be shy



BAD DATE?

Have you been raped, ripped off, creeped out, assaulted or threatened? Let someone know, and help keep other sex workers safe & in the loop!

You can confidentially & anonymously call any of us...

STEP: 613.234-7138

SITE: 613.232.3232

STORM:613.265-3606

NESI: 613.761.0003

We will do a brief & anonymous intake to gather suspect's information for the Bad Date list.

Want a copy of the bad date list?

Call the NESI van, and we'll come give you a copy!

Always remember, you did NOT deserve it, you did NOTHING wrong and there ARE people who care!

If you want to talk about it, these folks will listen:

Sexual Assault Support Centre (SASC)

613.234.2266

Ottawa Rape Crisis Centre **613.562-2333**

POPP

Get trained. Save a life. A naloxone kit could help you prevent a loved one from overdosing on opiates. Many fatal overdoses have already been averted by people who use who carry these kits. Get your free training and Naloxone kit today through Public Health's SITE **Peer Overdose Prevention Program (POPP)**.

How & Where?

Site Office

179 Clarence St.

Mon-Fri 8:30am-4:30pm

Site Van

613.232-3232

Daily 5pm-11:30pm

Pikachu with a bong

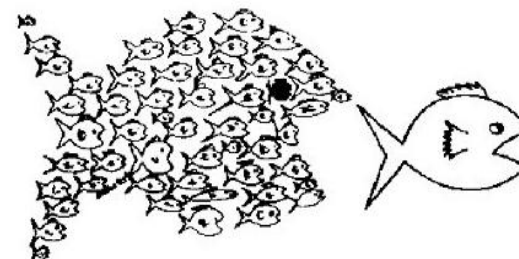
A sketch by: Rochelle



Heads up from our Allies in Hamilton:

"There is a drug floating around Hamilton called "**popcorn**". It is crystallized fentanyl, similar to a crack rock but yellow, and very very potent. Apparently it cost \$30-\$40 for a point and the average person can only handle about 0.2 of a point without going under."

Provincial Class Action & Settlement!



Spread the word! A lawsuit and proposed financial settlement may affect you or a loved one! The Ontario Supreme Court has deemed that people who lived at several provincial institutions over the last several decades (ranging from the 60's-90's) were not properly cared for & protected while living in these institutions. These include...

Pine Ridge (Aurora)

St. Lawrence Regional Centre (Brockville)

D'Arcy Place (Cobourg)

Adult Occupational Centre (Edgar)

Bluewater Centre (Goderich)

Muskoka Centre (Gravenhurst)

CPRI (London)

Midwestern Regional Centre (Palmerson)

Prince Edward Heights (Picton)

Adult Rehabilitation and Training Centre (St. Thomas)

Northwestern Regional Centre (Thunder Bay)

Surry Place Centre (Toronto)

Durham Centre for the Developmentally Handicapped (Whitby)

Oxford Regional Centre (Woodstock)

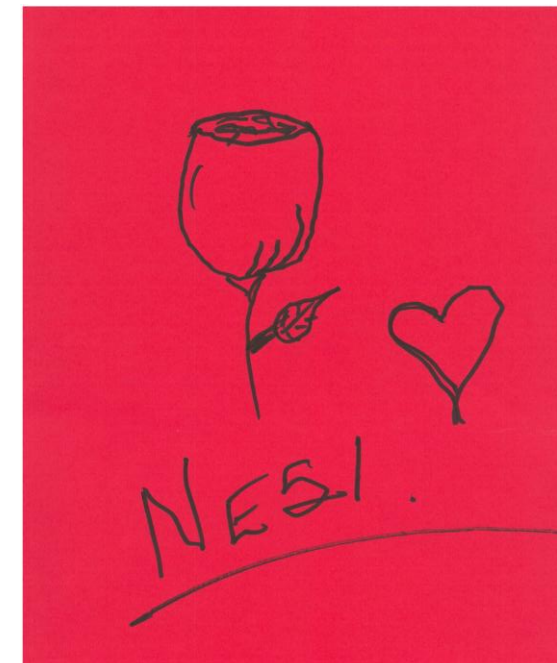
The Nipissing Regional Centre (North Bay)

L.S. Penrose Centre (Kingston)

If you did live in any of these places at some point in your life, you could be entitled to a settlement. Call the class action **toll free line** at **1.866.442.4465**. Or talk to a NESI worker you trust to get more details.

Happy Valentine's Day

From Carrie



Check out this helpful online resource on mixing dope, booze and pills...

DRUG COCKTAILS.ca

Facts about mixing medicine, booze and street drugs

Don't have a computer? Come to our drop-in & use one!



Smoke the Rock. Don't let the rock smoke you.

African Caribbean Black MsM Health Forum



A day of presentations and conversations on issues faced by the ACB MsM Community here in Ottawa. Come on out and be part of this dynamic event. Let's Speak Up and Speak Out together as a collective Community.

Where: AIDS Committee of Ottawa, 19 Main Street Ottawa

Time: 10:00am-4:00pm

Lunch provided

Questions/accessibility please contact: clive@aco-cso.ca, Tel: 613-238-5014 ext.236

February 20th, 2016



FEBRUARY 15-21 2016
SNOWBLOWER
A festival of workshops, activities, and parties for guys into guys

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GAY MEN'S HEALTH FORUM



19 MAIN STREET | WED, FEB 17 | 10AM-5PM

A FULL DAY OF
WORKSHOPS AND
DISCUSSIONS ON GAY
MEN'S HEALTH

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CONTACT DEREK FOR MORE INFORMATION:
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E. DEREK@ACO-CSO.CA

