

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! New Summer Hours!

Times: **Mondays 9am-4pm**

Tuesdays 9am-4pm

Wednesdays 9am-4pm

Thursdays 9am-4pm

Fridays 9am-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:

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!

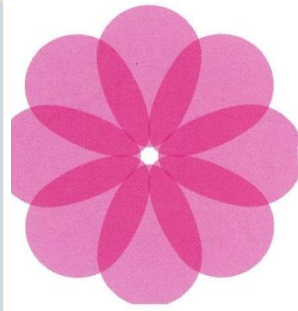
Outreach & Peer workers are out on foot throughout the week in different neighborhoods.

Call our **outreach cells!**

Amy: 613.219.9119

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

NESI Women's Harm Reduction Breakfast Drop-in

Join us for a delicious,
nutritious morning!



When? 9:30-11:30am Weds June 8th

Where? 3rd floor Somerset West
Community Health Centre, 55 Eccles



A Safe place for female identified people to
talk, hang-out or just drop-in and enjoy a free
breakfast.

Zen Meditation

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

Join us Every Friday at noon
in the NESI Drop-in.

During this time, John & Bobby run a meditation
class. Classes are free & all welcome! Everyone
invited to attend. No experience needed!



NESI News

what's cracking?

JUNE 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

PROUD

Presents...

Experts-by-experience: A Community Colloquium

- Peer researchers from PROUD presenting recent Life Story Board research findings!
- Youth from the community will share their HIV/Hepatitis C prevention needs!
- Rob Boyd (OASIS) will summarize recent public consultations & give an update on Supervised Injection Services in Ottawa!

When? 1pm Monday, June 6th

Where? 310 St. Patrick (St. Brigid Centre)

Organized by: **ACO, DUAL & Sandy Hill**

**Were you in OCDC anytime between
May 20th, 2014 to June 30th 2016?**

Did you experience any of the following?
Subjected to strip searches in front of other inmates?

Sleeping on the floor of a cell?

Cancelled Family/lawyer visits due to lockdowns?

Triple-bunking?

Medical appointment cancelled due to lockdowns?

**If yes, you have the chance to join
the class action lawsuit!**

Things to consider...

The success of this depends on peoples' participation.

If successful, you would receive a \$settlement.

A victory could result in huge changes at OCDC.

You would not have to appear in court.

You don't have to pay legal fees.

Your identity will be strictly protected by the law firm, preventing anyway from the pen from tracking you or finding out you are involved.

Interested? Ask NESI for a form or call the legal team at Champ & Associates for details! (613)237-4740 www.champlaw.ca

NESI is based at Somerset West Community Health Centre, 55 Eccles (Booth & Eccles)

Wanna talk? Looking for Health Care? Need Supplies?

Drop-in (every day 1-4pm), or Call a NESI worker at call 613.238.8210...

Amy ext 2319, John ext. 2270, Shannon ext. 2319, Stan ext.2392 **Evening/night? van: 613.761.0003**

GLOBAL DAY of ACTION 2016



Where?
Minto Park
When?
11am-1pm
Thursday,
June 23rd

Be part of the global advocacy campaign to raise awareness of the harms being caused by the criminalization of people who use drugs!

This year in Ottawa the campaign is focused on...

Good Samaritan Policy

Calling for help should not be a crime! Many folks don't call 9-1-1 in an overdose situation out of fear of being criminalized by the police. Help call to legalize supporting our loved ones in overdose situations!

OCDC Class Action Lawsuit

Find out how you might be able to participate in the lawsuit seeking damages for overcrowded, cruel or inhuman treatment.

Find out about these and more ways to raise awareness and support people being harmed by criminalization in Ottawa and around the globe. Join us for coffee and snacks in the park as we work together towards an end to the war on drugs.

Want to help organize?

Come to our planning meeting.
When? Thursday, June 9th!
Where? 1:30pm at SWCHC



CATIE is Canada's source for up-to-date, unbiased info about HIV and hepatitis C. We connect people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life.

Check out our website anytime at **CATIE.CA**, or call toll free at **1-800-263-1638** on Monday, Tuesday, Wednesday and Thursday, 10 a.m. to 6 p.m. (Eastern Time).

Feel free to use the NESI computers to check out CATIE.CA or use a NESI phone to call if you feel more comfortable with a confidential, one on one conversation.

Men's Health Day with Joanna!

Do you identify as a male? Got questions about male related health? Join us for a free chat with our nurse Joana about men's related health!

When? 1:30pm Friday, June 24th

Where? NESI Drop-in

Light refreshments provided.

Want to ask an anonymous question?

Embarrassed to ask? Don't like speaking in groups? We've got an "ask Joanna – Men's Health" question box in our drop-in. You can anonymously write your questions down, put it in the box and have it answered on the day!

Take part in the conversation,
Come out, listen & learn!

Crystal Methamphetamine

aka Tina, T, Jib, Ice, Crank, Crystal, Crystal Meth

By: Christopher "Diva" G. NESI Peer Worker

How does it make you feel?

Very intense, extreme euphoria, you are on cloud 9, all of your struggles and problems have disappeared. The high is smooth until you've not slept or eaten for a couple days.

What can people expect when they're coming down?

Your body goes through shock. You sleep a lot – 18 hours a day. Getting the runs for a day or two while your body asks for more. Motivation is super low. No drive to do anything. No sense of purpose.

You just want to lay in your bed and be away from the world! It's hell. Remember it's not forever. Coming down takes time. Getting out during this can be too much. Take small steps go when you're ready.

What should you look out for?

You can OD. You can get paranoid. You can see things happening that aren't really there – like for example, I saw blood coming up the drain and bugs all over the bathroom. Ask someone you trust to help you out. I took GHB to come down when this was happening. Make sure you don't drink alcohol if you're taking GHB.

How does it affect your body?

My memory is not the same. Long term use, like years of using every day, will cause changes to your brain. Eventually holes in the grey matter. I'm avoiding this dangerous effect by not using every day. I'm a binge user to avoid using every day.

Also, you could lose a lot of weight. Get your hands on ensure or boost if you can. Hit some free meals around town. Bananas are a great snack. A boost for the body.



(photo from wikipedia)

Burns! The liquid is hot! Watch that hot pipe. SEX SEX SEX! Your inhibitions are very low on Crystal Meth! Men who have sex with men, straight people, everyone! Have condoms and safer sex supplies on hand. Have lots of lube handy!

Harm Reduction Tips...

★ Managing "Meth Mouth"

Hydration! Make sure you drink water, juice, sports drink. Stay away from high acidic drinks and foods as your mouth gets really acidic. Watch the coffee and soft drinks. Water is really great, pretty much the best.

- ★ Get some tooth care! Capital Dental is there for people who are on ODSP. 613-238-3384. They will make sure ODSP people get the care you need. People who use drugs have recommended this service as not judgmental.
- ★ Rest! It's essential. Even if you can take 15 – 20 minute power naps.
- ★ Be around people you trust and feel safe with. Make sure when you party you have people around that are looking out for you. Do the same for them.
- ★ When you're taking a break from Crystal Meth – coming down is really hard. Be around a close friend or your chosen family. Talk it out. Give yourself alone time if you want it.

REMINDER... 1-on-1 Computer Support!

Pop-in for computer help with Sam!



When? Every Friday 9-11am

Where? The NESI Drop-in

Computers can be a pain in the ass to learn! Support is friendly, and ranges from the very basics of how to turn on a computer & surf the web, getting an email, Facebook accounts, making a resume & 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. See you there!

Reminder... The Ottawa Panhandler's Union



Panhandling is NOT illegal, yet cops use the vague definition of the safe streets act to fine and arrest many of us for illegitimate reasons.

The Ottawa Panhandler Union (OPU) is dedicated to working with Ottawa's street community and other organizations, to give support and aid to those in need!

We were founded in 2003, in response to Ontario's Safe Streets Act and its vague definition of "aggressive panhandling", as well as to address other concerns of Ottawa's street-involved population.

Come to our Meetings...

When? Every second Sunday,
This month? 6pm June 5th & 19th

Where? Confederation Park

An update from... The Friends for Safer Use!

Who are we?

We're a group of folks with lived substance use whose purpose is to: build positive relationships with the Dundonald Park community; Provide information about harm reduction resources; and include the voices of people who use substances in community conversations. In 2015, we wrote a report summarizing focus groups with people who use substances in Dundonald Park. **We found out that people consume in the park because they....**

- Often have nowhere else to go, as there is a long affordable housing waiting list (over 7 yrs)
- no safer consumption site in Ottawa
- feel safer there because there are other people around
- consider Dundonald Park part of their neighborhood
- appreciate the access to nature as there is limited green space in the area
- feel a sense of belonging and decreased isolation by seeing friends there regularly.

Messages from focus group participants

"Get to know us... Come approach us if you want."

"People who use in the park aren't necessarily dangerous or threatening"

"Addiction needs a health focus, not a criminal focus"

"Addiction affects everyone"

We look forward to seeing you in the Park this Summer at our annual **Harm Reduction Meet and Greet on July 14th**, from **1pm to 3pm** in **Dundonald Park.**

Meet harm reduction providers, play games, get a free haircut and enjoy snacks with us!

Free NESI Hair Cuts!



Once a month, NESI offers free haircuts! Women's haircuts are carried out by Glenn, and we also offer basic buzz cuts for men by his apprentice stan! **Limited space! Call us to book your spot!**

When? 1:30 -3:30 Thursday, June 16th

Where? The NESI Drop-in

613.238.8210 ext. 2246

Jack's Off!



After 26 years of service as our executive director at Somerset West, we wish Jack McCarthy all the best in his retirement! SWCHC is proud to welcome, Naini Cloutier as our new big cheese.

Jack made lots of contributions to the city & our community.

Just two of these include...

Taking a lead role in coordinating the settlement of our newly arrived Syrian refugees and making sure safer crack smoking services remained active in our city.

When Larry O'Brien unilaterally opposed harm reduction and cut the program from being municipally administered, Jack led the way ensuring city wide safer crack smoking supplies remained available! You will be missed!

Thoughts on Harm Reduction

By: Phase 2 NESI Peers

Harm Reduction IS...

Access to safer drug use equipment
Knowing your dealer
Access to safer sex gear
Coffee and clothing – taking care of ourselves!
Not sharing if you don't want to
Personal empowerment
Access to information because knowledge is for everyone!
Supervised injection sites
Workers with lived experience of using drugs
Good staff when we reach out
Respecting ourselves and the drugs we decide to use and where we're at

Harm Reduction IS NOT...

about being "clean" or abstinent
telling people what to do
perpetuating stigma against people who use drugs
(The Phase 2 NESI Peer gang has been meeting monthly for over half a year. They have one more training session in July and then they will hit the streets and floor of the NESI room to begin work! In our last meeting the group shared what harm reduction is and isn't from their own perspective.)

Annual General Meeting

Please Join us!

When?

5:30 pm Weds, June 15th

Where?

Hintonburg Community Centre
1064 Wellington Street W.



SOMERSET WEST
COMMUNITY
HEALTH
CENTRE

Light Refreshments, reports, and awards

Looking to move? Can't find a place?
Trouble
paying rent? Shitty landlord?

Monica, from **Housing Help** is
available for drop-in help at Somerset West
Community Health Centre, 55 Eccles, every
Friday!

Drop by and get the housing support you
deserve! **Fridays 9am-4pm**

Come out of the heat! Chill out.

Drug User Advocacy League

"We are a non-profit collective of active and
former drug users and allies who advocate for
the human rights of people who use drugs"

Connect with us!

Visit us in person when we offer yummy
breakfast!

Every Tuesday Every Friday

380 Murray St. 216 Murray St.

9:30am-11:30am 9:30am-11:30am

*In the lounge on Site Nurse Available
ground floor*

The Ticket Defence Program

is a pop-up legal clinic run by
volunteer lawyers, paralegals, and law
students. If you are
homeless or street-involved, the TDP
offers **FREE** legal advice
and/or legal representation if you have
been given a ticket(s) by a
police officer or OC Transpo officer in
Ottawa. Come to our next
drop-in session to discuss your options.

Confidentiality Guaranteed.

When?

First Friday of each month from

12:30-2:30pm:

Shepherds of Good Hope

233 Murray Street

Second Friday of each month from

12:30-2:30pm:

Odawa Native Friendship Centre

510 Rideau Street

Third Friday of each month from

12:30-2:30pm:

Centre 507

507 Bank Street

Fourth Friday of each month from

12:30-2:30pm:

Centre 454

454 King Edward Street

Fourth Friday of each month from

2:30-4:30pm:

Salvation Army

171 George Street

Update on Distribution of free Naloxone Kits

From the Ontario Pharmacists Association

Last month, the Minister of Health and Long-
Term Care announced that Ontario would begin
distributing free naloxone kits through
community pharmacies as part of a national
effort to help curb the growing number of
overdose deaths. At the same time, the federal
government also announced that naloxone will
be covered under the Non-Insured Health
Benefits (NIHB) program!

The Ontario Pharmacists Association has been
in regular contact with the Ministry of Health
and Long-Term Care, the Ontario College of
Pharmacists (OCP) and the NIHB-Ontario
Branch on this issue. Construction of a formal
government program is still in the preliminary
stages and there are many details - including
questions around process, dispensing
protocols, documentation and workflow - that
still need to be discussed and finalized. The
Ontario Pharmacists Association will continue
to be part of those discussions & we will keep
us updated as information becomes available.

professional development program for Ontario
pharmacists which will include best practices as
well as pharmacist- and patient-facing tools to
help streamline the distribution of the free
naloxone kits once all of the processes and
procedures around the program have been
determined and finalized.

We hope to launch the program in the coming
weeks!

*Thanks to Bell Pharmacy for keeping us in the
loop on this!*

JUNE NESI Dates to Remember...



Monday, June 6th – PROUD event

Wednesday, June 8th

NESI team Meeting 5:30pm (pizza)
(phase 2, 3 and grads & all NESI staff)

Thursday, June 9th 1:30pm

Support Don't Punish organizing meeting
(3rd floor)

Wednesday, June 15th

SWCHC Annual General Meeting

Thursday, June 16th

Women's Day – Pie Making
Haircuts (book in advance)!
CPR Training 1 (Phase 2 peers)

Friday, June 17th

CPR Training 2 (Phase 2 peers)

Wednesday, June 22nd

NESI Board Game Day 1pm

Thursday, June 23rd – Support Don't
Punish Global Day of Action (Minto Park)

Friday, June 24th

1pm Men's Health Day & discussion

Every Friday...

noon – Mediation

9am-noon – Computer Help



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