

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 Fall Hours.**

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

Tuesdays 9am-4pm

Wednesdays 9am-4pm

Thursdays 1pm- 4pm (peer day)

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!

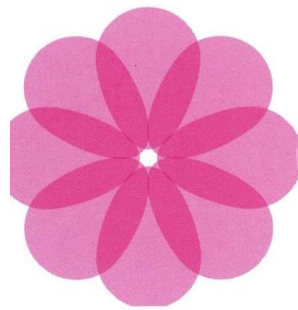
Outreach workers are out on foot throughout the week in different neighborhoods.

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

Flower by: *Christian N.*



Zen Meditation

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

Join us Every Friday at 12:05
in the **NESI Drop-in.**

During this time, John & Bobby run a meditation Session. Free & all welcome! Everyone invited to attend. No experience needed!



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

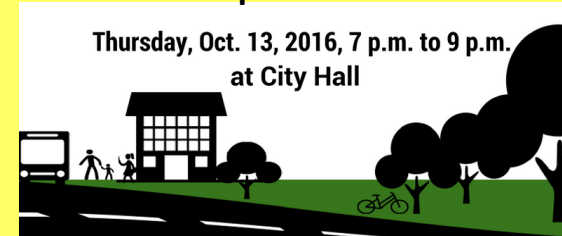
Phase 1 Peer Program

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

Speak Out!

Thursday, Oct. 13, 2016, 7 p.m. to 9 p.m.
at City Hall



Share your thoughts on the City Budget on October 13, 7-9pm at City Hall!

Discussion includes a low-income transit pass, social services, and safe mobility in our city. Hope to see you there! services needed for our communities! Spread the word and come voice your opinion on the services we need!

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. 2987, Stan ext.2392 **Evening/night? van: 613.761.0003**

Community Demands (announced at Overdose Awareness Day)

Losing our loved ones to overdose is a tragedy and injustice that is preventable and unacceptable. As a community, we commit to holding our policy makers make demands a reality. We can do better!

The following demands were formed by NESI, DUAL and ONPAHR peer advocacy groups, by folks who use drugs. They were read out at this year's Overdose Awareness Day...

1. Provide access to Supervised Injections Services in Ottawa.
2. Legalize personal drug use.
3. Increase access to harm reduction services to 24 hours a day 7 days a week.
4. Develop strong Good Samaritan laws that fully protect drug users during overdose responses.
5. Incorporate substance use and addictions education in school curriculum.
6. Provide access to Nasal Naloxone.
7. Increase access to safer use trainings (vein care, properly preparing and using various substances).
8. Emphasize overdose prevention during prison/jail discharge planning.
9. Homeless shelters adopt a harm reduction approach in their policies (for example, revise the policy of removing someone's Naloxone kit when they are accessing services).



A Closer Look at HIV and HCV in the Criminal Justice System

Join us for the 2016 edition of our annual Real Issues Real Solutions forum exploring issues connected to HIV and HCV related services and people engaged with the criminal justice system.

When? 9am-3pm Friday October 14th

Where? R.A. Centre **Free. Lunch provided**
(in the hood? talk to a NESI worker about getting a lift with some of us!)

Learn more about....

Recent reports and recommendations on the conditions at OCDC.

Innovative models of care to address Hepatitis C. Hepatitis C in Ottawa - overview and updates on treatment options and next steps!

Connect with Ottawa area service providers to strengthen your knowledge and referral network.

The event is free, but there's limited space, so please let us know you are coming! For more info contact Caleb at 613.238.5014 x 252 or caleb@aco-cso.ca.

Organized by: AIDS Committee of Ottawa, The Ottawa Hospital Regional Hepatitis Program, Ottawa Public Health



A picture from overdose awareness day

naloxone!

As you probably know, in an effort to respond to the growing overdose crisis, naloxone (the antidote to reverse opiate overdose) was deregulated earlier this summer. It is now easier to pick up and accessible for free!

To get your kit, provide your OHIP number! You also do not have to identify as a opiate user to get your kit, as with other programs. Typically, any pharmacy that dispenses methadone will have it, as well as your local pharmacy. From what we've seen and heard from folks, there's certain pharmacies that are on top of this process and others that are still trying to figure out the details. Talk to a harm reduction worker to get tips on which pharmacy you can pick up from. Let us know about your own experiences so we can keep folks in the loop. SWCHC and Bell Pharmacy are also working to develop an in-house Naloxone program, stay tuned!

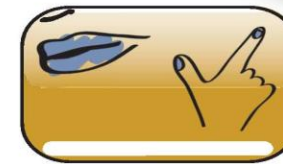
Opioid Overdose Signs & Symptoms

Don't use alone

Breathing will be slow or absent



Lips and nails are blue



Person is not moving



Person may be choking



You can hear gurgling sounds or snoring



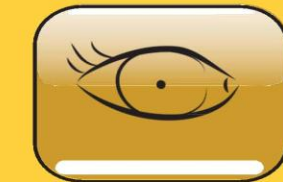
Can't be woken up



Skin feels cold and clammy



Pupils are tiny



Being a witness to overdose, losing a loved one to an overdose, or even bringing someone back from an overdose can be a traumatizing event. Be sure to debrief with someone you trust. *Need Someone to listen?* There is always someone at NESI to hear you out.



Creative Writing for Health and Healing Drop-In

This workshop is for people who want to learn how to express thoughts and feelings in writing.

- Explore the health benefits of creative writing
- Explore some exercises to develop your creativity
- Spend some quiet time for reflection and writing in a safe and supportive environment

There will be no expectation to share your writing with the group

Friday, October 28, 2016

1:00 PM — 3:30 PM

613.233.4443 x 2190 — Kim

Centretown Community Health Centre

NESI Women's Harm Reduction Breakfast

Drop-in

Join us for a delicious, nutritious morning!



When? 9:30-11:30am Weds October 12th

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.

The Demon in the Mirror

A poem by: Jesse James

How cold a hot tear can be.

Spilt is so blinding.

But these tears are forever.

A reminder, a cold relentless pain

A dependable guide back

To square one.

A place I'll always remember

and square one.

A place I'll always remember

And never forget.

So relieving self infliction can be.

Only when this demon loosens

It's grip the piece to often and exits

Through the vein so often tapped,

And across the mirror like spoon

Desperately sapped.

How terrifying an uncontrollable

Self inflicting demon must be.

When the demon in the

mirrored spoon is you

when the demon is me.

Women & Sexual Health Quick Facts

HIV is more easily transmitted sexually from male to female than the other way around.

Anal sex is the riskiest for HIV transmission for the receptive partner (the bottom)

The vagina has a large surface of mucus membranes – which is especially vulnerable to HIV

Semen(cum) contains more HIV than vaginal fluids

The vagina is inside the body, making it easy to trap semen(cum) inside.

The skin inside the vagina is delicate and easy to tear making a direct route for HIV to enter.

Fuck Safe – use external or internal female condoms, dentals dams and condom compatible lube.

Receive regular HIV and STI testing
Come visit us in the NESI room for any of these free products and information on testing.



Looking to move? Can't find a place?
Trouble

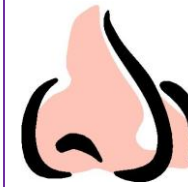
paying rent? Shitty landlord?

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**

Safer Snorting

by: Cayla, Algonquin student at NESI



Snorting can be a good way to give your lungs or veins a break.

Remember, snorting drugs can damage the inside lining of your nose by causing the blood vessels to break, allowing tiny bits of blood to leak out onto the snorting device. Once a used piece of snorting equipment is reused by another person, not only is the drug entering their nasal passage, but also blood from the previous person. When this blood is infected with Hep C, there is a risk of transmission. It is important to use your own snorting device when you use! Visit the NESI gear room for a safer snorting kit!

Nasal Care

Rinsing out your nose with lukewarm water after using can keep it healthier, and by snorting a few drops, the water will carry the drug into the throat and none of it will be wasted!



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

Ottawa Addiction Access & Referral Services (OAARS)

Frustrated by the constant hoops and hurdles of trying to get help? OAARS makes it easier to hook up to addictions services that are right for you. They also offer: one on one support (phone or in person), info & education, individualized referral planning and screening and assessments. Together you can complete your tools, and figure out the best routes to meet you goals and objectives. Call **613.241.5202** to make your appointment.

Harm Reduction Support Group



Every Wednesday 3pm-4pm
NESI Drop-in Lots of great info!

Get out of town!

Don't get out much? Feeling the blues? Come see the orange, red & yellow! Trip out to some beautiful fall colors on a hike.

Join the NESI gang for a short hike through Gatineau Park!

When? 1pm Friday, October 21st 2016

Where? Meet outside the centre and head out!

Limited space! Sign up with a NESI worker to go in advance! The outing will be easy paced, and fun!



Changes to the way you access your drug coverage.



Heads up! Beginning in the late fall, folks will no longer get a monthly drug eligibility card with your income statement. Instead, you will need to use your OHIP card to access the Ontario Drug Benefit Program!

Don't have an Ontario health Card?

This can be an easy process, especially when you already have the I.D. you need to apply for a health card. Just visit the nearest Service Ontario office, to do this. Don't have a mailing address? Talk to a NESI worker about using the centre to pick up your mail. If you have no I.D. (birth cert, SIN, etc.), we can help you with applying and getting the papers you need to get a Health Card. Swing by the NESI drop-in to connect!

Not eligible to apply for a Health Card?

If you are not eligible for an Ontario health, contact your ODSP or OW worker. You will continue to get a paper drug eligibility card until you get your health card.

Depression: The Hidden Mental Health Concern

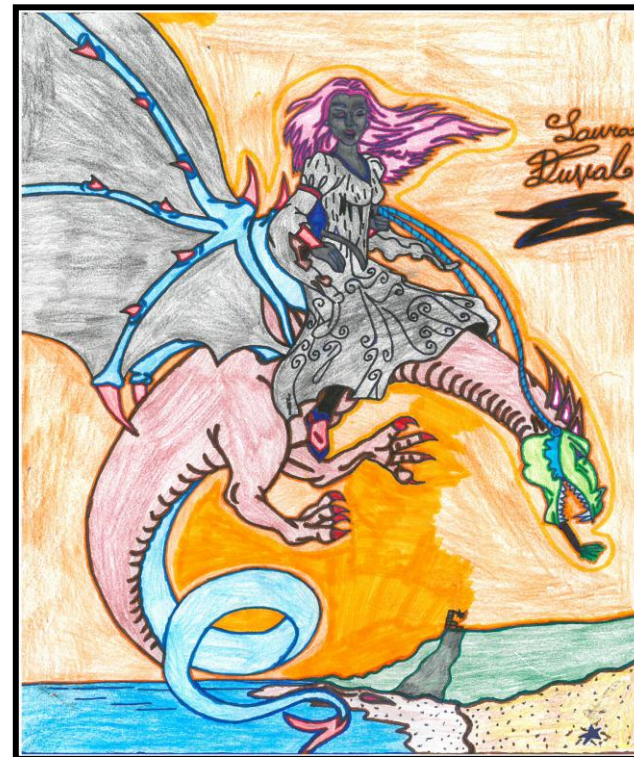
by Joanna, outreach nurse



Depression is a very common mood disorder. We used to talk about having the "blues" but now we consider depression a chronic illness that has several approaches to treatment.

It's more common to suffer with depression if you have chronic pain, have addictions, or if you have been diagnosed with another mental illness.

Dragon Rider



By: Laura Duval

There's many ways to diagnose depression but a good start is to answer these **two questions**:

In the last 2 weeks, how often have you found:

1.You have little interest or pleasure in doing things:

0-Not at all 1-Several of the days

2-More than half the days

3-Nearly every day

2. You are feeling down, depressed, or hopeless:

0-Not at all 1-Several of the days

2-More than half the days

3-Nearly every day

If your answer totaled 3 or more, please ask someone you trust to help you make an appointment at either your family physician/nurse practitioner's office, or at our walk-in clinic!

More Resources

- If you have a smart phone, or want to come and use one of the computers in the NESI room, you can look at: moodgym.com. It is free!
- The mental health crisis line is available 24 hrs/day: 613-722-6914.
- And many of the community health centres, including Somerset West CHC offer crisis counselling Monday-Friday. Just drop in.

White Horses

a poem by: Corrine Whalen

White horses

White lies

White walls closing inside

1-on-1 Computer Support for anyone who needs it!

Drop by for computer help with Cayla!



Friday from: 10am till Noon at the NESI Drop in!

Hello! For anyone who has not met me yet, my name is Cayla and I am a student at Algonquin College currently doing my placement with NESI. I am excited to meet you all and support you in your journey. Computers can be difficult to use! NESI offers friendly support to anyone who needs it! We can help you with the very basics of learning how to surf the web, make an email account, help with creating a Facebook account, making resumes, looking for housing and anything you might need help with!

We aim to make the lessons non-judgmental, fun and patient. We respect where everyone is in their journey and we will meet you wherever you are with your knowledge of computers!
I hope to see you there!

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
<i>In the lounge on ground floor</i>	<i>Site Nurse Available</i>

Free NESI Hair Cuts for women!

1pm Thursday, October 20th
NESI Drop-in
Call us to book your spot!



Wellness Workshop

Tips for Managing Insomnia and getting a better night's sleep

1pm-3pm Tuesday, November 1st

Part of the wellness workshop series. Free workshops offered every month to help you feel better! Can't sleep? We've got tips for you! Stressed out? Got you covered. No registration required, please drop in!

Fentanyl

As most folks already know...

Powdered fentanyl is hitting our streets. Given the extreme toxicity of fentanyl and the large increase in fentanyl-related deaths in past 12 months, there's strong reason to believe that there is also an increased amount of the drug in circulation.

While we come together to brainstorm the best solutions to respond to this crisis, we warn folks who might potentially use these drugs of the increased danger, especially as you may be unaware of what you are taking.

From what we've heard, fentanyl is being sold in:

Pill form sold as fake oxys and other club drugs.

Powder form as heroin or fentanyl.

Powder form mixed into other drugs (e.g. cocaine, crystal meth, etc).

These pills or powders are especially dangerous because there is no quality control or regulated manufacturing process. These drugs may contain toxic contaminants or have different levels of fentanyl in each batch. Even pills produced in the same batch may have little to lethal levels of fentanyl.

Some things to think about...

Carry a Naloxone kit!

Remember, we've had reported cases of being in the supply of up, (cocaine and crack).

Pick up an Overdose Survival Guide from NESI
Keep each other safe. Read our centre piece on overdose and addiction.

Use caution even when handling fentanyl as it can be absorbed through the skin or

mucous membranes. Avoid touching your eyes, nose or mouth if you get any on your skin since even small quantities absorbed through skin & mucous membranes can cause serious adverse reactions, including death.

Untitled by: 1.1.1



uOttawa Nursing Students & SWCHC Need Your Help!

A group of four uOttawa nursing students are handing out Be-Well surveys in the community and need your help filling them out! The surveys take about 15 minutes to complete and will provide us with info on what is keeping you well and what will help support the best health and wellbeing for you and everyone else in the community. Your participation is completely voluntary and all the information you provide will be kept confidential. All participants will also be entered to win one of two \$50 and three \$25 prepaid cards! The students will be in the NESI room in the coming Thursdays at 1pm helping you fill them out and answering any questions you have.

NICE PEOPLE USE DRUGS
WE'RE SILVER SPOONS + ROCK STARS

Preventing an Overdose

Here's some tips to reduce the chance of experiencing an overdose:

- Don't use alone
- Leave door unlocked
- Tell someone to check on you
- Start with a small amount
- Do test runs to check strength
- Mixing drugs, including alcohol, increases risk of overdose
- If you do mix, choose to use drugs before alcohol (you can puke out the alcohol, but not the drug you shot up)
- Pace yourself
- Choose a safer route of taking drugs
- Be aware: using drugs while on prescribed medications can increase overdose risk
- Call 911 right away if someone overdoses [e.g. has difficulty breathing or loses consciousness]
- Some conditions can put you at higher risk (like hep C.)
- Use less if you are sick
- Use where help is easily available (e.g. most importantly around people you trust)
- Make a plan/know how to respond in case of OD.
- Be prepared to give breaths and/ or administer naloxone (Narcan) until help arrives
- Overdose response training and naloxone kits are available for free! Talk to a harm reduction worker or someone with a kit to give you the scoop!

Responding To A Fentanyl (or opioid) Overdose

Overdose is most common when...

- Your tolerance is lower (you took a break, were in detox/treatment or jail, or you are new to use)
- You have been sick, tired, run down, dehydrated or have liver issues
- You mix drugs: prescribed or not, legal or illegal
 - The drugs are stronger than you are used to: changes in supply, dealer, or town.

Feels and looks like...

- Person cannot stay awake
- Can't talk or walk
- Slow or no pulse
- Slow or no breathing, gurgling
- Skin looks pale or blue, feels cold
- Pupils are pinned or eyes rolled back
- Vomiting • Body is limp
- No response to noise or knuckles being rubbed hard on the breast bone

(check out the second last page of this newsletter for a visual of "Opioid Overdose and Symptoms")

While you are waiting for an ambulance to arrive, follow the **Five Steps protocol**-> Stay with person. Use their name. Tell them to breathe • Call 911 and tell them person is not breathing. When paramedics arrive tell them as much as you can about drugs and dose • Use naloxone if available. Naloxone only works on opioid overdose • After naloxone a person might feel withdrawal. Do not take more drugs. Sick feeling will go away when naloxone wears off (30 –75 minutes). **Be aware: overdose can return**

IN CASE OF AN OVERDOSE EN CAS DE SURDOSE

1 Shake & Shout Secouer & Crier



2 Call 911 if unresponsive Appeler 911 si inconscient



3 Naloxone Inject 1 ampule (1cc) of Naloxone into Arm or Leg muscle Injecter 1 ampoule (1cc) de Naloxone dans un muscle (bras ou jambe)



4 CPR 30 compressions, 2 breaths with mask RCR 30 compressions, 2 respirations avec masque



5 Better? If not better after 3-5 minutes, give a 2nd dose of Naloxone and continue CPR until paramedics arrive. Mieux? Si ce n'est pas mieux, donner une 2^e dose de Naloxone et continuer le RCR jusqu'à l'arrivée des paramédics.