

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 Winter Hours.**

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

Tuesdays 9am-7pm

Wednesdays 9am-4pm

Thursdays 1pm- 7pm (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!

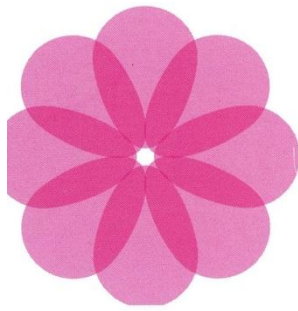
Outreach workers are out on foot throughout the week in different neighborhoods.

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



Laura Luvab.

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

NESI Drop-in Holiday Party

When? 9am – noon Friday, Dec. 23rd

Where? NESI Drop-in



Join us for a hang out with the NESI gang!

Holiday Music, snacks, and hot apple cider! We wish everyone a safe and happy holiday and New Year's! Open to all friends of NESI!

(note: see details on the NESI peer Xmas celebration which is happening earlier this month, and a smaller celebration for NESI Peers)

Holiday Hours

NESI Drop-in

Fri Dec 23 closes at 1200

Sat and Sun Dec 24 & 25 closed

Mon Dec 26 Boxing Day closed

Tues Dec 27 Drop-in closed

Wed Dec 28 Regular hours

Thurs Dec 29 Regular hours

Fri Dec 30 close at 3 pm

Jan 1 & 2nd closed

Reopen on January 3



Van

Fri Dec. 23rd Regular Hours

Sat Dec 24th 10am-3pm

Sun Dec 25th NO SERVICE

Mon 26th to Fri 30th Regular Hours

Sat Dec 31st 10am-3pm

Sun Jan 1st NO SERVICE

Mon Jan 2nd Return to regular hours

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

Wanna talk? Looking for Health Care? Need Supplies?

Drop-in (every weekday (9am-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**

Phase 3 NESI Peers...



If you don't have a team, you can't play ball! What a journey it's been! Phase 3 Peers have come to the end of their two year contract! SWCHC & the NESI gang would like to say a HUGE THANK YOU to these Peers that have been working with us over the last two years.

They are moving on and making space for eight new peers to join us! Some will stay available and let us call them for their expertise and skills and others have bigger and better things planned!

Big thanks to **Allison, Adeline, Charles, Darren, Debbie, Frank, Jacques, Malcolm, Pat, and Tiffany!** Thank you for being our partners in crime! It has been a pleasure and honor working and learning with you! Through your involvement and help we continue to grow in the number of people coming in for support and connection.

You were critical in making the NESI drop-in a stigma free & safer space for people who use drugs and because of you, as a team we've been able to reach, connect with, and be there for more people than ever before.

Thanks for representing us in the community! You've taught many people in the community what Harm Reduction means through speaking to agencies and talking with people one on one. You've worked in the drop in serving clients and you've been out on the van and out on the street doing outreach!

Thank you for all your input on where to steer and how to serve best. You have made a big difference in the community of people who use drugs in Ottawa. Thank you & you will continue to be part of the NESI family!

Changes to the way you access your drug coverage.



Remember! You 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.

Someone to talk to...

This time of year can be a rough time for us all. Feeling overwhelmed? Need someone to talk to? The 24 Hour Crisis Line is there to hear you out. Chat with someone in total confidence & call them anytime:

613.722.6914

HARM REDUCTION DATES TO REMEMBER....

Tues, Dec 6th

Wellness workshop 1pm 3rd floor
(make a christmas craft)

Thurs, Dec 8th

Women's Peer Day

Fri, Dec. 9th

Peer Xmas Party

(for Phase 2,3 and graduates)

Wednesday, Dec 14th

4:30pm Open house

(All welcome see info at NESI)

9:30am Women's Breakfast

Thursday, Dec. 15th

Hair Cuts 1pm

Friday, Dec 16th

1pm Men's Day (Trauma Workshop)

216 Murray DUAL Xmas Party!

Friday, Dec. 23rd

NESI Drop in Xmas Hangout 23rd

9am-noon.

(Hot cider, Xmas music)

Every Wednesday....

3pm Harm Reduction Circle

Every Friday...

noon – Mediation

9am-noon – Computer Help

Stay tuned for our NESI New Year's Party in January!

THANK YOU! Thanks to everyone who applied to the NESI Phase 2 Peer Program! We got some awesome application and will be doing interviews this month! We're super excited to have ten new folks join our team and enrich our program with your lived experience and knowledge and empathy!

This event is for a safe place for male identified people to talk, hang-out ...



NESI Men's Day Workshop Potatoes & Trauma!

1PM Friday, December 16th

Get together for NESI's men's day with Emma, a Social Worker from the ROH, for some potatoes and to an educational discussion about trauma and mental health.

We all carry our own struggles, and sometimes these can be very difficult to unpack. We know that men have higher rates of addiction and are more likely to complete suicide. We also know that addiction and mental health struggles are overwhelmingly linked to trauma and difficult life experiences. Come with an open mind so we can learn and talk together, and have some potatoes!

This will be a safe space, participants are encouraged to ask questions, participate in discussions and listen as little or as much as possible.



WE LOVE YOU.

BE SAFE.

CARRY NALOXONE.



Get your Kit Today! Ask a harm reduction worker on where you can get one!

Witnessing an 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.

Update on Supervised Injection Services at SWCHC!

Thanks for your patience! Things always move slower than we think! Despite the lull, a bunch of folks are moving their asses to make it happen! The ball is rolling to establish supervised injection services at Somerset West. Our centre acknowledges these services are essential to be integrated in our harm reduction program, prevent overdose, lower transmission of infections and disease and act as a first point of contact for a lot of folks who often can't access our services.

Good Samaritan Overdose Act!

Over 50% of folks who witness overdose report not calling 9.1.1., out of fear of being criminalized or getting busted for dope! This is a tragedy, as calling 911 is the most important thing you can do in the case of an overdose!

Thankfully, new legislation, the Good Samaritan Overdose Act could change this nationally. The new act specifically addresses the rights of drugs users to call for help without ramifications by "amend[ing] the Controlled Drugs and Substances Act in order to exempt from charges for possession a person who seeks emergency medical or law enforcement assistance for themselves or another person following overdosing on a controlled substance". The act passed its 2nd reading in parliament last November. Be sure to keep a harm reduction worker you trust, posted on your own experiences when calling 9.1.1. in the case of an overdose.

Thanks to everyone with lived experience who completed our survey on how to best integrate this service! We're at the beginning stages of making this happen and have a few hoops to get through....

We are aiming to get a committee of folks with lived experience of injecting drugs to get together in the new year to brainstorm how to best make this service work! Talk to a NESI worker about plugging in. We need your knowledge and experience to make this work!

Good bye

Anne Christie "Crack Van" Teeter!

After eleven years of service as our NESI manager at SWCHC, with we wish Anne Christie-Teeter all the best in her retirement! Anne has been our NESI "rock", and made lots of contributions to Harm Reduction in our community and the NESI program.

Just some of these include, establishing a growing number of partner agencies to administer more safer crack smoking throughout the city, chairing the Peer Advisory committee, setting up the first steps to integrate supervised injection services in our program, responding to vomit in various areas of our neighbourhood, advocating on behalf of community members when they needed to be advocated for and most importantly listening to NESI peers, when they called for change to make our program better!

Known to many by her friendly smile and thoughtful support, and by others, as Anne Christie "crack van" Teeter!
You will be very missed!

Join us and meet our Board of Directors, staff, enjoy some snacks, celebrate our volunteers, learn about our programs/ services and help us officially light our holiday tree!

YOU'RE INVITED TO...
Somerset West
Community Health
Centre's

First Annual Open House

Wednesday, Dec 14th, 4-6PM

OPEN TO ALL!

55 ECCLES ST, OTTAWA

Please consider bringing a non-perishable food item to be donated to Dalhousie Food Cupboard and Parkdale Food Centre




Tomorrow is always best

A poem by: Jesse James

Just one more day and I promise I'll quit.
Just one more day and I'll get rid of the fits.
I need \$100.00 to get through the day,
If you care you'll Di it it's the only way.
My routine has been bought,
As I lie on the spot.
My mother, my brother,
my sister, my lover.
As the next day's sun Begins to hover,
I think of a way to run For cover.

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**



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	Site Van
179 Clarence St.	613.232-3232
Mon-Fri 8:30am-4:30pm	Daily 5pm-11:30pm



Photo by: Amy

Come out To a Happening Holiday Party!
A Very DUAL Xmas
Please come to our 4th annual Xmas party
When? December 16 930-1130am, at
Where? "The Bridge" 216 Murray St!



We go all out-have not had a year of less than 120 people and a ton of goodies!

If you would like to help, donate or just come by for some Xmas cheer please email or call Catherine atcathacksel@gmail.com 613 608 9915. Happy Holidays!!!
Interested in going? A NESI staff will be heading down, let us know if grab a ride!

Monthly Wellness Workshops...

Free workshops offered every month to help you feel better! Can't sleep? We've got tips for you! Stressed out? Got you covered.

Tuesday, December 6th
Join us to socialize and make a craft
1pm-3pm Tuesday, January 3rd
Dealing with debts and Credit
Where? 55 Eccles 3rd floor
No registration required, please drop in!


REMINDER...
1-on-1 Computer Support!
Pop-in for computer help with Cayla!




When? Every Friday 9-11am
Where? The NESI Drop-in
Computers can be a pain 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!

NESI Women's Harm Reduction Breakfast Drop-in

Join us for a delicious, nutritious morning!



When? 9:30-11:30am Weds Dec, 14th
Where? 3rd floor Somerset West Community Health Centre, 55 Eccles



WOMEN

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

Untitled. By: Jessie James
Retrace the steps so often walked.
Relive the nightmare where you're hunted and stalked.
Faint rays of light, pierce an ocean of dark. A predator now prey in an ocean of sharks. One drop of blood is all that it takes. One wrong move is one of a bite.
One bite, two bite, three bite, four, your legs and arms hit the ocean floor.



Photo by Shannon from Educate the Educators with Keynote speaker Jordan Westfall of CAPUD

Review of Criminal Record Suspensions!

Approximately 1 in 10 people in this country have a criminal record.

The Criminal Records Act is a law that allows for the suspension of records for folks who were convicted of a criminal offence, and have served and completed their sentences.

Currently, ANY ex-offender has to wait a period of 5 to 10 years after completing a sentence before being eligible to apply for a record suspension. As we all know, this causes multiple barriers.

The Feds have launched a public consultation on record suspensions (formerly referred to as pardons) in support of its review of the changes made to the criminal justice system over the past decade.

Untitled By: John Furman



Why does this Matter?

We all know having a record presents multiple barriers in accessing a job/volunteering and being able to get a place to call home. most folks can't afford the current 600\$+ rate it costs to get a pardon under Harper laws -having a record is stigmatizing

What can you do?

Tell the feds what you want to see happen! This consultation will help inform the development of options for the reform of the Criminal Records Act and support the successful reintegration of folks with a previous record. **Time is tight!** Until December 7th, folks can make their voices heard by participating in an online consultation available on the Public Safety Canada website. This is to ensure that record suspensions are: consistent with the Government of Canada's goals to increase public safety; evidence-based; and aligned with the Charter of Rights and Freedoms and Canadian values. Don't have internet? No Prob! Talk to a NESI worker and we'll fill out the consult with ya! We hope to hear from you!

PEP & PrEP

By: Joanna(SWCHC) & Lauren (OPH)

Have you heard of PEP?

Post-exposure Prophylaxis means taking medications as soon as possible after a potential exposure to HIV to prevent becoming infected.

You can come to Somerset West and talk to the NESI staff or walk in staff.

Remember: PEP must be started within 72 after a potential exposure to HIV.

The Ottawa Public Health HIV post-exposure prophylaxis (PEP) service is offered at:

Sexual Health Centre (179 Clarence St)
Monday to Thursday from 9-4pm, Fridays from 9-3pm

GayZone Clinic (420 Cooper St) - Thursday from 5-8pm.

This program provides PEP for clients who have had one or multiple high-risk sexual or needle sharing exposure(s) within the last 72 hours. These exposures can be with partners who are known to be HIV-positive or with partners whose HIV-status is unknown.

What to expect when accessing PEP from Ottawa Public Health...

A nurse will assess each client who presents for PEP. This includes a sexual and/or needle-sharing history and risk assessment to determine each client's eligibility for PEP, as well as testing for sexually transmitted

PEP is a 28 day therapy. If a client qualifies infections, including HIV. for PEP, the nurse would provide the client with the first three to six days of PEP medications. This nurse would then also refer this client to the Infectious Disease clinic at The Ottawa Hospital (General Campus), where the client would see an infectious disease specialist.

This physician then performs an additional risk assessment, and, when needed, would provide the client with a prescription for the remaining 22 to 25 days of PEP.

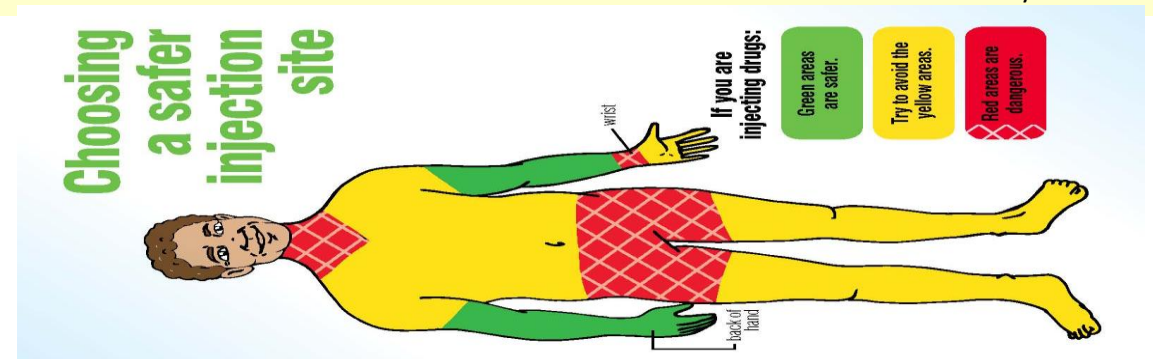
-The medications are covered by most health insurance plans(including OW and ODSP).

Clients must attend their follow up appointment at the General to obtain the rest of their PEP prescription – Ottawa Public Health is not able to provide this service.

-Although health cards are not needed to access services through Ottawa Public Health, clients do need a health card to be able to access PEP and complete follow-up at The Ottawa Hospital (General Campus).

Have you heard of PrEP?

Pre-exposure prophylaxis is the term for taking medications daily to prevent contracting the HIV virus if you have an on-going risk factor. PrEP can stop HIV from spreading throughout your body after a high-risk exposure (or ongoing risk of exposure). It is highly effective for preventing HIV if used as prescribed, but is much less effective when not taken consistently.



Portrait of a 'Negative Externality' at a National Discussion on Opioid Use: the Elephant was Not in the Room

Ontario's newly appointed overdose prevention coordinator stated that he doesn't believe that bootleg fentanyl is killing people in his province.

This fact alone, sums up the conference [on Friday Nov. 18th] in Ottawa that was co-hosted by Federal Health Minister Jane Philpott and Ontario Health Minister Eric Hoskins. **Denial of the facts and willful blindness of the reality.**

What good is an overdose coordinator that doesn't believe in evidence?

This far into an overdose epidemic, you may as well have given a climate change appointment to Sarah Palin.

Canada's Opioid conference in Ottawa saw politicians and bureaucrats from across the country deliver a plan for millions of stakeholders that weren't invited, and certainly not consulted.

As I walk into the conference hall, pictures of drug overdose victims greet me.

There will be more pictures of dead overdose victims than people openly identifying as drug users here today, that's a guarantee.

Politicians will tell us they'll never take lives for granted ever again. Another guarantee.

But let's be clear: this is a drug safety conference, brought to you by the same people who thought drug safety meant removing OxyContin from the market without an exit strategy for the people using it. It isn't a conference that will assure drug user safety, unless Health Canada's definition of safety means the manager of security sitting at our table most of the day.

There aren't any needle bins in the washrooms, that's for sure. Why would there be? There are only two people with lived experience speaking here today amid a cavalcade of Ministers, public health officials, and of course physicians.

Health Canada has security here to keep people out, refusing chronic pain patients entry to an event that will impact their own, and many more people's health.

The people responsible for our health and wellbeing, are the same ones that won't let us into the room to discuss the job they're doing.

It appears that Health Canada and the

Canadian Centre on Substance Abuse thinks this passes as consultation.

You will find plenty of lip service to harm reduction and the need for an emergency response, but the Feds are going to leave it entirely up to someone else to come up with a commitment. Alberta's government recently committed funds to supervised consumption services, and but didn't even bother to announce their commitment here today.

Our federal government is spending \$40 million to restrict the prescribing of opioids.

Both Quebec and Newfoundland have committed to prescription drug monitoring programs.

What's less certain is what will happen to people who were prescribed those pills if their prescriptions get pulled back.

We have politicians restricting pill supplies and overdose coordinators denying the existence of bootleg fentanyl. These are the people making policy for us. Policy heading for a violent collision with denial.

[This] is a bizarre arena where health professionals and physicians take more time to congratulate themselves on a job well done, than they do discussing how their policy could increase overdoses.

Politicians at this conference will possess the spirits of dead overdose victims, bring their memories back to life for just a moment, before finally, convincing the public of their plan to reduce them into their final state: negative externalities. Then they'll do it again. Drug prohibition is like a negative feedback loop. They humanize overdose victims after their deaths, cruelly granting them the humanity and

compassion that could have saved their lives, were it offered earlier.

They use their deaths as an excuse to enact policy that places people prescribed opioid drugs under surveillance, which could cause more deaths and they'll spend \$40 million on it without even measuring the consequences on people accessing the illicit market.

Don't bet on anything being fixed here. They certainly wouldn't bet their own lives on it. The policy details feel almost irrelevant. They haven't changed much. Much of this is a foregone conclusion.

Prescription opioids will be restricted, bootleg fentanyl will fill a void, and Ontario's overdose coordinator will deny that bootleg fentanyl will even exist. They're gonna try and get more naloxone out there. Health Minister Philpott hosts a private meeting after the conference with people with lived experience, their families, advocates, and for some reason, several provincial Ministers of Health. Politicians suck up the room's oxygen, "well first I want to thank Minister Philpott, and of course Dr. Hoskins for co-hosting, it's been a great conference..." We each get two minutes to say our peace.

This is how policy made for approximately 700,000 Ontarians using opioids, the people dying of opioid overdose every 12 hours in British Columbia, every 13 hours in Ontario, every 18 hours in Alberta and all the rest of us is delivered. Last week we published an open letter demanding that our Health Minister meet with an advisory board of people who use(d) opioid drugs to discuss the policy that was delivered to us last Friday.

She hadn't read the letter by the time we were in the room with her.

Written by C.A.P.U.D. "We Fight Against Discrimination". People Who Use Drugs are heavily stigmatized. The only way to reduce this is by advocating on our own behalf and fighting for our civil and human rights."

Everything changes on New Year's Day.

Approximately 13,000 Ontario patients will no longer have their opioids covered by Ontario's Drug Benefit program on January 1st 2017.

This could make Ontario's opioid overdose epidemic worse.