

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 1-4pm

Wednesdays 9am-noon / 1-4pm

Thursdays 1-4pm

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 five packs of stems or fits from reception or medical walk-in during the hours the centre is open. 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!

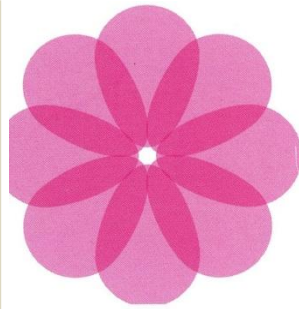
Outreach & Peer workers are out on foot throughout the week in different neighborhoods.

Call our **outreach cells!**

Amy: 613292.9119

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

Zen Meditation

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

Join us every Tuesday & Friday at 12:05pm!

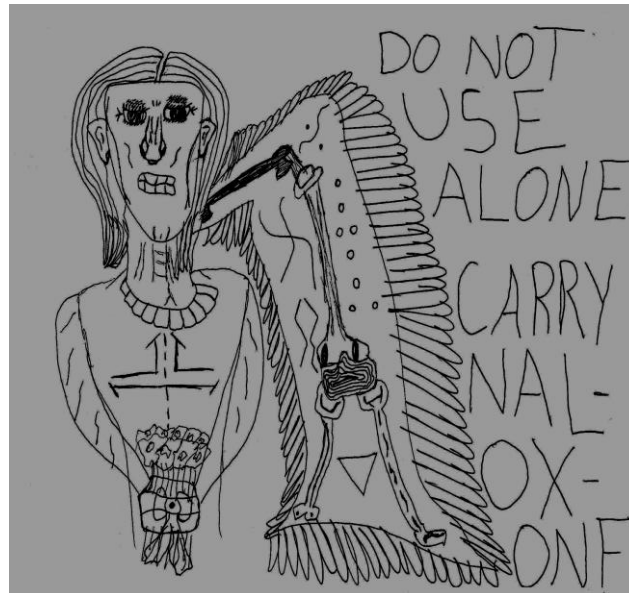
in the **NESI Drop-in,**

During this time, John & Bobby run a meditation class. Classes are free & all welcome! There will be sitting meditation and a brief talk. We welcome folks from all walks of life. Everyone is invited to attend no experience is needed!

See you there!

Naloxone Angel

By: Jason Carr



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

Consultations: Supervised Injection Services at NESI

Thanks for your patience! As many of you know, we're working on taking steps to submit our exemption application to the feds to expand NESI to include supervised injection services. This means 55 Eccles would be a place where folks can use their drugs intravenously with the supervision of a nurse without being criminalized, forced to use outside, in a washroom, alley, someone's doorstep, or alone in less safer places.

We want to hear from you!

When? 6:30-8pm

Monday, March 6th

or Wednesday, March 8th

Share your thoughts & ideas!

We'd like to know your thoughts on how to best pull this off, and what we might be getting wrong. Join us to learn about supervised injection services, how it would work at SWCHC, and let us know what you think of our proposed model! **Space limited, so be sure to register!**

To register for a session, email sis@swchc.on.ca or call Stan at 613.295.4329

ALERT: Risk of Overdose from fake Prescription Pills

We've been hearing a fair bit from folks about counterfeit prescription pills. In one case, two folks in our hood recently reported using two naloxone kits after injecting pills they bought that were pressed to look like oxy 30s or oxy 80s. They reported starting to go under fast. Thankfully, both friends were equipped with more than 1 naloxone kit, and were not using alone & pulled through.

Public Health has issued a warning that the counterfeit pills found in Ottawa have been involved in such life-threatening overdoses. Ongoing toxicology lab testing is being conducted to confirm the contents of these drugs. These pills can be manufactured to look almost identical to prescription opioids and other medications.

Let's keep each other safe and in the loop!

You can also get info about counterfeit pills, overdose prevention, naloxone and local treatment resources at StopOverdoseOttawa.ca

Check out this issue for info on overdose prevention, naloxone and info on drug testing...

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 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 four 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

MARCH NESI DINNER

When? 12:30pm Tuesday, March 14th

Where? Third floor!

We survived winter! Well, we almost survived winter! Join us for afternoon dinner together with all our NESI friends!

Space limited! Sign up in the NESI room for your spot! We are looking forward to you joining us!



NESI welcomes a new crew of Peer

Workers! Thank you to all the people who applied to work with us, who took the time to write to us and to come to interviews. You are an amazing group of people looking for ways to support your community.

Welcome to Ernie, Karen, Krystal, Madeline, Mario, Pamela, Ryan, Suzanne and Violet. The NESI program is better with you on our team!

If you have questions about the NESI Peer Program please call Shannon at 613-238-8210 x2987 or call the NESI Room at x 2246 and chat with any workers about the program.

Through the eyes of an hour glass

I speak for myself on
This cold, lonely day,
I miss her warm eyes
And warmer kiss,
My eyes have met
Many in this daunting
life of hit and miss.
Through all that is both
beautiful and pure
She's everywhere, in everyone,
Through every kind
Act and a miracle cure
For beauty is what vaguely
but accurately signifies
Her, although my eyes
can no longer cry,
Although this lonely heart
Has been broke from
The start, how could i
Disguise stupid with
Smart, how could I pretend
To know myself best and
Be my best friend
To give her my heart is where I
Must start to give her my soul
Is my greatest gift and number one
Goal. I'll never be fine until she's mine
I feel as though she slips through my
fingers
As I run out of time
It deeply saddens me
To end this time,
As I attempt to convey
This vast disarray
With such a toxic end
And venomous line.

By: Jesse James

Treated like shit in the health care system??

We need to talk!

At our last peer meeting, folks identified the urgent need to address a pressing issue for folks who use drugs. As a drug user, there is hardly anyone who hasn't experienced discrimination or stigma from the health care system. *Everyone deserves support or help when they need it, not stigma and being treated like shit.*

Folks talked about people in the system deliberately neglecting their health needs once they were identified as drug users. As we all know, many people who use drugs report stigmatizing and shitty treatment, including denial of pain management, from health care providers who judge them. This is an unfortunate reality for many folks who are flagged as drug users in the health care system. We want to change this reality!!

Please share your story! NESI peers have decided to collect testimonials from folks on their experiences in the hospital system/medical system. Were you treated like shit as a result of drug stigma? Tell us what happened. Your testimony will be kept confidential and if you wish, anonymous.

This is a first step in a campaign that NESI peers are working on to draw attention to the inequitable treatment folks may receive in hospitals and other medical treatment facilities as a result of being flagged as drug users. Talk to Stan or current peer worker to get the scoop, or to share your story. Please be patient as we launch this advocacy campaign! Stay tuned in for more information!



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 folks 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/Daily 5pm-11:30pm

Site Van

613.232-3232



BEATS BEAT THE POLICE: A Panel Discussion & Hip-hop show

When?

Wednesday, March 15th

Where? Arts Court , 2 Daly

Join folks for a free feast, panel discussion on ending the violence of policing and a Hip-Hop show. The panel will feature speakers from Justice for Abdihraman, the Canadian Union of Postal Workers and the Panhandler's Union.

They will talk about the violence done by police to poor and working class people, Black and people of colour, as well as how the police target activists through surveillance and harassment in an effort to suppress movements and organizations committed to social justice.

In addition to the panel there will be a Hip-Hop and Slam Poetry Show featuring the spoken word poet Phioso-fire, Hyfidelik, JustJamaal and Cannon2x from Missing Linx, Frank Black and Shariq Devante

Schedule:

6:00pm: Opening and Feast

7:00pm: Panel Discussion with Justice For Abdirahman, CUPW and the Panhandler's Union

8:30pm to 10:40: Music!

5-10\$ suggested donation at the door, no one will be turned away for lack of fund; venue is Wheelchair Accessible. Organized in collaboration with Justice For Abdirahman, the Canadian Union of Postal Workers, the Ottawa Panhandler's Union, the G-spot, OPIRG-Ottawa, OPIRG-Carleton, and CKCU 93.1 and CHUO

89.1FM.

Training at NESI... Nasal Naloxone

POPP

NASAL NALOXONE is here!!

When? 1:30pm Thurs, March 2nd

Where? NESI Drop-in

Ottawa Public Health's Site **POPP** program is launching distribution of nasal naloxone to respond to the growing overdose crisis. Come by, get trained and pick up your kit! Training sessions are aimed to be accessible and welcoming!

**Get Trained!
Save a Life!**



NESI Women's Harm Reduction Breakfast Drop-in

Join us for a delicious, nutritious morning!
A safe place for female identified people to talk, hang-out or just drop-in and enjoy a free breakfast.

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

Where? 3rd floor 55 Eccles



It's Tax time! Get your Moolah!

Get your money back from the Tax man. Do you have years on end of back pay? No I.D.? No problem! There are plenty of places around the city that are offering free tax clinics. Most require an appointment. Connect with a NESI worker to get the info you need. Live in a rooming house and have years of taxes to complete? We have a special program just for that! Talk to NESI or Joanna to get the details.

TIPS for Women who inject drugs...

Some people can't shoot themselves up and rely on a partner/spouse to inject them.

For women, this can inevitably lead to a power imbalance. Some of these partners may abuse female drug users by not shooting them up when they want or need it or by giving them too much of the drug or by using first. Abusive partners may also take advantage of women in other ways.

Take control of your own use by learning to shoot up yourself. Establish your own connection with a dealer so you can get what you need when you need it.

Stay connected with harm reduction workers. Knowing how to inject and score for yourself means you don't have to rely on others and reduces your risk of facing abuse or paying finder fees.

If you are a sex worker, try to always get paid in cash and try to avoid trading sex for drugs. Buy your own drugs so you can remain in control! Some clients may try to take advantage of you by not giving you the drugs when you need/want them the most.

Many drugs including opiates and amphetamines affect our periods. They may become shorter, longer, or stop altogether. Despite this, you still need to use birth control and condoms to prevent STIs.

Got more questions? A NESI harm reduction worker or peer worker are happy to chat with you!

(thanks to CATIE for gathering this info. Grab the "Sharp Shooters" handbook, from the NESI van or drop-in for more info on injecting)

Rent Increases above the guideline

By: Ed Ritchie

Your landlord is allowed to raise your rent in 2017 by 1.5%, which is the guideline in Ontario for this year. In order to do this, the landlord must first give you 90 days' written notice that your rent is going up.

To raise your rent by more than the guideline, your landlord must apply to the Landlord and Tenant Board. Your landlord must give you written notice that he is asking the Board for more than the guideline. This kind of rent increase is sometimes called an above guideline increase or AGI.

The Board can allow an AGI for only the following reasons:

- unusually high increases in property taxes or utility costs,
- the cost of security services, or
- capital expenses.

Capital expenses are major repairs, renovations, replacements, or additions that...

- will last at least 5 years, and are not part of any normal ongoing maintenance.

If your landlord applies for an above-guideline increase, the Board will schedule a hearing. Your landlord must give you a copy of the application and a Notice of Hearing at least 14 days before the hearing.

You and all the other tenants affected by this application have the right to challenge your landlord's application at the hearing. After hearing from you and your landlord, the Board will decide how much of a rent increase it will allow. If you have any concerns regarding an Above the guideline increase or your rights as a tenant, please call

Housing Help at 613-563-4532

NATIONAL DAY OF ACTION ON THE OVERDOSE CRISIS

THEY TALK, WE DIE. LIFE WON'T WAIT.

On **TUESDAY, FEBRUARY 21st**, in cities across the country, folks got together to demand action on a real response to the Overdose crisis. Canada is in the midst of the worst overdose crisis in its history. Rather than take meaningful actions to prevent needless deaths and further harms to people who use drugs, the war on drugs and harmful policies continue.

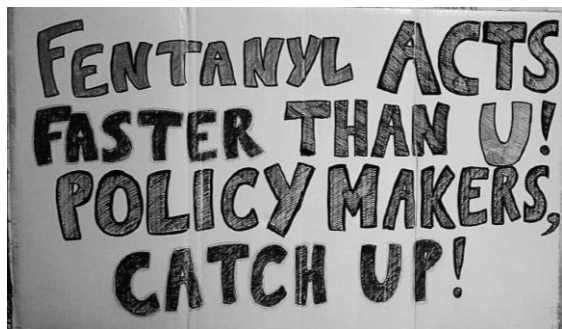
People gathered to demand concrete actions to put an end to the war on drugs, remove barriers to health care, and implement policies that are informed by real life experiences of those directly affected.

In Ottawa, we gathered at parliament hill, to speak truth to power and draw attention to the crisis.

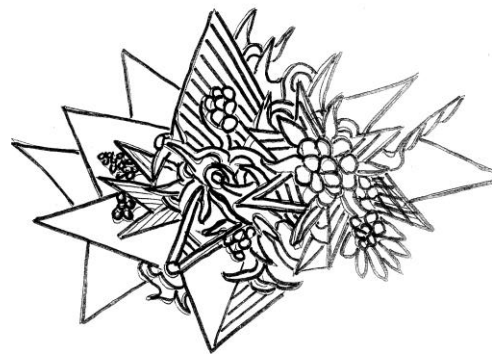
These actions were organized by people who use drugs, drug user groups/unions, harm reduction workers and allies. These voices have been excluded from the overdose response. **#LIFEWONTWAIT** Canadian association of people who use drugs
CAPUD.CA
FACEBOOK: 'national day of action on overdose crisis'



picture by: ONPAR)



UNTITLED By: John Furman



House of TARG and Ottawa Punk
Cover Nights bring you...

**Fund raiser for the NESI peer
program!**

90's Punk cover #7

Where? House of Targ, 1077 Bank St.

When? 9pm FRIDAY, MARCH 10TH



with:

WEEZER (Sideweez: A Tribute to Weezer, members of Sidelines);
NIRVANA (Sappy: A Tribute To Nirvana); L7 (The Lindbergh Babies);

FUGAZI (members of Kingdom Shore, les séquences); THEE HEADCOATS (The Sir John A McDonalds)

(must be 19+)

(Note: this venue serves alcohol)

All money raised through cover will be going to NESI Peer Program to help form an advisory committee to develop our supervised injection service! Come on out!

Meditation and Anxiety

By: John

Anxious feelings arise, it's a natural part of our human condition. What doesn't need to happen is the spiral of confusion and fear associated with anxious feeling.

A feeling of calm equanimity is available to all of us when facing anxiety and it is available through the practice of returning to the breathe (Meditation). Returning to the breathe can be an anchor when dealing with the inevitable difficult thoughts and emotions that come with being a dynamic and unique human being. How do we do this, through creating a space and time for meditation practice in our lives. Most people believe that they can't meditate because that can't stop or slow their minds, this is a misconception, the purpose of meditation is not to stop the stream of thoughts and feelings from arising in the mind but to merely return to focusing on the breathe every time we remember our focus has shifted. This slow practice allows our minds to create new patterns that over time calm the tides of anxiety from taking hold of our mental continuum. Meditation is a practice that every day we work on to become more spacious, compassionate and centered individuals.

If you would like to learn how to meditate and practice mindfulness of breathe you are invited to come the **NESI drop-in** on **Tuesdays and Fridays at 12:05pm**. All are welcome, no experience needed and only 15 minutes, hope to see you there!

Times have changed for the Innes Road Jail

By: Shaun Shannon, former NESI peer
(also printed in Ottawa Citizen)

Back in the early-to-mid 1980s, when I spent a lot of time at the Ottawa-Carleton Detention Centre, the place was in a lot better shape than today.

At one time, the food was prepared in the kitchen at OCDC by staff and inmate workers. If you worked in the kitchen you were rewarded with a few perks, and if you were eligible, you could go out to the community once a week for a swim at the local pool.

The meals were a lot better and because of that there was a lot less trouble. The place wasn't a dirty cesspool. The superintendent at the time toured the institution every day to make sure it was clean. If you had an issue, you were able to relay it to him at this time. He personally inspected each and every cell, and if it wasn't clean, you would face punitive sanctions.

This also kept the violence down and made life a little more pleasant. Health care was not an issue at that time. Inmates had access to a doctor, dentist, psychiatrists, psychologists and the nurses made rounds three times a day to pass out meds. Again, this made life easier on everybody.

The biggest issue is having all this time, and having no way to occupy yourself. At one time they had a library, weight rooms both in minimum and maximum, you could take school courses and if you had the funds, the rec officers would buy you paint-by-numbers. They had a chapel and self-help groups such as Alcoholics Anonymous and Narcotics Anonymous.

Now, a lot of people are probably saying, they broke the law and jail is supposed to be punishment. I agree, but a good percentage of the people in OCDC have not been found guilty of any crime. Innocent until proven guilty.

We as a society treat our pets a whole lot better than the people in jail. Even though this is supposed to be rough, let's not forget that these are people: sons, daughters, sisters and brothers to someone out there, and we should at least have the decency to treat them as such.

Friend or loved one in Jail?

Got a friend or loved one in jail? Trouble staying in touch? Don't have a phone, or the cash to mail a letter?

If you want to write to someone behind bars, NESI welcomes you to do so, we'll provide you with the material you need and can mail letters out for you, in total confidentiality.

We also accept collect calls.

More and more friends and loved ones seem to be in the slammer this season and police continue to carry out crack downs on street level drug users and throughout our neighbourhoods. We realize this is messed up and negatively affects & traumatises our community behind bars. Let's work together to support each other, inside and out!

Walking the Line

By: Jason Carr
08/02/17

I feel that walking has made a significant impact on my life. I have isolated myself for the majority of my time spent on this world. Usually I look toward the calming glow of an electronic device. I view the world through a glass screen. When that screen turns off, a "black mirror" is all there is. I would find myself staring at this mirror, often not fulfilled. I decided to make a change after years of staring into the abyssal deep of the internet.

I started going outside; dropping into centres, and walking. I began to walk very often. It felt like an escape from the many things on my mind. Walking is now a form of meditation that I practice. I sometimes incorporate meditation into my walks. I will journey into the wooded area near the lake and find a nice spot near a stream, under a tree, and do a ten or fifteen minute sit. The serene sound of the water, along with the melodic wildlife calls; it is truly breathtaking; much more beautiful than sitting in a stuffy room in a state of "idiotic bliss."

I have done guided meditation in the past. I did find it interesting and helpful. Lately I have been meditating with a group.

We focus on breathing and returning to a state of mental calm. It seems that each time I meditate, I become more aware. I am using these techniques throughout my daily routine. I suffer from mental illness, and I find, my mind does wander into negative memories of the past. Historians say "those who forget the past are doomed to repeat it." I will never forget my past. Je me souviens. But it is detrimental to my mental health to constantly dwell on traumatic events. Lately I have been able to identify intrusive thoughts, and within a fraction of a second, I cleanse them from my mind.

Most of my life I have been malnourished. My parents were not properly educated on nutrition. I was fed as a child, and through adolescent. It was not healthy food though; mostly processed food, microwaveable meals, and very little fruits and vegetables. Lately I have been diversifying my diet; eating about 5 servings of fruits and vegetables a day. Along with: rice, starches, pastas, and animal proteins. I have noticed significant changes in my body and mind. A perfect harmony: body, mind, and spirit.

I started this new regiment about one month ago. I plan to continue with my new lifestyle. I am looking forward to the future. I feel great and I am loving life.

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 your goals and objectives. Call **613.241.5202** to make your appointment.



We are a local collective of current and former drug users offering support, referrals, and health care resources.

Visit us in person!

216 Murray Street (the Bridge)

Fridays from 9:30-11:30am

Coffee & Tea

Phone and Washroom access, clothing donations, site supplies (needles & pipes), public Health Nurse (Naloxone training, wound care, STI/Pregnancy testing).

380 Murray Street

Tuesdays from 9:30-11:30am

Coffee & Tea

Fresh Breakfast

Social Worker onsite

Site supplies (needles & pipes)



SNOWBLOWER

Snowblower is an annual, week-long festival in March that aims to bring gay, bi, and queer men's overall health and wellness to the forefront through workshops, activities and parties. Snowblower began in 2007 as a response to a community need for events that cater to gay, bi, and queer men's holistic health and wellbeing. We aim to deliver a diverse range of activities that allow men to share, explore and socialize. The festival is proudly hosted by the AIDS Committee of Ottawa.

HERE'S THE SCHEUDLE...

Wednesday, March 1st

4:30-8:30 GUYS INTO GUYS

Where? Arts Court Theatre, 2 Daly Avenue

Thursday, March 2nd

5-6pm REAL TALK: HPV

Where? Gay Zone, 420 Cooper Street

5:30pm LAUNCH PARTY

Where? Jean Pigott Place, Ottawa City Hall, 110 Laurier Avenue West

Friday, March 3rd

5-7pm THE ANTEROS SESSIONS

Where? 250ne Community Space, 251 Bank Street, 2nd Floor

Saturday, March 4, 2017

10am-2pm PrEP PANCAKE PARTY

Location: ACO, 19 Main Street

10pm-2am UNDECTABLE DANCE PARTY

Where? Happy Goat, 35 Laurel Street

Sunday, March 5, 2017

Magnet PartyCHOMP: BRUNCH EDITION

Location: ACO, 19 Main Street

Contact ACO for more details:

(613) 238-5014



PARKDALE FOOD CENTRE

NEIGHBOUR TO NEIGHBOUR

Collective Kitchen

Join Chef Simon in our beautiful Community Kitchen to prepare large batches of healthy meals. Package 5-7 meals to take home for the week ahead or to store safely in our freezer and access at your convenience.

When?

11am-1pm

(Every second Friday)

Upcoming Dates:

Friday, March 3rd

Friday, March 17th

March 31st

Where?

Parkdale Food Centre

30 Rosemount Avenue

Somerset West Community Health Centre (lower level)

Want more information?

Call us at 613-722-8019 or drop by anytime Monday-Thursday 9am-3pm

REMEMBER!

An overdose is a medical emergency. Anyone that suspects or witnesses an overdose should call 9-1-1, even if naloxone has been administered!

R.I.P. Raffi Balian

Many of us knew Raffi from Toronto's Counterfit program. He was a true force in the harm reduction field and was one of the most dedicated leaders in the harm reduction community and community of people who use drugs. His wisdom and deep compassion will be dearly missed. One of the many things Raffi left behind is a rich knowledge of lived experience around the realities of drug use. NESI will be featuring a couple of his articles from South Riverdale's Counterfit Newsletter 'TotalHype' in the NESI news in the coming months. Keep an eye out! Topics will include, injection drug use tips, fentanyl, challenging stigma, the drug war, and more.

Untitled

By: Laura Duval



Laura Duval

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

Monica, from **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**

Free NESI Hair Cuts for women with Glenn!

1pm Wednesday March 15th

NESI Drop-in

Call or drop by to book your spot!



WE LOVE YOU.

BE SAFE.

CARRY NALOXONE.

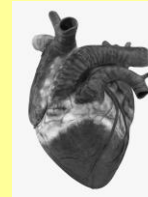


Get your Kit Today! Ask a harm reduction worker on where you can get one!

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.

Reprinted after several requests from folks....



Endocarditis

*(a fancy title for infection
around your heart)*

*by: Joanna, SWCHC nurse
practitioner*

Over the months, lots of folks who inject were admitted to hospitals for endocarditis. Some people attributed this to a bad a supply of crack as well as other tainted supplies of down and up. If you find yourself in this situation, don't wait, get your ass to a hospital. **Don't want to go?** Go with a buddy, or call a NESI worker to help get you there. A visit to the hospital may not be your first choice, but this is a serious illness, for cases like this you need an I.V. drip of antibiotics for a pretty lengthy period of time. If gone on treated, you could die! **What is it?** Bacteria or fungus move through your blood to your heart and attach themselves to the valves of your heart. This can happen quickly or it can be gradual where symptoms come and go for a while.

Cause: Injecting pieces of dirt or bacteria. Sometimes we are not sure why- but injecting is the greatest risk for endocarditis. The infection causes build-up on the valves of your heart making it harder for your heart to move blood as your valves start to "leak" which can be heard as a heart murmur.

Signs: Fever. Shortness of breath. Nightsweats. Weight loss. Pale Rash. Changes to the look of your nails that they become rounded "clubbing". **Reduce your risk:** Try to keep dirt away and bacteria out of your hit. Use new supplies EVERY time you inject Follow the principles of vein care! Do not keep bloody hits in your syringe for long. Never keep a bloody hit for later use!

8-WEEK GRIEF SUPPORT GROUP

Join us for a weekly peer support group for anyone grieving the death of a spouse /partner, child, sibling, relative, or friend.

When? Thursdays

16 March to 4 May 2017

Time: 1pm to 3pm

**Where? Carlington Community Health
Centre (900 Merivale Road)**

Free Bus tickets available

Registration required. Please contact

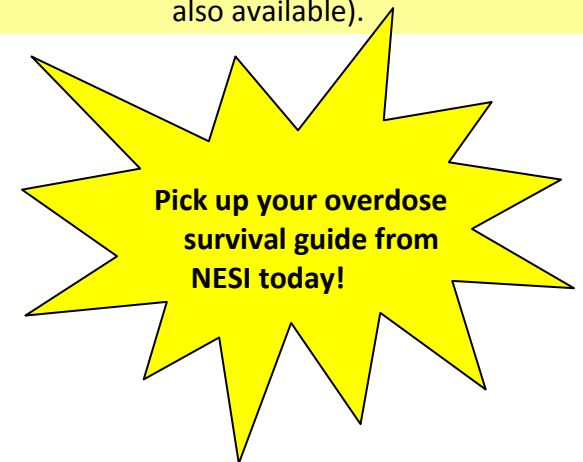
Andrea (613)722.4000 ext. 325

areid@carlington.ochc.org



**Drug Testing
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).



**Pick up your overdose
survival guide from
NESI today!**

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 testers 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

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.