



The Connection

The Newsletter of Regional HIV/AIDS Connection

Serving Perth, Huron, Lambton, Elgin, Middlesex, and Oxford Counties

October 2011

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Insite: A Victory for Harm Reduction

As quoted in the Globe and Mail on September 30, "The nine votes cast by the Supreme Court of Canada in favour of Insite, a safe-injection centre for drug addicts in Vancouver, constitute a victory for common sense over a mindless and arbitrary "war on drugs."

Regional HIV/AIDS Connection along with many other organizations and individuals across the country that value evidence over ideology welcome this long awaited decision. It supports our position that drug addiction is most appropriately treated as a health care response versus a criminal issue.

I believe the ruling makes the important distinction that those who use drugs are as worthy to receive care and treatment as those who embark on the path of abstinence. Ultimately this ruling is a significant accomplishment in the fight against HIV/AIDS/HCV and recognizes the complex realities and impacts of addiction.

While on vacation in Vancouver during the summer of 2008, I toured Insite and was extremely impressed with the facility. While it is best known for, and frequently misunderstood as, a facility that only assists substance users to inject drugs, the reality is this same facility offers a range of addiction interventions designed to address service needs of individuals who are in a pre-contemplative state to that of contemplation through to taking action.

This includes a program dedicated to supporting individuals through detox and an entire floor dedicated to providing transitional addiction treatment services. The Insite program model provides a comprehensive response across the addiction continuum thus creating much needed space for safer drug use or supporting a personal goal toward abstinence. It is along this continuum that Insight supports the core tenet of harm reduction –"meeting people where they are at."

While touring the facility I recall meeting "James" who was about 50 years old and involved in the transitional treatment program while waiting for a longer-term spot in a treatment facility in BC. I had the privilege of listening as he shared some of his life story. Interestingly, James was originally from London, Ontario and spoke about his lifelong struggles with addiction,

loss of family relationships and the emotional pain that contributed to his battles with addiction. His physical presence showed premature aging probably from a life of poverty, addiction and diminished health.

Yet even with the realities of his life circumstances, I experienced a man who was profoundly appreciative of his present state of health and the services at Insite. James shared with me that had he not met understanding staff in the safe injection program on the first floor of Insite, he probably would have never found his way to the hopeful place of being free of drugs.

For whatever reason, James couldn't take the direct path to abstinence, yet the progressive programs at Insite helped him on his journey to such a place.

Regional HIV/AIDS Connection provides harm reduction services to a significant number of individuals just like James. They are caught in the tight grip of addiction and many would benefit from services similar to what is offered at Insite.

Each day we anticipate anywhere from 60 to 90 individuals will access our Needle Syringe Program (NSP) to obtain materials that will prevent the transmission of HIV/HCV and other blood borne pathogens. Provision of harm reduction material is but one part of the experience for those working in the NSP and those being served in the program.

Staff and volunteers in our NSP hear stories of human struggle and pain and observe deteriorating health as they respond to the needs of individuals who, for whatever reason, cannot stop using illicit and licit drugs.

Abstinence works for many, but for many others it presents an insurmountable barrier to success with traditional health or addictions treatment services. Insite is one program that creates space for people who are as worthy as those who have chosen the path of abstinence.

We know London continues to be a community with a growing addictions issue. It would stand to reason that London is a community that would benefit from a response that serves those at all stages of the addictions continuum.

Thanks for your continued support.

EXECUTIVE DIRECTOR

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Community Inspired. Courage Driven.

Reports from the Field

Greetings from the Six Counties!

Jennifer Gritke, *HIV Regional Resource Coordinator*



Testing, testing, testing! Since the last update in May, one of the things we've been working on is setting up a series of anonymous testing clinics in the region in partnership with Options Anonymous HIV Testing Clinic. Over the summer we held two very successful clinics in Grand Bend and Stratford. This fall we

conducted a clinic in St. Thomas and have others set in Strathroy, Clinton, Sarnia and West Lorne in the months to come. For more details visit the event calendar at www.hivaidconnection.ca.

The second annual "Are You Doin' It?" HIV and STI testing campaign had regional presence this year with health units displaying posters. The inaugural campaign last year was based only in London. We are excited to extend it regionally and will work toward greater exposure next September.

Presentations at social service agencies and community organizations remain one of the most important ways RHAC builds relationships with our regional communities. So far in 2011, we have conducted 20 presentations throughout the six counties, and they continue to be one of the best ways to raise awareness of our agency and its services. In fact, last year we saw a 50% increase in regional clients, partly attributable to the awareness we've raised about regional service delivery.

In addition to raising community awareness and offering testing opportunities throughout the six counties, we have also offered professional development and learning opportunities for regional service providers and clients. The Ontario HIV and Substance Use Training Program (OHSUTP) ran a two day workshop in Woodstock on September 27-28 and is offering another in Sarnia October 19-20. These workshops help increase service providers' knowledge and understanding on issues related to HIV, hepatitis C and substance use.

We are starting to plan for the 2012 Opening Doors Counselling Initiative Conference on March 1-2, 2012 in London. This conference brings together service providers, people living with HIV/AIDS and their affected family and friends. We encourage regional service providers who work in the fields of health, addictions, mental health, housing, employment, immigration and settlement, and social and family services to attend and learn alongside those most affected by HIV/AIDS. If you'd like more information on the conference, contact RHAC.

Lastly, I wanted to share that this will be my last regional update for some time, as I am going on parental leave in November to bring the next little HIV/AIDS activist into the world! Although I am excited for this new chapter, I will also miss my job at Regional HIV/AIDS Connection travelling the six counties, meeting great people and helping raise awareness of the excellent and important work our agency does. I've greatly enjoyed helping put the "R" in RHAC.

Anonymous HIV Testing Clinics in the Region

Wednesday, November 9 – 1-3 p.m.
Clinton Family Health Team
105 Shipley Street, Clinton

Friday, January 13, 2012 – 2-4 p.m.
Central Community Health Centre
359 Talbot Street, St. Thomas

Rapid testing in 15-20 minutes
No appointment necessary
Call 1-866-920-1601 for more information

Schulich School of Medicine and Dentistry Donates \$44,000 to RHAC and the Open Closet Program in 2011

"When looking for a charity to donate to, we were searching for a local organization that was involved with health promotion and education, especially amongst youth. RHAC offers many services and educational programs to people living with HIV/AIDS in London and the surrounding areas as well as those in at-risk populations," says Maeghan Keddy, Meds 2012, and the senior producer of Tachycardia. "Schulich is training us to be health educators, to be engaged in our community, to be open-minded, and to be active advocates for the health of our patients; what better way to further these goals than to work with an organization that does the same thing?"



Medical students have given the proceeds from their annual theatrical production called Tachycardia to Regional HIV/AIDS Connection for the past five years. This year, they're contributing over \$19,000 from the 2011 show, plus an additional \$25,000 special donation. In total, Schulich's medical students have donated over \$107,000, making them RHAC's largest donor from a third party, community-based fundraising initiative.



Open Closet was started in 2002 and has served over 1,000 youth in London. Keeping the program alive is critical to LGBT youth across our catchment area of the six counties of Perth, Huron, Lambton, Elgin, Middlesex and Oxford. Group facilitators have seen the program change lives, turning teens with internal homophobia or anger-management issues into empowered youths.

The group meets from 7-9 p.m. every Friday night at RHAC, 2nd level of 186 King Street in London.

Visit www.hivaidconnection.ca to find the page about Open Closet under About Us.

...and the winner is?!



On June 2, Brian and Darlene attended the Virtuosos, the annual awards of the London chapter of International Association of Business Communicators (IABC). They were invited as guests of Lashbrook Marketing and Public Relations who they worked with on renaming and rebranding the agency.

Lashbrook entered our new logo and brand in the Communication Management – Brand Communication category - and it WON!

But, perhaps even more fantastic than that, the new brand and logo won **Best of the Best** overall for design excellence!

Brian and Darlene had a great time and shared in the celebration with the Lashbrook team who were elated to win **Best of the Best**.



Laurie Lashbrook gave a heartfelt acceptance speech that included mention of her cousin who died of AIDS in the very early years of the epidemic. She has a personal stake in the work we do and we are very fortunate to be working with Lashbrook on our overall rebranding project including our new website.

Volunteers in Action

John Halliday Inducted onto Honour Roll

Elizabeth Lam, *Director of Operations*



I'm so happy to have presented the Honour Role award to John Halliday! He has been working with Regional HIV/AIDS Connection since May 2006.

John began with the agency offering to do data entry, and for months came in and quietly went about his work every week. In stopping to chat, I discovered that he had a great deal of experience in IT (information technology) service. The Coordinator of Counterpoint was not happy when I poached him for IT support.

Most of you know that when you call for assistance with IT malfunctions you're generally not in a great mood. By the time you make that call you have tried patiently (or not) to figure out what's gone wrong and are holding firmly onto the hope that

your work is not lost (even though you said no to the screen that asked if you want to save changes).

Contrary to our wishes, IT specialists do not carry a magic wand in their back pockets. They come armed with skills, experience, resourcefulness and most importantly the patience to methodically solve the mysteries that live in our CPUs. John rarely loses his smile as he asks "what were you doing?" and "why were you doing that?" all the while he must be thinking "what the hell were you doing?" and "why would you ever think that would work?" and "if I fix this and you do it again I'll have to kick your butt".

John has given us close to 2,000 hours of his time – that's more than one staff member works in a year. If we were to pay the going rate for IT services, that would equal \$190,000. This contribution is enormous... but just in case that isn't enough, John is also a very generous financial supporter of the agency and successfully solicits matching funds from his former employer Bell Canada.

Together we've travelled through 2 server migrations, a name change, an office relocation, many program upgrades, workstation replacements and literally thousands of calls for IT support.

The systems rebuilt by John and given to clients provide people who would otherwise be isolated, a way to connect with friends, family and peers - what a wonderful impact on their lives.

Now John is ready to call it a day. Actually he's been ready for months but he's postponed it to help with the most recent project of a new server installation. True to John's form, he was not at the annual general meeting on September 8 to receive the award in person because, when approached about receiving it, he said "thank you very much, but I don't like to be the centre of attention. Why not give it to someone who will enjoy the spotlight?"

Well John, you do not have to take a bow or make an acceptance speech, but it is important to us that we express our gratitude to you publicly. And so we thank you John for your generosity, your commitment, your kindness and for not yelling at us when we've ignored the warning that says "this may harm your system".

With heartfelt appreciation,

Elizabeth Lam and all the clients, staff and volunteers of RHAC

Volunteer Training Dates

Orientation & HIV Basics
are offered at 186 King Street, London.

Upcoming dates are:

- Tuesday, Nov 1 – 6:30-8:30 p.m.
- Tuesday, Jan 17, 2012 – 6:30-8:30 p.m.

Contact Natalie Hébert at nhebert@hivaidconnection.ca
or by calling 1-866-920-1601

Past Events

A Taste For Life

The grand total is finally in!

Thank you to our sponsors, restaurants, diners, hosts and the many other volunteers who supported the 8th Annual **A Taste For Life** fundraising event on Wednesday, April 27 for Regional HIV/AIDS Connection (RHAC).

2,200 diners visited 31 local restaurants and helped raise **over \$72,000** in support of RHAC's free services and programs for people living with, affected by or at risk for HIV/AIDS.

Without fundraised dollars RHAC would not be able to continue to provide free services such as: Country Cupboard Food Bank, Wellness Assistance Fund, two AIDS vigils and much more.

Once again thank you for your support and we hope you will join us again on April 25, 2012 in both London AND Stratford!



Presenting Sponsor of A Taste For Life and Sustaining Partner for Regional HIV/AIDS Connection

Sunfest

Immigration is one contributor to population growth in Canada and our community. A societal commitment to multiculturalism and diversity can help provide a warm welcome and establish a refuge for people arriving from all over the world. Multiculturalism allows new Canadians to integrate into mainstream society, creating a sense of belonging and a more stress-free transition.

Sunfest is one of the largest multicultural festivals in London that promotes cultural diversity and brings a taste of the world in many forms to our city. RHAC has had the privilege for the past 5 years to be part of the popular festival publicly educating, advocating and raising awareness about HIV/AIDS.

The Education team, with the help of our dedicated volunteers, had "the courage to do what is right" on July 7-10, distributing culturally sensitive materials and youth games while addressing the social determinants of health in relation to HIV prevalence in Canada. About 5,000 condom packs were distributed. Our volunteers filled 42 roles for 137 hours of service valued at \$3,729. Looking forward to 2012 when you can stop by our booth.

Pride

July 23 - 24 marked the annual London Pride Festival. It came and went with great participation, support and success!

The parade was the largest Pride parade London has seen, including a full London Police Services team and London firefighters, as well as the Mayor and numerous community groups that had not walked before! Full coverage of the parade continues to air on Rogers Television.

Kevin Murphy and Paul Sutton coordinated RHAC's presence using volunteers, summer students and staff with outstanding results. Our community partner Options Clinic from London Intercommunity Health Centre delivered 19 anonymous HIV rapid tests at our office on Pride weekend.

Over 4,000 condoms and packs of lubricant were distributed at downtown bars, as well as at the parade. We offered a screening of the film "We Were Here" about the early days of the AIDS epidemic in San Francisco. It was received with passionate affirmation from attendees.

RHAC was nominated for and won "**Best Community Organization**" for a second year in a row at the Red Carpet Gala.

Volunteers continue to be key to our success at Pride: 43 volunteers fulfilled 65 tasks by donating 193 hours valued at \$1,834.00

Annual General Meeting



Congratulations Ana Maria!

Ana Maria Castillo (pictured on the right) was given the first ever Hope Award at the agency's annual general meeting on September 8. We are thrilled that Ana Maria is the first recipient of this award. Her more than 20 years of activism, optimism and

support of our community is a rare treasure, just like her!

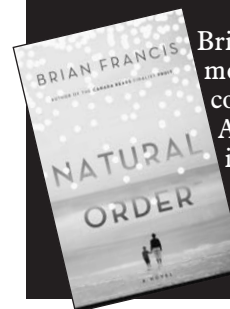
The award is one of three: Voice, Knowledge and Hope, conceived this year to reflect the outstanding contributions of volunteers to the work of the agency. One may be awarded each year on a rotating basis.

The Hope Award is given in honour of the Newman family who, in October 1991, chose to make their HIV status public and spoke out against stigma and discrimination. In facing the loss of Robbie and Kim, the remaining members of the Newman family continue to inspire hope for those living with HIV that they can "survive and thrive" enjoying life and contributing to their communities.

Natural Order – Brian Francis

Brian Francis was our guest speaker at the annual general meeting on September 8. Brian's first novel, *Fruit*, was a 2009 Canada Reads finalist. It was also named one the NOW magazine's Top 10 Books of the Year.

His second novel called *Natural Order* was just released. It tells the story of a senior woman coming to terms with the AIDS related death of her son in the '80s.



Brian's description of his own life and events that motivated him to write *Natural Order* was compelling and passionate. His presence at our AGM represented another way to address the issues of stigma and discrimination with respect to HIV/AIDS.

Look for Brian's book online or at any book store.



The early fundraised total from this year's Scotiabank AIDS Walk for Life is **over \$31,000!**

Thank you to all who came out to walk with us in Springbank Park on Saturday, September 17. It was a beautiful day enjoyed by all. Special thanks once again go out to the Memory Walkers for their outstanding efforts raising money all year round to donate to the AIDS Walk for Life in London.

All funds raised support important free programs and services at the three partner agencies: Camp Wendake, John Gordon Home and Regional HIV/AIDS Connection.

Workshop for Service Providers About Sex Work

On October 7, 2011 RHAC and community partners Middlesex London Health Unit and My Sister's Place (WOTCH) hosted the first of its kind forum in London. "Sex Work: Women's Realities, Issues and Challenges for Service Providers".

The goal of the day was to provide service providers / community with an understanding of the core issues and major health challenges faced by women, including risk for HIV/AIDS and other STIs.

The forum was organized for community education purposes, as well as to provide a venue to engage in conversations with service providers about the need for a coordinated response in London and area.

A diverse group of 85 professionals and interested community members gathered to hear Chris Bruckert an associate professor in the department of criminology at the University of Ottawa. A former sex worker, she is active in the sex worker rights movement, including being a founding member and current vice-chair of POWER.

Ms. Bruckert has been conducting research in the area of sex work for over 20 years and has undertaken studies on street-based sex work, erotic dance, the in-call sector, escorts, clients and male sex workers.

Next steps will include a meeting hosted at RHAC on November 18 at 10 a.m. This second meeting will help facilitate talks about the need for further coordination or services and education on the many issues relating to women in sex work.

For more information, contact Bonnie Baynham, bbaynham@hivaidconnection.ca

Are You Doin' It?

Paul Sutton, *MSM HIV Educator*

We did it...all over again!

September 26-30, 2011 marked Regional HIV/AIDS Connection's second annual HIV and STI Testing Awareness Week. The "Are You Doin' It?" campaign disseminated bus advertisements, condom packs, radio spots and media interviews throughout our region – the result of an active partnership with London InterCommunity Health Centre's Options Clinic, Middlesex-London Health Unit, St. Joseph's Health Centre's Infectious Disease Care Program, and Youth Opportunities Unlimited.

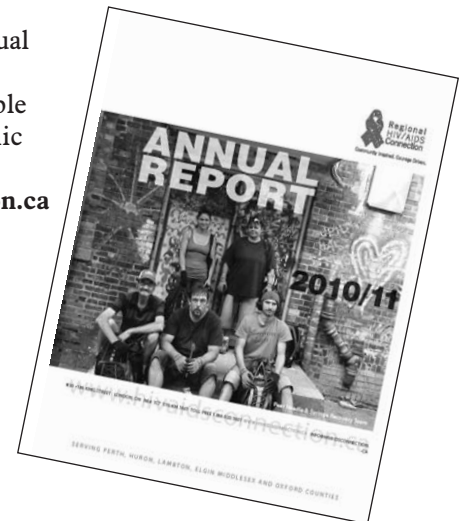
This year, a key priority for the campaign was to increase awareness about HIV and STI testing in our six counties – Perth, Huron, Lambton, Elgin, Middlesex and Oxford. This work was greatly supported by Jennifer Gritke, HIV Regional Resource Coordinator, who worked with the Education Team to ensure campaign materials were distributed to community partner organizations. Jennifer also worked with Options Clinic to arrange a testing event in St. Thomas during testing week with much success! At a special women's-specific testing event in Strathroy on October 4, nine women were tested for HIV!

While we won't have numbers to share until the next edition of The Connection, by all accounts from Options and MLHU, clinics were very busy over the month of September, and as a result, we hope to see elevated testing rates throughout the month like we did last year. Additionally, we have worked with Options and MLHU to include awareness of the "Are You Doin' It?" campaign on intake surveys to better identify the effects of our campaign work.



Annual General Report Available

Hard copies of the annual general report for fiscal year 2010-11 are available at RHAC or in electronic format online at www.hivaidconnection.ca under About Us/Publications.



PHA Corner

Camp WENDAKE

Congratulations to Camp Wendake for another successful camp season 2011!

70 campers and 40 volunteer staff enjoyed another week in the sun on the shores of Lake Huron. Celebrating Wendake's 15th summer, this year's camp boasted almost 30 first-time campers. A very good time was had by all.

Wendake is looking for a new Camp Director for 2012. It is a volunteer position that requires someone who is motivated, an independent worker, dynamic and passionate about the camp experience for people living with and affected by HIV/AIDS. For more information, contact Sylvia Brightwell at sylviajb4cats@bell.net.

If you are interested in being involved as a camper or volunteer staff member, visit the website at www.campwendake.org for more information.

Women's Retreat

Sometimes women just need to get away, relax, have some fun, eat some good food, be pampered and nurture their relationships with other women.

There really is something powerful about taking time away in an atmosphere that stimulates people to reflect, listen, rest, talk and refresh. The experience is therapeutic and it can remind us of the many benefits of slowing down the pace. RHAC hosted a women's PHA retreat September 14-16 that provided just that.

Our venue was the lovely Elm Hurst Inn in Ingersoll, rich with history, charm and comfort for the soul. Sixteen women joined RHAC staff members Miriam Rivera and Bonnie Baynham on a lovely getaway.

This special time provided not only an opportunity to escape everyday life, but also some time to really get to know each other. The pace was slow, easy and relaxed. The group seemed to spend most of our time eating, sharing stories and laughing.

One afternoon was spent on self reflection. This facilitated workshop consisted of a series of interactive activities that explored "self" and provided each woman an opportunity to focus on her own experience, thoughts and feelings, while learning about other women and their experiences too!

Women told us that they came away feeling a new sense of connectedness, hope and empowerment. "I feel more comfortable because I feel like I got to know everyone more as individuals because we all shared our stories". I think that the

strength in the experience was that of knowing what other women are going through right now, because I have been through a lot of the same things, so I understand". We are more than our illness."

The women's retreat was made possible through the generous support of MAC AIDS Fund and Viiv Healthcare.

PHA EVENTS



Social/Support group for HIV+ individuals
2nd Thursday of each month
at RHAC from 6-8:30 p.m.
November 10
December 8
January 12, 2012
February 9, 2012

*Contact Richard MacDonagh, Case Manager
for more information*

Women's Group

Social group for HIV+ women
4th Thursday of each month
November 24
December Holiday Event, To Be Announced
January 26, 2012
February 23, 2012



*Contact Miriam Rivera, Case Manager
for more information*

Upcoming Events

AIDS Awareness Week ~ Nov 24-Dec 1

World AIDS Day ~ Dec 1, 2011



Annual AIDS Vigils

Regional HIV/AIDS Connection will be hosting two vigils again this year to remember, honour, celebrate and hope for a cure.

Stratford:

Wednesday, November 30, 2011 at Community of Christ
226 Forman Ave., Stratford from 7 - 9 p.m.

London:

Thursday, December 1, 2011 at Christ Anglican Church
138 Wellington Street, London, gathering from 7 - 8 p.m.,
vigil from 8 - 9 p.m.

Annual Client Holiday Dinner

It's that time of year again when we make plans for the largest client event of the year - the annual client holiday dinner.



This year the dinner will be held Monday, December 12 - location still to be announced. Come enjoy a traditional holiday feast with all the trimmings, door prizes, draws, gift bags and a special visit for the children by Santa Claus.

For more information about this popular client event contact Rob Newman at rnewman@hivaidconnection.ca or by calling 519-434-1601 or 1-866-920-1601.

Staff Announcements

Departures



Nicole Elliott,

Harm Reduction/HCV Support Worker

Nicole was the program staff for the Peer Syringe Recovery Team, our program aimed to help address the issue of improperly discarded syringes within our community. She also was responsible for the development and coordination of our

peer support programming to individuals infected/affected/at risk for HCV. With the expiration of the PHAC funding for the Hepatitis C Educator/Support Worker Initiative and the new direction of London CAREs, this position no longer exists (as of June 17, 2011).

Arrivals

Sarah Wood, Hepatitis C Educator

In her previous role, Sarah was responsible for providing outreach, education and support to populations at high risk for HCV (and co-infection with HIV). Sarah worked hard to reduce the risk of transmission, support and educate individuals through materials and services that encourage healthy lifestyles and outreach activities to address the target population's needs. Her contract came to an end on June 17, affected by the expiration of PHAC's HCV funding.



In early July we received notification that the agency was a successful applicant for the federal HCV call for proposals issued in August 2010. The new project title is "HCV Education, Capacity Building and Peer Support Strategy" and will employ a full-time HCV Educator and a part-time Community Liaison Worker. Sarah fills the educator role and Richard MacDonagh, current case manager, will fulfill the role of Community Liaison.



Marsha Milliken,

IDU Peer Engagement Worker

In January 2011, Marsha was hired as the Relief Harm Reduction/HCV Peer Support Worker. In June she took on the role of IDU Peer Engagement Worker. Marsha develops, plans, coordinates, implements, and evaluates all aspects of

our Peer Syringe Recovery Team and provides maintenance to the 10 London CAREs needle bins. She also provides meaningful opportunities to engage individuals with lived experience.

*** Keri Wheatley,**

Hepatitis C Peer Support Worker

Keri will provide low threshold outreach, raise awareness and promote prevention interventions to peers living with/at risk of acquiring hepatitis C within the community. She will also strive to reduce the risk of transmission, coordinate, design and deliver education and training sessions, provide support services and promote referrals to testing and treatment. In the summer Keri completed her student placement for the Addictions Worker Diploma Program (triOS College) in Counterpoint Harm Reduction Services Department. She subsequently volunteered in the needle & syringe program, as well as provided relief coverage in Client Services.



*** Jesse Huntus,**

Hepatitis C Outreach Worker

Jesse will provide low threshold outreach to marginalized community members living with/at risk of acquiring hepatitis C. He will strive to reduce the risk of transmission, coordinate, design and deliver education and training sessions, provide support services and promote referrals to testing and treatment. Since September 2011 Jesse has worked closely with Nick Scrivo, IDU Outreach Worker to primarily provide relief coverage during Nick's vacations.

** These positions work in the context of a dynamic partnership between London Intercommunity Health Centre and Regional HIV/AIDS Connection. The position is accountable to RHAC leadership in the day to day and is also an integral part of the Hepatitis C Care Team established to address the needs of those living with or at risk of HCV.*

Destini Millar, Part-time Reception

Destini returns to us through London Employment Help Centre on a four and a half month placement doing reception and administrative duties 2.5 days per week.



Visit or brand new website: www.hivaidconnection.ca

