Rapid Fire Icebreaker



- Please click on the 3 dots on the upper right corner and rename option to add the following information to your name: pronouns & agency
 - e.g. Christian Hui (he/him) OHRN
- Please introduce yourself by typing the following in the chat window:
 - Your name
 - Pronouns (he, she, them, or....)
 - Agency and Role
 - One thing you learned from the last session



Cross Cultural Harm Reduction Training Session 3

Wednesday, August 26, 2020 10:30am to 12:30pm

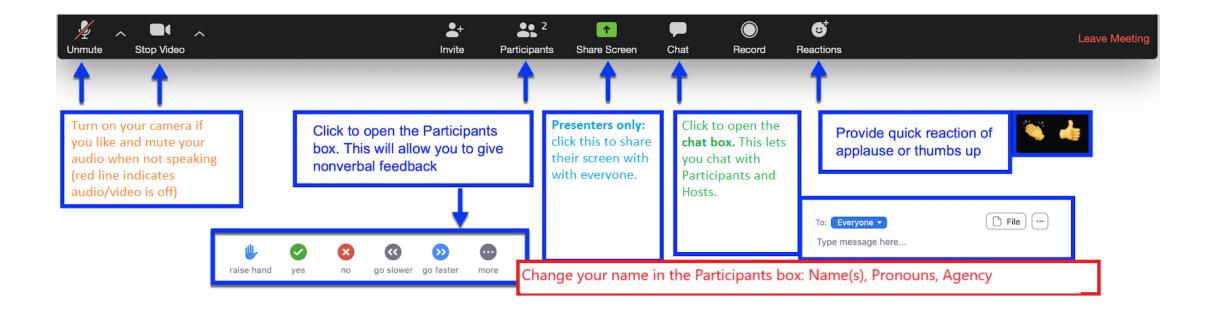
Co-facilitated by:

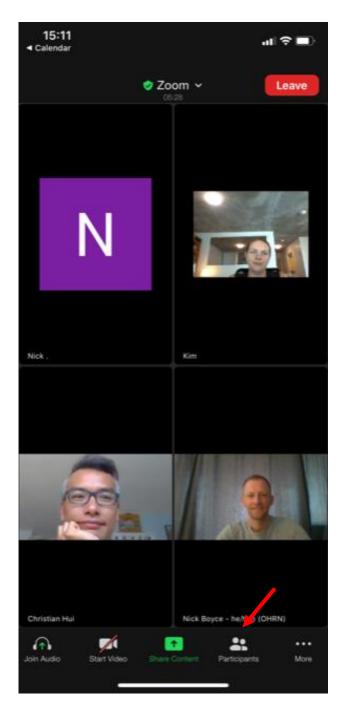
Drug Culture Experts: Ashley Smoke & Colin Johnson

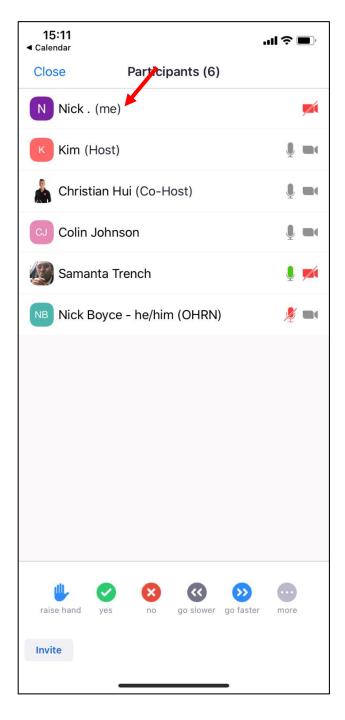
& the OHRN Team: Christian Hui, Nick Boyce and Kim Trenchard

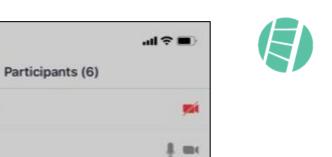












\$ me

A me

♣ mi

A me

15:11

N Nick . (me)

Kim (Host)

Christian Hui (Co-Host)

NB Nick Boyce - he/him (OHRN)

Nick.

Rename

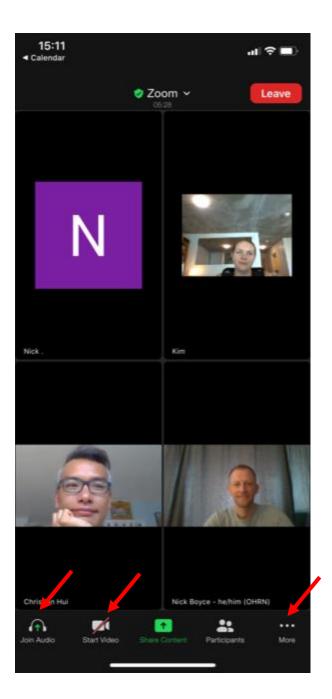
Cancel

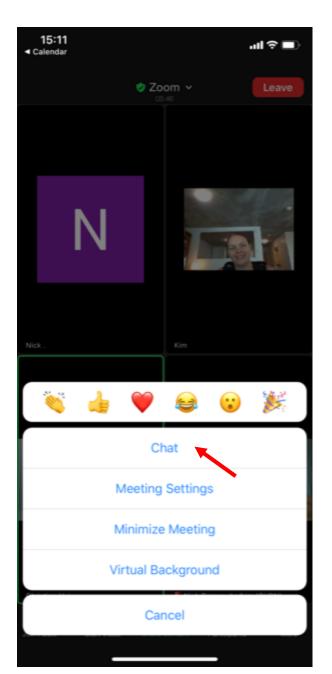
Colin Johnson

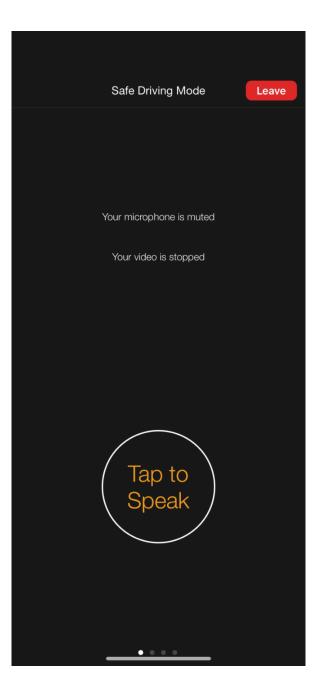
Samanta Trench

◆ Calendar

Close









Land Acknowledgment



The work of OHRN takes place across Ontario on traditional Indigenous territories on Turtle Island.

Our office is located on the traditional lands of the Anishnaabe, Huron-Wendat, Haudenosaunee, and Mississaugas of the Credit River, where the Dish with One Spoon Treaty binds all allied nations and settlers to peaceably share and care for the resources around the Great Lakes. Today, Toronto is still home to Indigenous people and we are grateful to have the opportunity to meet and work on this territory.

We wish to express gratitude to Mother Earth and for the resources we are using, and honour all Indigenous peoples who have been living on the land since time immemorial.

Our Drug Culture Expert Co-facilitator: Adrian, Ashley, Coln & Samuel













Re-cap of Session 2

 Does anyone have any questions about the topics we covered last week?

- Drug/Substance Use 101
- Harm Reduction philosophy and practice
- (Engaging People Who Use Drugs)

Pre-Session 3 Poll



Please answer the following pre-Session 3 polls.

The information is used for our training evaluation.



Examples of Harm Reduction

- Equipment distribution (e.g. "needle exchange")
- Safer use spaces
 - Supervised Injection Site
 - Drug Consumption Room
 - Overdose Prevention Site
 - Consumption and Treatment Services (current name in Ontario)
- Peer witnessing
- Safer use practices
 - "less is more"; safer injection techniques; hydration; eat/sleep
- Drug checking
- Naloxone distribution and overdose response plans
- Safe Supply Program
- Opioid Agonist Therapy (OAT) (methadone or buprenorphine)



Engaging People Who Use Drugs (PWUD)/ Drug Culture Experts

Involvement in planning, design, delivery, and decision making of programs, services and organizations





- What are now considered "standard" harm reduction programs and services were all originally driven by PWUD taking initiative, often breaking rules, and challenging the status quo:
 - Needle exchange in the 70s/80s
 - Crack pipe distribution in the 80/90s
 - Drug checking at raves in the 90s
 - Naloxone distribution in the 00s
 - Drug Consumption Sites in recent years –
 but forever, "underground"



CATIE: Connecting with Care in Toronto: Keith's story





Connecting with Care in Toronto: Keith's story

Engaging People Who Use Drugs: #PeerLife - A Day in the Life of a Peer





#PeerLife - A Day in the Life of a Peer (long)

Engaging People Who Use Drugs







Top reasons to hire PWUD



Raffi Balian and Cheryl White!

- Employing PWUD demonstrates a program's commitment to improving the health and human rights of people who use drugs
- Employees who use drugs can become excellent role models for other PWUD
- PWUD are often the most effective public health messengers for reaching other drug users
- Hiring PWUD provides employers with direct access to valuable knowledge about the needs and practices of their target populations

Top reasons to hire PWUD



Raffi Balian and Cheryl White!

- Being gainfully employed in jobs that are valued and recognized as socially important contributes directly to improved self-esteem
- Working in a structured environment allows PWUD to gain important skills that can facilitate future entrance into other jobs
- Working in community-based projects is integral to increased feelings of belonging and contributing to a community
- Employing and organizing PWUD contributes to civic engagement and political responsibility for PWUD and the organization itself





- Involve PWUD
 - Compensate them for time if not already staff
- Clearly define harm reduction as it fits with mandate
- Develop policy or position statement
- Communicate commitment to all staff and people accessing services
- Educate staff
- Clarify actions that support or inhibit harm reduction
 - Consider your overdose response plans and Naloxone training
- Review effectiveness



Engaging People Who Use Drugs: additional resources

 OHRN webinar: "Engaging People Who Use Drugs" http://bit.ly/pwud-engage

Organizational Harm Reduction Self Assessment Tool
 https://www.dropbox.com/s/saw27n1z8zxkpwz/Organizatioal%20Harm%20Reduction%20Self-Assessment.pdf?dl=0

OODP Substance Use Policy Guide for ASOs
 https://oodp.ca/product/substance-use-policy-guide-for-asos/



Working With People Who Use Drugs:

A harm reduction approach









A guide for

nurses & physicians

pharmacists

social workers & counsellors

police officers

corrections workers

community leaders





















Harm Reduction at Work

A GUIDE FOR ORGANIZATIONS
EMPLOYING PEOPLE
WHO USE DRUGS



INTERNATIONAL HARM REDUCTION DEVELOPMENT PROGRAM

Reflection



- How do all these relate the work of your agency and the service users you are supporting?
- How can you as a worker or an agency better support People Who Use Drugs (PWUD)?
- What are some of the opportunities and challenges faced by your agency to engage in harm reduction work?
- How can you as a worker or as an agency engage PWUD meaningfully?

Examples of Harm Reduction Supports/Services in the BIPOC Communities



We thank the following agencies for expressing interest in presenting the types of harm reduction support/services they provide to people who use drugs:

- 1. 2 Spirited People of the First Nations
- 2. Alliance for South Asian AIDS Prevention (ASAAP)
- 3. Asian Community AIDS Services (ACAS)

Presentation of Services and Support from ASOs serving BIPOC Communities



2 Spirited People of the 1st Nations

2-SPIRITED PEOPLE OF THE 1ST NATIONS

CROSS CULTURAL HARM REDUCTION TRAINING



THE WORK WE DO



HEALTH

2-Spirits is an ASO which was founded over 20 years ago. We continue to work towards improving the health and well-being of our Indigenous, 2S/LGBTQIA+ community.



CULTURE

Wholistic health and wellness through a variety of cultural programming and ways of being.

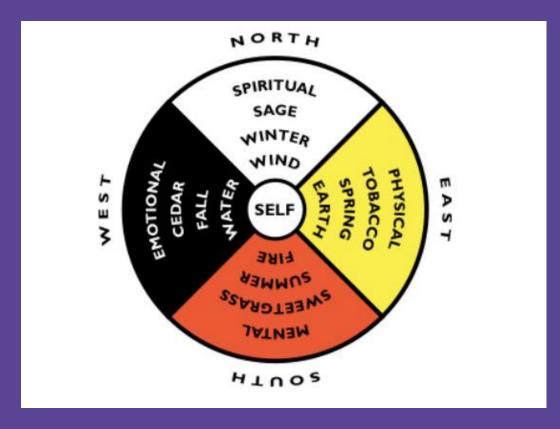


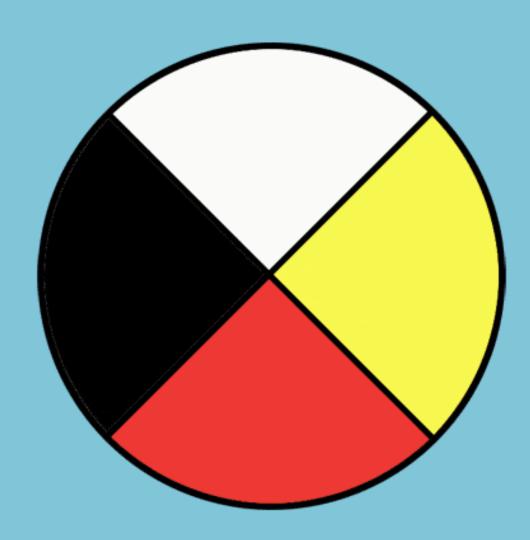
SUPPORT

Provide support services to community and better address the gaps faced by community within various institutions.

LET'S DISCUSS OUR HARM REDUCTION PROGRAM

WHOLISTIC HEALTH AND WELLNESS THROUGH A CULTURAL FRAMEWORK.





EVERYTHING WE DO IS HARM REDUCTION AND HARM REDUCTION IS EVERYTHING WE DO

Spiritual:

Access to Traditional Medicines, Elders, and connection to culture and language through programming reduces harm felt in our communities.

Physical:

Distribution of harm reduction kits, safe sex kits, and access to information/education reduces harm felt in our communities.

Mental:

We know that Indigenous peoples have disproportionately higher rates of trauma, and so providing access to support services, brief counselling, Traditional medicines and Elders reduces the harm felt in our communities.

Emotional:

Connectivity to our people, our land, our animals, and our medicines reduces the harm felt in our communities

Presentation of Services and Support from ASOs serving BIPOC Communities



Asian Community AIDS Services (ACAS)



Xin chào/Hello!

My name is Ryan Tran

Pronouns: He/Him

Manager of Education & Outreach

ACAS (Asian Community AIDS Services)

men@acas.org



Asian MSM Harm Reduction Support Group

Background Data 1 Minute Survey

N = 93 Asian MSM

44% (N=40) used in last 6 months:

MDMA (36.6%)

Ketamine (23.7%)

GHB (17.2%)

Cocaine (17.2%)

Meth (7.5%)

15 respondents have ever accessed Harm Reduction Services

Qualitative Feedback

N = 15 Asian MSM

- Basic knowledge on drugs and effects (dosage, mixing)
- Reduce negative effects
- Stigma & shame with drugs
- Preventing dependency or problematic-use
- Interest in exploring sex with drugs (PnP/chemsex)
- Social support, Sharing stories, learning from each other's experiences in nonjudgmental space





Key Principles

Holistic programming Confidentiality

Being Nonjudgmental

Peers

Party Season: Have Fun, Survive, & Come back

Birthdays

Discover

Hosting

+ Create Event *

Manage Page events

ACAS (Asian Commun...

Message Guests Marite

This is a new date!!

Hey party boys, circuit queens, club kids, and rave baes!

BOSE / Qu

Consider this the "pre" before party season. The summer is packed with parties: EDC, Electric Island, World Pride, Digital Dreams, Veld, and all the Prism parties... Supplements? Come down remedies? Mixing? Whether you're a newbie or veteran, Come learn and share what you know to have fun, survive, and come back to life again.

EDC boys: Teach us how you maintain 3 days of partying AAAA



Date: Monday June 3 Time: 6:00pm-8:30pm

Location: 410 Spadina Avenue, On top of New Ho King

please RSVP!

This will be a safe space to openly share and talk about our experiences and thoughts on partying in a non-judgemental environment. If you want to learn more, this is the place to ask your questions! This is not an abstinence-only group. We use harm reduction principles on how we can still enjoy the party but in a safer way that is practical and realistic.

Strict ground rule: Confidentiality. Those attending will not say who else was there nor share any of the stories outside of the event without appropriate consent. Your attendance is confidential.















"Like the openness concept; where there is no shame"

"It was really cool and insightful to hear other people's stories"



Cảm ơn/Thank you!

Ryan Tran

men@acas.org



Presentation of Services and Support from ASOs serving BIPOC Communities



Alliance for South Asian AIDS Prevention (ASAAP)

Putting your knowledge to use: Group Work (20 minutes)



- You will be randomly assigned into one of the 3 breakout rooms by Zoom. Please press accept when prompted that you are being assigned to a room.
- Review the cases scenario developed by Drug Culture Experts and the questions specific to each scenario. Engage in a discussion with your fellow group participants

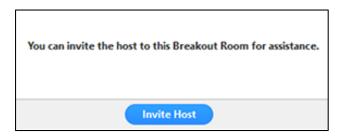
 – use audio and chat.
- After 20 minutes, we will come back to the large group for a co-learning discussion.
 - You will hear from Drug Culture Experts who wrote the case scenarios and their expert views
 - We will also ask you a few reflective questions and encourage you to share with the group
- At the end of 20 minutes, please click on the leave breakout room button when you see it to re-join the main room. If you have any difficulties returning to the room, please rejoin the training session with the original Zoom link.

Breakout Room Instructions

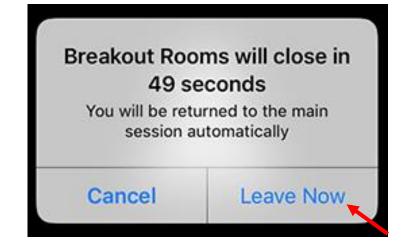




- 1.Click Ask for Help in the meeting controls.
- 2.Confirm that you would like assistance by clicking **Invite Host**. This will bring host into your breakout room.



 If joining by phone audio, press # to leave meeting room when the host closes the breakout rooms.







Goodie Tooshoe is a Black female youth settler who came to Canada in 2017 from Barbados as a teenager. She is now 21 years old and a first-year college student at George Brown College. She recently broke up with her girlfriend who was supporting her and was kicked out of the condo. Her recent breakup left her with a criminal record.

Goodie met a guy at a college party night, who introduced her to the 'sex and drugs" scene. She now uses cocaine, crystal meth, cannabis and molly, all which take away her pain. Although her new boyfriend taught her how to inject her substances, she relies on him to get the necessary tools (harm reduction kit) to safely administer her substances.

Goodie is a service user at an ethno-specific AIDS service organization and personally knows Ms. Sashay Away, the new Volunteer Coordinator, but is afraid to access harm reduction support because she does not want anyone to know that she uses substances. The Harm Reduction Manager heard a rumor circulating about Goodie, saw her Executive Director passing by her office and immediately went to seek support and advice.

Questions:

- If you were the Executive Director, what are your feelings/thoughts/attitudes about the situation of Goodie?
- Using the harm reduction philosophy, how may the agency, staff and volunteers respond and support Goodie Tooshoe and Sashay Away?

Case Scenario 2



You have a co-worker who has the same job as you but they use drugs. Your agency has rules against substance use in the building due to rules set in place by the building management. Your co-worker is in a 'safer supply program' and has a prescription for their substances. They require a space to use them while at work, just as someone with diabetes has a prescription for insulin.

Questions:

- What are your feelings/thoughts/attitudes about your co-workers situation?
- What accommodations should your agency make in order to accommodate this employees needs in line with harm reduction philosophies?
- What examples of polices would support people who use drugs at the work place?

Case Scenario 3



Ayoub came to Canada from Jordan as a Palestinian refugee claimant in 2018. He is staying at the Covenant House and has stopped his ESL classes due to COVID. Through other youth staying in the same shelter, he has experimented with what was forbidden under the political regimen he lived in before: tobacco, alcohol, and sex. He has started new medication for his mental health for which he has been told to avoid alcohol.

His needs to connect with other peers seem to increase during the lockdown and starts cruising online. Soon enough he has met people who introduced him to PNP (Party and Play) and enjoys the effects of cannabis and meth. Because his income is limited to OW, he trades sex for drugs with an Arabic trans woman he met at Allan Gardens. He doesn't know where to find 'paraphernalia' (harm reduction equipment) or drugs without his new friend and gets ripped off on the streets. Eventually, he ends up in ER because of an overdose of fentanyl.

Questions:

- How could you support him to connect with other peers, especially during COVID?
- What conversations might you have about the safety/quality of drugs he is getting?
- How could you support Ayoub in obtaining his own harm reduction supplies?



Large Group Discussion (15 minutes)

First, let's hear from Drug Culture Experts who wrote the case scenarios and their expert views









Large Group Discussion (20 min)

We will now ask you a few reflective questions & encourage you to share with the group

- 1. Have you been able to apply what you have learned from this training to come up with possible strategies for the case scenario?
- 2. What do you feel confident about as a someone who may need to provide harm reduction support to, or engage or hire, people who use drugs in your respective community?
- 3. What are some areas of future learning, growth and opportunities related to harm reduction that can benefit you or your agency?

Toronto Urban Health Fund (TUHF)



The **Toronto Urban Health Fund** (TUHF) is a Toronto Public Health program that provides one and three-year project funding to non-profit community based organizations in Toronto to support initiatives under the following streams:

- § Prevention of HIV through sexual transmission
- § Child and youth resiliency
- § Harm reduction
- § Indigenous HIV and substance misuse prevention programming

The TUHF 2021 funding cycle will be launching on **September 1, 2020**. The Expression of Interest (EOI) form can be downloaded from the <u>TUHF website</u> at that time. The EOI form submission deadline is **Oct 21, 2020 at 4:00 pm**.

The upcoming funding cycle will be for one-year Innovation or Needs Assessments projects.

- § An **Innovation project** responds to new and/or emerging HIV and /or substance misuse health issues, provides an opportunity to test new and innovative interventions, policies and can include pilot projects.
- § A **Needs Assessment project** provides an opportunity to gain a better understanding of the prevention needs of an at-risk or high-risk population.

Three EOI writing workshops will be offered in September for those wanting to learn more about the TUHF program, the application process and developing EOI writing skills. Click here to register.

Questions can be sent to the TUHF team at tuhf@toronto.ca.

Resources



Resources shared throughout all three sessions will be available at the following dropbox link:

bit.ly/crossculturalresources

Feedback Survey



Please help us improve future trainings by providing feedback at the following link:

https://www.surveymonkey.com/r/crosshr3

Contact Us





Email: info @ ohrn.org

www.ohrn.org

