

The Pozitive Post

Happy New Year!

Positive Pathways Community Services staff hope you had a wonderful holiday. The New Year is upon us and we would like to introduce our Harm Reduction Team, as we have some new faces. We are thrilled to kick off 2023 and bring the community more awareness of our services.

Our Yellow Umbrella Needle Syringe Program (NSP) is committed and focused on mitigating the risks associated with substance use to improve the overall health and quality of life of individuals and the community. This past year we have continued to distribute supplies along side, on the spot naloxone training, education and referrals. Our team has worked hard building trusting relationships with our service users. Did You know that people who use substances and access an NSP are 5x more likely to seek additional support? In 2022 we built multiple community partnerships to meet people where they are at to broaden our services in Windsor-Essex and Chatham-Kent. We are excited to keep that momentum going in 2023. This monthly newsletter is one of the tools we are utilizing to connect with our community and engage with service users and service providers.



Ask The Educator

You can submit your questions for ask the Educator via email, educationoutreach@pozitivepathways.com by calling our office, (519) 973-0222 and entering extension 109, 115, 116 or 118.

Dear Educator, Why is there Vitamin C packets in the Injection kits?

Medical-grade vitamin C is the safest acidifier. It causes the least damage to the veins, is non-toxic, and is sterile, reducing or eliminating the harms associated with other acids. Acidifiers are commonly shared when supplies are limited or difficult to access. Shared acidifiers, like shared needles and other injecting supplies, may transmit infections such as hepatitis C or HIV. This is why many of the kits we distribute contains singel use vitamin C packs.

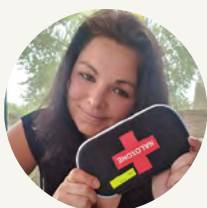
Crack cocaine and 'black tar' or 'brown' heroin are usually sold as solid crystals (rock/power) to inject, the user must dissolve them in an acidic solution. Most powdered, 'white' heroin does not require an acidifier to dissolve in water. Common acidifiers include vitamin C, citric acid, lemon juice, and vinegar. Our harm reduction team doesn't suggest using lemon juice or vinegar. Lemon juice and vinegar are commonly used because they are widely available. However, they are much harsher acids, causing more pain, irritation, and damage to the veins. Repeated damage causes veins to collapse. If a major artery is pierced accidentally with a needle, life-threatening blood loss can occur. Vinegar and lemon juice may also be contaminated with bacteria or fungus. These may lead to life-threatening infections including abscesses, cellulitis and heart or eye infections causing blindness.

Thank you for your question,

Lacie Krzemien, Harm Reduction Community Education Coordinator

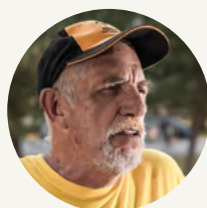
Meet the Harm Reduction Team!

Ask our Harm Education and Outreach Team questions about best practices, supports and referrals.



Lacie Krzemien
Harm Reduction Community
Education Coordinator

Hi my name is Lacie, I'm the Harm Reduction Community Education Coordinator at Pozitive Pathways. My new years hope is to continue to have compassion for myself and others. I will continue to fight the stigmatization in our community and lead with love. New Year, New Start!



Roy Campbell
Harm Reduction
Support Worker

Hello my name is Roy Campbell, I'm a Harm Reduction Support Worker. My hope for this upcoming year is that the long awaited overdue safe injection site is up and running to save lives, and help aid in the overdose crisis. My wish is that people who use substances feel comfortable to reach out and connect with services and seek support. New Year, New Beginning!



Tracey Douglas
Harm Reduction
Support Worker

Hello my name is Tracey Douglas, I'm a Harm Reduction Support Worker here at Positive Pathways. My new years hope is to approach 2023 with a consistent non-judgmental lens. I commit to continue to meet people where they're at with empathy and understanding. Let's tackle this together!



Michael
Harm Reduction
Support Worker

Hi there my name is Michael, I'm a Harm Reduction Support Worker at Positive Pathways. My new years hope is to continue to support and advocate for our marginalized population. Every single step makes a difference. Let's get the ball rolling!

Instead of saying this:
Say this:

Substance/drug abuse, Problematic use/misuse	Substance/drug dependence, Substance/drug consumption, Substance use disorder (if diagnosed)
Substance/drug user, Addict, Junkie, Druggie, Abuser	Person who uses substances/drugs, Person with substance use disorder (if diagnosed), Person with lived/living experience with substance use
Person who is clean, Person who has been clean Former addict, Former abuser, Former junkie, Former druggie	Person in recovery, Person who is sober, Person who is abstinent Person who has lived experience with substance use, Person no longer using substances
Relapse	Return to use
Clean drug screen, Dirty drug screen	Negative drug screen, Positive drug screen
AIDS (when referring to the virus, HIV)	HIV, HIV and AIDS (when referring to both)
To catch AIDS, To catch HIV, To pass on HIV	To be diagnosed with HIV, To acquire HIV, To transmit HIV
Unprotected sex	Sex without a condom or medicines to prevent or treat HIV (such as pre-exposure prophylaxis (PrEP) or antiretroviral therapy)
AIDS patient, HIV patient, Patient	Person with AIDS, Person with HIV

January 2023: Calendar Dates

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
New Year's Day						
8	9 H4 NSP Outreach and Education 1:30pm to 3:30pm	10	11 Mobile Delivery in Windsor-Essex 1:00pm to 4:00pm	12 Victoria Place Emergency Housing Drop-In 1:00pm to 3:00pm	13	14
15	16 H4 NSP Outreach and Education 1:30pm to 3:30pm	17 Mobile Delivery in Windsor-Essex 1:00pm to 4:00pm	18 OFFICE CLOSED FOR STAFF TRAINING	19 Victoria Place Emergency Housing Drop-In 1:00pm to 3:00pm	20	21
22	23 H4 NSP Outreach and Education 1:30pm to 3:30pm	24	25 Mobile Delivery in Windsor-Essex 1:00pm to 4:00pm	26 Victoria Place Emergency Housing Drop-In 1:00pm to 3:00pm	27	28
29	30	31	Did You Know... That we can deliver harm reduction supplies direct to you. It's free and can be anonymous, if you choose. Simply call or text our mobile number, (519) 257-9646 or email us at harmreduction@pozitivepathways.com .		*Check Website for Time and Location Details: pozitivepathways.com	