

# EXtreme REALITY

## Northern Healthy Connections Society

### What's New ?

#### Wednesday Lunch N' Grab

Open to persons who access the NHCS needle exchange.

Return used needles on Wednesday and have lunch on us !!!

Forum on the NHCS website—get connected and share your views.

Share your story in the newsletter - confidential and anonymous.

Do you have too many conference bags ???

NHCS has started a recycling program where old conference bags are stuffed with educational material and donated to the local Food Bank.

These bags not only act as a stronger bag for carrying food, but also provides an opportunity to share knowledge and information and is good for the environment.

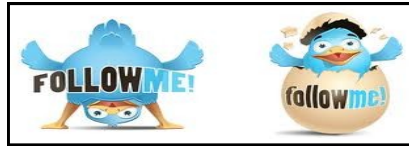
Please donate your used cloth conference bags to NHCS.

Summer 2016

Northern Healthy Connections Society



Follow the organization on the Web, Face Book and Twitter



### What's In A Name

The Northern AIDS Connection Society (NACS) will from now on be known as the Northern Healthy Connections Society (NHCS). This change has been in the works for some time, due to the ever changing mandate and populations served. The shift in the mandate has been evolving for many years, actually in fact, the organization has never been just another community based HIV/AIDS agency. This organization has always treated HIV as one of many Sexually Transmitted and Blood Borne Infection (STBBI).

The new name has been approved and registered under Joint Stocks and a new logo has been created to reflect the changing times. The organization has been working within a health promotion framework for many years. The new mission is to promote overall health and well being, but first and foremost supporting healthy choices and healthy decision making of youth, women, members of the LGBTQ community and persons who inject drugs as well as individuals living, working and raising families in northern Nova Scotia (Colchester-East Hants, Cumberland and Pictou Counties). The agency will continue to dream and hope for a world without discrimination, fear, stigma and a lack of knowledge of risk taking activities.

Northern Healthy Connections Society promotes a model of practice where greater and meaningful involvement of persons who are affected are engaged in program planning and delivery. NHCS functions within a health promotion framework and all services are provided in a safe, confidential and judgment free environment. Please stay posted about the awareness launch and campaign planned for the fall of 2016.

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### Lighthouse— Youth PhotoVoice Project

NHCS has  
once again  
been awarded  
funding  
through the  
Department of  
Justice to offer  
this program

Start date to  
be determined

There is still  
space  
available...call  
soon at  
902-895-0931

Referrals are  
accepted from  
John Howard  
Restorative  
Justice, Mental  
Health as well  
as community  
partners

### Hep C Aware Project

Are you HEP C Positive? Would you be interested in being a part of a teleconference to share your experiences living with Hepatitis C. It could be very helpful and offer support to those newly diagnosed. NHCS is interested in starting a sharing session ... a way to share what worked for you and what didn't. A peer to peer sharing session. Call the office at 902-895-0931 and find out information or register to become part of this ANONYMOUS sharing session.

The Hep C Aware Project is looking for volunteers to tell their story in this publication or on YouTube about what it is like living with Hep C. The project values your input and respect your anonymity and privacy, so it has been arranged not to have your picture or name on YouTube. Your story will be highlighted only and will serve as an educational and awareness piece. If interested please contact Janet at 902-895-0931. If you are interested in receiving information on NHCS Hep C Aware Project or tattooing and piercing please contact Janet at [nacsaccountant@eastlink.ca](mailto:nacsaccountant@eastlink.ca).



### FACE 2 FACE



**(Face to Face is a new article where we will be featuring interviews with people who have accessed NHCS Services or Programs & want to share their stories. Contact us to be heard.)**

- Q) "How long have you been visiting the NHCS office for services or programs?"  
A) "I've been visiting NHCS since I was accepted to complete a student placement and after completing my placement I stayed on as a volunteer."
- Q) "How did you feel coming into NHCS?"  
A) "I was a little worried that I might be labelled as a person involved in injection drug use."
- Q) "What service were you obtaining?"  
A) "I received information on the support group for parents of trans children & youth."
- Q) "How did you find out about NHCS programs and services?"  
A) "After seeing posters on display at the Nova Scotia Community College"
- Q) "What are you taking away from your visit to NHCS?"  
A) "The office is a supportive and friendly space for all with friendly staff."

**OPIATE TREATMENT & RECOVERY PROGRAM**  
733 Prince Street in Truro, Nova Scotia...902-893-4776

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The PhotoVoice Project funded by Nova Scotia Health & Wellness was available to LGBTQ youth and parents of Trans youth.

This project is wrapping up and evaluations/final report are almost completed.

From this project there are plans underway to start a PFLAG (Parents & Friends) group and the plan is to have enhanced visibility by participating in the 2016 Pride Parade in Halifax

NHCS was very happy and excited to have offered this program and appreciates the funding made possible from the Department of Health and Wellness.



**The Northern Healthy Connections Society would like to acknowledge and congratulate Janet MacPhee, long time employee has joined the Board of Directors of the Canadian AIDS Society serving as the Atlantic Regional Director.**

**Congratulations Janet**

**If you are a member of the Canadian AIDS Society from Atlantic Canada, you can reach Janet at 902-895-0931 or via email at [JanetM@cdnaids.ca](mailto:JanetM@cdnaids.ca)**

### YOUTH PHOTOVOICE PROJECT

Northern Healthy Connections Society has once again received funding from the Nova Scotia Department of Justice to offer a Youth PhotoVoice program for approximately 14 weeks. The society has formed a partnership with the Truro Boy's & Girl's Club to offer a program at their club. Some topics to be covered during this time will be on Sexual Health, Sexually Transmitted and Blood Borne Infections, Internet Safety, Self Esteem, Feelings, Cooking, Addictions and much more. For information on this program, please contact the office at 902-895-0931 or by email at [nacs@eastlink.ca](mailto:nacs@eastlink.ca)



### **Did you know?**

**NHCS in partnership with Mainline Needle Exchange offers clean needles for those engaged in Injection Drug Use. If you need us call 902-895-0931 or stop by 33 Pleasant St. Truro.**

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### MARK YOUR CALENDAR

National Non-Smoking Week—January 17-23, 2016

National Condom Day—February 14, 2016

Pink Shirt Day—February 24th

International Women's Day—March 8th

International Harm Reduction Day—May 7, 2016

National Prescription Drop-off Day—May 21, 2016

World Hepatitis Month—May

International Day Against Homophobia—May 17th

Truro Pride Parade July 16th

World Hepatitis Day—July 28th

International Youth Day—August 12

International Over Dose Awareness Day—August 31

Scotiabank AIDS Walk September 25, 2016

AIDS Awareness Week—last week in November

World AIDS Day - December 1st



### Why do I need to use a condom?

Condoms, when used consistently and correctly, are the **only** form of protection other than abstinence that can help stop the transmission of sexually transmitted infections (STIs) such as HIV/AIDS.

Condoms are available for FREE from different centres ~ the NHCS office (33 Pleasant Street Truro), Teen Health Centres, Women's Resource Centres, Centres for Sexual Health and the John Howard Restorative Justice for Youth (Truro). There are no age limits to buying condoms. Buying a condom no matter how old you are shows that you are taking responsibility for your actions.

### ??Condoms, Lube and Flavour??

Condoms are typically made of latex. Latex condoms can only be used with water based lubricants, NOT oil based lubricants such as Vaseline as it breaks down the latex. Flavoured condoms should be used for oral sex only as the sugars they contain may cause yeast infections.

### Condom Co-op

NHCS's condom co-op offers condoms at cost to local groups, community partners and businesses. **Be a part of the solution and not the problem...offer free condoms !!!**

When condoms break, it is often due to not using them properly.

This website includes a video showing proper use:

<http://www.sexualityandu.ca/stis-stds/how-do-i-protect-myself-from-stis-stds/male-condom>



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## Northern Healthy Connections Society



Like us on Facebook!

[www.facebook.com/nacsns](http://www.facebook.com/nacsns)

Volunteers are welcome !!!

Volunteering provides great experience, the chance to meet new people, utilize your skills and give back to the community.

Remember... volunteers are the core of any organization !!



**The mission of the Northern Healthy Connections Society (NHCS) is to promote the health and well being of persons living with and those at risk for HIV/AIDS, STIs, HCV and other Blood Borne Infections (STBBIs).**

**NHCS also offers support, services, referrals and education to individuals, families, loved ones, groups and communities throughout the northern region (Colchester ~ East-Hants, Cumberland and Pictou Counties). All services are provided in a safe and confidential environment — free of judgment.**

Five new resources developed by Northern Healthy Connections Society staff are Brochures outlining issues facing the LGBTQ community and their families.

- So You Think Your Child Is Gay ?
- So You Think Your Child Is Trans ?
- So You Think Your Child is Asexual
- So You Think Your Child is Bi/Pansexual
- Comic Strip — The Guide to the LGBTQ+ Community

These resources may serve very useful to parents who have youth questioning their sexuality. The comic strip booklet will assist parents in the various terms related to the LGBTQ community.



Special appreciation to 100 Women Who Care Truro for the gift of a major donation to the Northern AIDS Connection Society at the June 7, 2016 meeting.

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### BENEFITS OF IMPROVING SELF ESTEEM...

Persisting in face of difficulties and challenges

Improved decision making

Greater independence

Greater self respect

Increased creativity and improved ability

Treat people how you want to be treated...with respect

Improved personal happiness

Confidently expressing your values

Identifying attainable goals

Greater honesty

Willingness in admitting mistakes



### School Healthy Decision Making Fair

Northern Healthy Connections Society (NHCS) in collaboration with the Truro Boys and Girls Club & Truro Junior High School offered a "Stand Up for Youth" Health Fair at Truro Junior High School on April 21, 2016. There were many exhibitors participating in the fair and promoted overall wellness programs within the Truro area. The mandate at Northern Healthy Connections Society is first and foremost to be supportive of healthy choices for individuals living, working and raising their families within Northern Nova Scotia (Colchester — East Hants, Cumberland and Pictou Counties)

The Truro Boys & Girls Club has a similar vision as they recognize that every young person has the ability and potential to fulfill their wants and dreams and it is their objective to help the youth see this potential in themselves. The combined focus and desired outcome of this event was about empowering youth within our community to learn about their own bodies and how to keep themselves well, and to be aware of healthy decision making and healthy choices. This was the second year for this event and NHCS looks forward to holding it again in the future.



The Northern Healthy Connections Society (NHCS) received funding through the Colchester-East Hants Community Health Board to assist in the operation of "InfoBag". This program is where cloth bags are delivered to the Colchester Food Bank with awareness and education material to reach out to individuals who may not otherwise access services at the NHCS.

This program has a two fold approach — to provide access to much needed printed material on Sexuality, Sexually Transmitted and Blood Borne Infections (STBBIs), Healthy Decision Making and how to contact NHCS as well as helping support environmental concerns

A very special thank you to the Community Health Board and Atlantic Superstore Truro for their support. Call 902-895-0931 for information.



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### Social Innovation to Action...A Woman's Journey

The Northern AIDS Connection Society (NACS) in collaboration with a number of community partners conducted a stakeholders session in the northern region to look at innovative ways to address women, sexually transmitted and blood borne infections (STBBIs), as well as sexual violence..

Work targeting women and HIV/AIDS has been in the NACS work plan for some time now, however with the change in mandate required by the Public Health Agency of Canada to address issues across a broader scope and move to a STBBI framework. NACS mandate will also reflect the determinants of health and how they impact the various targeted and/or marginalized groups.

NACS invited representatives from various organizations throughout northern Nova Scotia to attend a one day event on March 31, 2016 at the Best Western Glengarry Hotel in Truro. The event registration will began at 9:30 am with a panel discussion went from at 10:00 to 12:30. Lunch was provided. The afternoon session will be a café style small group work style activity.

The purpose of the event was to:

- Hear from organizations or stakeholders working with women to ascertain what is happening on the ground...look at models of practice

- Create an action plan to further explore the most viable options/opportunities for future development in collaboration with other partners and communities across one or more counties within the northern region

The panel presenters were:

- Lugene Young – Dalhousie Agricultural School Health Services

- Sam Dill – Retired Nurse – University of Leftbridge, Alberta

- Janet MacPhee – Hep C Aware Project

- Melissa Davidson - Mental Health & Addiction Services

- Margaret Mauger – Truro Sexual Assault Centre

- There was a guest speaker talking about her own personal struggles.

There were approximately 25-30 participants. A final report will follow.

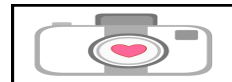
The Northern AIDS Connection Society applied for funding through the Nova Scotia Department of Community Services under the “Breaking the Silence: A Coordinated Response to Sexual Violence in Nova Scotia”.

The project name is LookOUT Youth PhotoVoice Project and will commence in the fall of 2016. The project will focus on LGBTQ youth residing in the Colchester County area with a primary goal of assisting youth in understanding contributing factors leading to sexualized violence.

PhotoVoice is an innovative methodology of bringing marginalized and /or vulnerable communities together around an issue or issues to creatively mobilize for grass roots social action and change.

PhotoVoice provides a voice to individuals through photography and artistic creativity. The process is intended to give tools and guidance to LGBTQ youth in order for them to conceptualize the circumstances leading to and the issues surrounding sexualized violence within their community and how this affects them as individuals.

For information call 902-895-0931 and ask for Karen.



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## Northern Healthy Connections Society

# Services



### Our Contact Information

Tel: 902 895-0931  
Toll Free 1-866-940-AIDS (2437)  
E: [nacs@eastlink.ca](mailto:nacs@eastlink.ca)  
Web: [northernaidsconnectionsociety.ca](http://northernaidsconnectionsociety.ca)  
Facebook: [www.facebook.com/nacsns](http://www.facebook.com/nacsns)  
Twitter: NHCS Society

### Amherst

**Sexual Health Centre  
Cumberland County**  
Information, Education  
Workshops, Free  
Condoms  
902 667-7500  
[shccc@ns.aliantzinc.ca](mailto:shccc@ns.aliantzinc.ca)  
11 Elmwood Drive  
(side entrance)

**Colchester Sexual  
Assault Centre**  
Provides Support &  
Information to Anyone  
Affected by Sexual  
Assault  
902 897-4366  
80 Glenwood Drive,  
Truro  
Trurosexualassault  
@hotmail.com

### Pictou

**Pictou County Centre  
for Sexual Health**  
Services for both  
women and men  
902 695-3366  
[pcsexualhealth@hotmail.com](mailto:pcsexualhealth@hotmail.com)  
[www.pictoucountysexualhealth.com](http://www.pictoucountysexualhealth.com)

**RESPECT**  
Students Making  
Healthy Decisions  
Dalhousie Agricultural  
Campus  
902 893-6300  
[respect@nsac.ca](mailto:respect@nsac.ca)

**DalOut—Dalhousie  
Agricultural Campus**

**Pictou County  
Women's Centre**  
902 755-4647  
[pcwc@womencentre.ca](mailto:pcwc@womencentre.ca)

**BLAST Youth  
Colchester-East  
Hants Regional  
Library ...Truro, N.S.  
Contact Chris  
Wildbore at  
902-895-4183**

### Truro

**Central Nova  
Women's  
Resource Centre**  
82 Esplanade. Truro  
902 895-4295  
[cnwrc@eastlink.ca](mailto:cnwrc@eastlink.ca)  
[cnwrc.weebly.com](http://cnwrc.weebly.com)

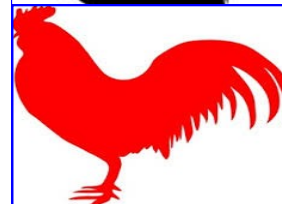
**SLATE Youth  
883 Prince St.,  
Truro, N.S.  
902-893-8044**

**Mental Health Services — Crisis Response**  
600 Abenaki Road, Truro, N.S.  
B2N 5A1  
902896-2606 or toll free at  
1-800-460-2110 ext. 2606  
[www.cehha.nshealth.ca](http://www.cehha.nshealth.ca)

**Opiate Treatment & Recovery Program**  
733 Prince St.,  
Truro, N.S.  
902-893-4776  
[www.addictionservices.ns.ca](http://www.addictionservices.ns.ca)



Play it Safe...Always Use Condoms



Cover your cock and protect your pussy !!