



EXTREME REALITY

Northern Healthy Connections Society

Contact Us:

33 Pleasant Street,
Truro NS
Open Monday–Friday,
8:30am-4:30pm
1 (902) 895-0931 OR
1 (902) 956-3965
1 (902) 397-1464

programs@nhcsociety.ca

NHCS is now Serving
the Northern Zone of
Nova Scotia:

Colchester/East Hants,
Cumberland County
Millbrook First Nation,
Pictou County, Pictou
Landing First Nation,
and Sipekne'katik First
Nation

Who we are

Northern Healthy Connections Society (NHCS) is a local community-based organization offering a fixed Needle Distribution and Disposal site out of Truro, Nova Scotia. NHCS operates under, and supports, a harm reduction philosophy which simply means reducing harms for people dealing with addictions or engaging in high-risk activities.

The local PFLAG group operates out of NHCS, and NHCS works with and supports the LGBTQ community under our harm reduction approach.

Harm is associated with risk-taking behaviours.

NHCS believes in creating an environment that is welcoming, safe, and inclusive. We do not discriminate, we do not judge.

What Services are offered at NHCS?

NHCS offers a variety of services and supports both at our fixed site in Truro and through our Mobile Outreach Service!

Fixed Needle Distribution and Disposal Site

The fixed needle distribution and disposal site, located conveniently in downtown Truro, offers a variety of harm reduction supplies not just limited to syringes. Also offered are: Sterile swabs, tourniquets, filters, cookers, vitamin C, sterile water, pipes and safer smoking kits, condoms, dental dams, lube, and three different sizes of sharps containers.

Mobile Outreach Services in Pictou and Cumberland Counties

Mobile Outreach is taking Harm Reduction materials on the road. People who live in remote or rural communities, who are street involved, who are insecurely housed, or who have little to no access to the fixed site in Truro. NHCS believes in meeting people where they are at. Mobile Outreach is offered in Pictou and Cumberland Counties on alternating Wednesdays. Supplies are discreetly delivered to your door.

Other Services offered at NHCS

- Support/treatment information and prevention education.
- Information on STBBI (Sexually Transmitted and Blood Borne Infections) testing and referrals
- Referrals to existing programming, such as opiate treatment.

Follow Us!
On the Web, Face Book, and Twitter!

www.nhcsociety.ca
facebook.com/nhcsns
[@NHCSociety](https://twitter.com/NHCSociety)

“We come in here and feel like we matter.”

-NHCS Client

Fighting Fentanyl

Life of the Party feat. Narcan workshop brings important message about drug use to students

Jackson Snetsinger // Contributor

The fentanyl epidemic that is currently sweeping the streets and drug scenes of Vancouver has created a crisis not felt by the city since the AIDS crisis of the 1980s. Fentanyl is becoming more prevalent – it's getting cut into more drugs and its death count is rapidly rising. Approximately 1,420 individuals overdosed in Vancouver in 2017 alone, compared to the 922 people who overdosed the previous year.

The epidemic has reached the point where civil service workers can no longer keep up with the increasing numbers of overdoses. Much like the AIDS epidemic, these workers can't control what people do in the privacy of their own homes. To counter the fentanyl epidemic, addicts are being encouraged to practice harm reduction, which allows drug users to engage in safe drug use.

Strategies taught in harm reduction courses include how to recognize an overdose, how to prevent it and how to be safe while using.

Insite and the Portland Hotel Society are strong leaders in the fight against fentanyl use and the problems of overdosing in Vancouver. Outside of their work in areas like the downtown Eastside, the Portland Hotel Society also works with university students to further educate the public on the effects of drug use and harm reduction skills. "We don't want people doing drugs, but if they are doing it they might as well be educated and test them" said Perry Safari, the Capilano Students' Union (CSU) president and vice-president finance and services.

"We don't want people doing drugs, but if they are doing it they may as well be educated and test them."

The CSU and Stacey Forrester of the Portland Hotel Society presented a work shop called Life of the Party feat. Narcan on Jan. 30, educating students about safe drug use strategies and valuable approaches to harm reduction. Training done by Life of the Party feat. Narcan is part of Capilano University's Adulting Series. The program's goal is to inform students about things in life that classes don't cover, including tenant rights, self-defense, and necessities like health and dental plans. "We hold monthly workshops, and we want to repeat them to make sure [information] is not forgotten," said Sarah Carrier, CSU services coordinator.

To some, encouraging harm reduction may seem like it's promoting drug use, when in actuality it prevents it.

In 2001, Portugal decriminalised possession of all drugs, and since then new drug user rates have dropped by 10 per cent and overdose rates by 15 per cent. Canada isn't decriminalizing the use of recreational drugs, but with the help of harm reduction strategies and properly educating adolescents, drug use rates have a greater potential of dropping. "We haven't really talked about policies at the CSU," said Safari. "We have had good feedback on the series, so we want to make it annual thing. However, the University doesn't have any plans for harm reduction."

Drug use is often a silent problem, and one that many people don't admit to. There are options for students battling addiction that they're not often familiar with, such as visiting Insite where they will be taught how to safely and properly administer drugs and also test for fentanyl.

Insite certainly isn't for everyone, however. For more information, students are encouraged to log on to Phs.ca and learn how to practice harm reduction strategies, as well as gain background knowledge about the Portland Hotel Society. Students who use drugs often or recreationally are strongly encouraged to learn more about harm reduction and safe drug use practices.

Volunteers are Welcome!

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

For information on
volunteering or student placements...

Call 1 (902) 895-0931

MAKE YOUR VOICE HEARD!



DO YOU USE DRUGS, OR ARE YOU IN RECOVERY?

ARE YOU INTERESTED IN BECOMING A PEER
HELPER?

JOIN THE NHCS COMMUNITY CONNECTOR
GROUP, AN INFORMATION SHARING GROUP
FOR PEERS. TOPICS INCLUDE:

- ◆ NALOXONE TRAINING/OVERDOSE PREVENTION
- ◆ HOW TO NAVIGATE COMMUNITY SUPPORTS
- ◆ STRESS MANAGEMENT/ TEAM BUILDING
- ◆ HARM REDUCTION/PREVENTING TRANSMISSION OF HIV
AND HEP C

YOU WILL BE COMPENSATED FOR YOUR TIME, FOOD
AND TRANSPORTATION ARE ON US :)

Other Services available in Northern Nova Scotia:

Mental Health and Addiction Services (Truro)

1 844 855-6688

Mental Health and Addiction Services (New Glasgow)

1 (902) 755-1137

Addiction Services (Springhill)

1 (902) 597-8647

Addiction Services (Amherst)

1 (902) 667-3879

Opiate Treatment and Recovery Program (Truro)

1 (902) 893-4776

Millbrook Health Centre (Truro)

1 (902) 895-9468

Pictou Landing First Nations Health Centre (Trenton)

1 (902) 752-0085

Sipekne'katik Health Centre (Indian Brook)

1 (902) 758-2049

Spotlight on Supplies...

Vitamin C

NHCS now carries Vitamin C!

Vitamin C (ascorbic acid) is a safer injecting product that is supplied for free from NHCS, and is used to break down certain drugs (like crack cocaine) into a water soluble form safe for injecting.



Sometimes people who use drugs use common household acidifiers, such as lemon juice or vinegar, to break down the drug they are using. This can not only cause damage to veins, it can also cause infections.

The Vitamin C handed out by NHCS are small packets meant for individual single use so no one has to share supplies, reducing the risk of spreading blood borne infections like HIV and Hepatitis C.

Vitamin C is another way NHCS can help to reduce the harms that people who use drugs face on a daily basis.

It is the safer choice for people who use drugs, and for the people in their lives.

Youth Group at NHCS!

Are you between 14 and 18 years of age?
Come join us this summer!

One day weekly, 3-5pm
Snacks and drinks provided

Topics of discussion include (but are not limited to...):

Drug Use and Addictions, Sex, Youth Empowerment,
HIV/Hep C, Suicide Prevention, and Mental Health
seriously...we'll make collages and eat pizza and stuff... it'll be fun.

Call 1 (902)895-0931 for more information.

Northern Healthy Connections Society would like to acknowledge the Nova Scotia Provincial Government and the Nova Scotia Health Authority for their renewed funding and generous support.

NHCS applies for grant funding, and have received funding from the Community Health Board, MACAIDS, the Nova Scotia Advisory Commission on AIDS, and the Department of Justice. This funding is invaluable to NHCS programming, including Peer to Peer workshops for women and youth.

There is a growing need in Northern Nova Scotia that NHCS is ready to address. Numbers are escalating throughout the entire Northern zone; this is not an issue confined to one area. NHCS staff are capable of meeting these needs and facing issues unique to Northern Nova Scotia.

We appreciate your continued support!

