

# Word on the Street

SUMMER 2016

StreetWorks Harm
Reduction
Services offers
free and
confidential
services to anyone
in the
Niagara Region.

Stop by our office at 120 Queenston St., St. Catharines. Monday-Friday, 9am-5pm

We offer a mobile service. Monday-Friday, 6pm-10:30pm Call us at (905) 328-6715



# Peer Program Reboot!



Are you looking to give
back to your
community? Looking to
make a healthy
connection with other
folks who use?
Looking to make some
extra cash?
Interested in working with
the StreetWorks
program?

Join us on the 2<sup>nd</sup> and 3<sup>rd</sup> Thursday of the month from 2pm - 4pm.

Our peer program compensates peers for 2 hours of work.

There are only 3 spots available each shift so make sure you come into the office the day of and sign up. Work ranges from preparing safer inhalation supplies and gear, to neighbourhood clean ups!

The first shift will be Control of the first shift

Interested?
Talk to staff to find out how to join!

# Expiring Naloxone

Have you checked the expiry on your kit? A large batch of the kits will be expiring this October. Let us know if you need to get some new vials. When replacing expired kits, make sure you bring in your old vials!

\*\*If you're interested in getting a kit, ask about our 15 minute training, talk to staff today.\*\*



## Join Us on Overdose Awareness Day

August 31st is International Overdose Awareness Day. Come join us at Start Me Up Niagara located at 17 Gale Cres. in St. Catharines from 3-7pm. We will be having an Open Mic session, a giant canvas that you can paint tributes on, and more! Chat with StreetWorks or Aaron at Start Me Up for more info.



## Mixing

 Most overdose deaths occur when multiple drugs have been taken.

le: Alcohol + Benzodiazepines + Opioids

Prevention: Use one drug at a time or use less of each drug if mixing.

## Tolerance

 It can decrease rapidly when taking a break from using a substance (in jail, in treatment or in the hospital)

Prevention: Use a small amount and see how your body reacts before using more.

OYERDOSE
PREYENTION

# Inconsistent Drug Quality and Potency

 Drug quality and strength can be unpredictable since they are unregulated.

Prevention: Try a very small amount first. Does it taste, smell or look different?

Using Hone

 If you overdose, no one will be there to help you.

Prevention: Fix with a friend (Do not Share Needles). Leave door unlocked and call someone to tell them that you are about to use.

## Thursday Nights

Did you know that on Thursday Nights in the van we have an addictions counsellor out with us? If you feel like talking about making some changes she is there to listen!

Like all of our services, it is free and confidential.

A Gentle Reminder of Confidentiality



All information shared with staff at StreetWorks is confidential but there are a few exceptions to this rule just like with any other service provider:

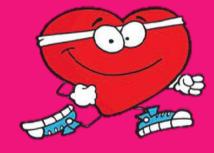
- 1. If it becomes apparent that you seriously intend to do harm to yourself or another person
- 2. If a child under the age of 16 is being harmed, at risk of being harmed, or there is a suspicion of child abuse or neglect
- 3. If a court of law presents us with a legal subpoena demanding your records

# Get Fit and Have Fun

Walk, run, or bike over to see us!

Lately the van has been very busy, so dropping by the office when you are in the neighbourhood will ensure you get the supplies you need. Walking or riding your bike has many benefits such as:

- Boosts your energy!
- Lifts your mood.
- Decreases stress.
- Strengthens your heart and lungs.
- HELPS THE ENVIRONMENT!



FREE
CONDOMS &
LUBE
AVAILABLE
THROUGH
STREETWORKS

## Satellite Sites

Can't make it in to the office? Visit one of our satellite sites for safer injection materials.

#### St. Catharines

Mapleland Pharmacy 120 Welland Ave.

STOMT Drop-In
St. Barnabas Anglican
Church
33 Queenston St.

#### **Port Colborne**

Boggio's Pharmacy 200 Catharine St.

## Ridgeway

Boggio and Edwards
Pharmacy
307 Ridge Rd.

Brodies Pharmacy 315 Ridge Rd.

#### Welland

VIP Pharmacy 601 East Main St.

### **Fonthill**

Boggio & Parton Pharmacy 155 Hwy. 20 West

#### Niagara Falls

Project Share 4129 Stanley Ave.

ACCESS LINE
1-866-550-5205

## Beat the Heat!

Summer's here! We are getting clear skies in the Niagara Region, however, some days are going to be extremely hot and you can be at risk for:

- Sunburns
- Heat stroke
- Dehydration

Although we are encouraging you to walk or bike to the office, you should take extra precautions while in the hot weather.

You can beat the heat by:

- STAYING HYDRATED: Drink lots of water and carry it wherever you go.
- COOLING DOWN: Stop in at Start Me Up or catch some shade under a tree.
- TAKING IT EASY: Avoid being outside too long especially during the hottest times of the day (12-3pm)



Winston beat the heat by taking a mid-afternoon ice bath nap.



This wonderful piece was painted by a program participant. If you would like to share a piece of writing or art in the next newsletter, let us know!