



2022 HARM REDUCTION VIRTUAL CONFERENCE

MOVING BEYOND



**Wednesday, November 16 &
Thursday, November 17
10:00 am – 3:30 pm EST**

Zoom Platform



Hello! Boozhoo! Bonjour!

On behalf of the Harm Reduction Conference Planning Committee, we would like to welcome and thank you for joining us at our 6th annual conference. This year our theme is 'Moving Beyond' as we explore the next steps and latest approaches in harm reduction. The challenges we all face often seem insurmountable, but by coming together, recognizing our collective successes, and sharing new ideas, we can revitalize to meet those challenges.

When we began the planning process, we decided to continue with a virtual conference as we were unsure of potential restrictions. For many of us there is no substitute for meeting in person and we hope to return to in person at future Harm Reduction conferences. Until we are all back together, we appreciate that the virtual space allows for speakers and participants to join who may not otherwise be able to.

Once again, we have a range of great presenters that bring a wealth of knowledge. We hope they will support you and your organizations better understand and apply harm reduction strategies. We would also hope that the presenters help inspire and stimulate all attendees in developing novel approaches that they may present at future conferences.

We cannot forget that for many of us harm reduction and substance use affect us on a personal level, which is reflected at our conference. We want everyone to take time and space for self-care as needed. We hope that you enjoy the sessions and that you leave with a sense of excitement for harm reduction in both your professional and personal lives.

Thank you,

Harm Reduction Conference Planning Committee

2022 HARM REDUCTION
VIRTUAL CONFERENCE

**MOVING
BEYOND** 



Zoom Platform:

<https://maverickav.zoom.us/j/82425554203?pwd=eFErRGswZzlwcllZVElCZ2xWTmtXUT09>

All times listed below are in Eastern Standard Time (EST)

Tuesday November 15, 2022

7:00 pm – 8:30 pm	Ten Dollar Death Trip: Inside the Fentanyl Crisis <i>Pre-Conference Documentary Viewing and Facilitated Discussion with Director Dominic Streeter</i>
-------------------	---

Wednesday November 16, 2022

10:00 am – 10:15 am	Opening Remarks <i>Ron Kanutski, MC</i> <i>Dr. Janet DeMille, Medical Officer of Health & Chief Executive Officer, Thunder Bay District Health Unit</i>			
10:15 am – 11:15 am	The War on Addiction: Ending the War on Drugs <i>Ari Daniel</i>			
11:15 am – 11:30 am	Break			
11:30 am – 12:00 pm	Moving Beyond Grief and Loss <i>Carolyn Karle (DEK Foundation)</i>			
12:00 pm – 12:30 pm	Anishnawbe Perspective to Substance Abuse Healing <i>MC Ron Kanutski</i>			
12:30 pm – 1:15 pm	Lunch			
1:15 pm – 2:00 pm	Supporting PWUD in Community Responses to the Poisoned Drug Supply <i>Nat Kaminski (Ontario Network of People Who Use Drugs - ONPUD)</i>			
2:00 pm – 2:15 pm	Break			
2:15 pm – 3:15 pm	Conversations & Networking with Local Service Providers <i>Delegates will select 3 of 5 topics to discuss and participate in 20-minute sessions.</i>			
Response to Unsheltered Homelessness: <i>Elevate NWO</i>	Low Barrier Harm Reduction Transitional Housing: <i>Elizabeth Fry Society</i>	Consumption & Treatment Services: <i>Path 525</i>	Warming/Cooling Centres: <i>People Advocating for Change through Empowerment</i>	Public Health Outreach: <i>TBDHU Street Outreach</i>
3:15 pm – 3:30 pm	I Heart Someone Who Uses Drugs Campaign & Day 1 Wrap-up			

2022 HARM REDUCTION
VIRTUAL CONFERENCE



2022 HARM REDUCTION
VIRTUAL CONFERENCE

**MOVING
BEYOND** 



Zoom Platform:

<https://maverickav.zoom.us/j/82425554203?pwd=eFErRGswZzlwcllZVElCZ2xWTmtXUT09>

All times listed below are in Eastern Standard Time (EST)

Thursday November 17, 2022

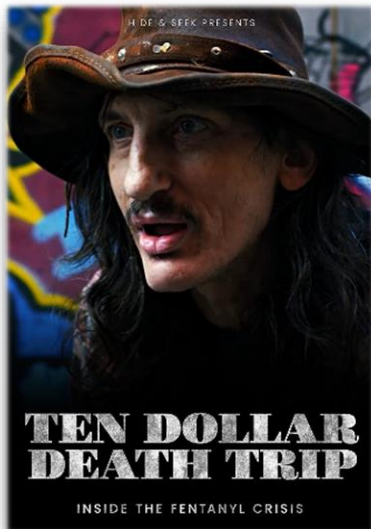
10:00 am – 10:15 am	Welcome & MC Remarks
10:15 am – 11:15 am	Dismantling and Transforming Stigma for People Who Use/d Substances <i>Anthony Esposti (Community Addictions Peer Support Association - CAPSA)</i>
11:15 am – 11:30 am	Break
11:30 am – 12:30 pm	Ari Daniel Interviews: Moving Beyond <i>Interviewees: Kayla Marshalok & Bryan Tucker</i>
12:30 pm – 1:15 pm	Lunch
1:15 pm – 2:00 pm	Thunder Bay Safer Supply Program <i>Kyle Arnold, Kaye Leatherdale, Brittany D’Angelo & Jennifer Lawrance</i>
2:00 pm – 2:15 pm	Break
2:15 pm – 3:15 pm	Innovative Approaches in the Treatment of Opioid Addiction: How did Timmins do it?! <i>Dr. Louisa Marion-Bellemare & Dr. Julie Samson</i>
3:15 pm – 3:30 pm	Closing Remarks

2022 HARM REDUCTION VIRTUAL CONFERENCE

MOVING BEYOND



Session Summaries & Speaker Biographies



Tuesday November 15 7:00 pm – 8:30 pm

Ten Dollar Death Trip: Inside the Fentanyl Crisis

*Pre-Conference Documentary Viewing and Facilitated Discussion
with Director Dominic Streater*

A new synthetic drug is killing more than gun crime, homicide and car accidents combined. 100 times stronger than heroin, the deadly opioid fentanyl is cheap, potent, and small enough to send in the post (from China via the dark web). These market forces have seen it replacing the heroin supply, spreading unprecedented death, destruction, and misery. And now, due to its strength and low cost, the drug is also starting to appear in party drugs, such as cocaine and cannabis – with fatal results. We visit the epicentre of the fentanyl epidemic to meet with health care workers, activists, fentanyl dealers and people who use it, and learn what we should expect if the fentanyl epidemic spreads outside of North America.

Dominic Streater is the founder of international production company Hide & Seek Media. Dom has directed and produced documentary projects in Europe, North America, Asia, the Middle East and Australia. Humanitarian crises, conflict zones, public health and societal issues are recurring themes that thread through his films. His work has led to extensive research in the areas of addiction, drug policy and mental health; areas that he is considered to now be a leading journalistic voice. In 2020 his Australian film, Half A Million Steps, triggered a AUD \$305 million dollar funding pledge into treatment and harm reduction by the New South Wales government. Dom is currently directing a film about a man who runs through the Saharan desert to understand his own journey with PTSD, a film about Scotland's alarmingly high rate of overdose deaths and a another which following London's biggest NHS Trust throughout Covid-19. Dom lives in Battersea, South West London, with his fiancé.

2022 HARM REDUCTION
VIRTUAL CONFERENCE

MOVING
BEYOND



Wednesday November 16 | 10:15 am – 11:15 am

The War on Addiction: Ending the War on Drugs with Ari Daniel

As the harm reduction movement gains traction as an alternative to traditional substance abuse programs, the social stigma associated with such programs remain prevalent. This, in turn, has made it difficult for everyone to fully embrace the concept and even harder to promote its effectiveness to a larger segment of the population. To address this issue, we need to demonstrate its effectiveness by providing a firm understanding of the underlying issues that drive addiction. In doing so, the hope is to shift mentalities and dispel the myths of addicts being weak and morally corrupt. It's a compassion-based approach: something already familiar within Canada's healthcare system.

The current harm reduction framework in North America has resulted in positive outcomes but there are still major gaps in the system – largely due to reluctance brought on by the misconceptions of politicians, law enforcement and the public. If we are to achieve our goal of helping people seek treatment, we need to create a safe, accepting, and judgment-free environment. It's about removing the fear and shame associated with addiction. It's about harm reduction; not harm elimination.

Ari Daniel is a radio and television broadcaster, travelling from Ontario to British Columbia, where he hosted several different radio programs throughout his 14-year career. Eventually, Ari decided to use his platform as a radio personality to amplify issues concerning mental health and addiction. In 2020, while working toward his own recovery, Daniel discovered the power of human connection - seeking out others who had found themselves struggling in social isolation. On June 6th, 2021, Ari premiered Addicts in the Dark under his alias, Quick Nick. The goal: create an environment where individuals can anonymously share their story of recovery by having an open, honest and judgmental-free discussion about their personal struggles, and their path toward recovery. Over the past year, Ari (aka Quick Nick) has had the honour of listening to callers reflect on their most vulnerable points in life - in the hope it will reach someone else who is struggling with addiction, passing along that human connection we all crave.

2022 HARM REDUCTION
VIRTUAL CONFERENCE

**MOVING
BEYOND** 



Wednesday November 16 | 11:30 am – 12:00 pm

Moving Beyond Grief and Loss with Carolyn Karle, DEK Foundation

Carolyn Karle knows firsthand about the barriers our loved ones with addiction face. Moving Beyond Grief and Loss illustrates how she transformed her pain into a movement. Determined to be part of the solution, Carol stopped taking no for an answer. In Dayna's memory, she created the DEK Foundation. From community engagement, to initiatives, projects, and awareness events, Carol has a strong voice in the community and her grief has purpose. With the end goal of a recovery home in Thunder Bay, Carol and her Board of Directors are stepping up, taking action, and making waves.

Carolyn Karle is the Founder and President of the Team DEK Foundation. Carolyn is also a devoted Mom, Partner, and semi-retired Hair Stylist (40 plus years) born and raised in Thunder Bay. On September 19, 2021, Carolyn, Randy and their family suffered a loss that no parents or siblings should ever endure. Their beautiful, funny, charismatic, vibrant and talented daughter/sister, Dayna Elizabeth Karle, died of an unintentional drug overdose after a lengthy period of sobriety. Conceptualized by Carolyn, out of her love for Dayna, Team DEK is Dayna's legacy; "a way to make a positive impact on the drug crisis faced in Thunder Bay."



Wednesday November 16 | 12:00 pm – 12:30 pm

Anishnawbe Perspective to Substance Abuse Healing with MC Ron Kanutski, Bear Clan, Red Rock Indian Band RSW

MC Ron Kanutski will discuss the opportunities and possibilities to healing from substance abuse as passed down by the Elders. We will discuss the benefits of Wholistic Healing and the potential starting points to success that are deeply connected to the individual seeking healing. The Four Roots to Wellness will be introduced.

Ron Kanutski is a registered social worker and mental health, addictions and cultural workshop facilitator and trainer with 31 years of experience in the helping profession. He has been sober and drug free for over 3 decades. For the past 22 years, Ron has been a consultant, educator and presenter of Anishnawbe cultural and traditions for events related to addictions, mental health and wellness. He has been married for 24 years and is a caregiver, father and support to 25 children and youth.



Wednesday November 16 | 1:15 pm – 2:00 pm

Supporting PWUD in Community Responses to the Poisoned Drug Supply with Nat Kaminski, ONPUD

The Ontario Network of People Who Use Drugs is a newly formed group of people who use drugs from across the province championing the issues that impact their communities at the height of a poisoned and toxic drug supply. Through their leadership, they hope to dismantle the stigma that oppresses PWUD and continues to put them at harm. This presentation will introduce the audience to ONPUD and their work and discuss equitable and meaningful ways of inclusion of lived experience in communities' responses to the poisoned drug supply.

Nat Kaminski is a white settler on Turtle Island and remains committed in their various roles including mother, to dismantle the patriarchal, stigmatizing, and oppressive systems that uphold and influence the policies that kill the people they love now. Nat resides on Treaty 19 land (Ajetance) known as Milton ON however call Peel Region where they work in harm reduction home. Nat, holding a strong connection to various networks of drug using peoples in Peel, founded the Peel Drug Users Network in 2017. The goal of PDUN was in having a space where folks could gain a sense and connection to each other. PDUN could act as mechanism to minimize isolation and distribute timely information of contaminated substances so less people would die. Nat wanted to find a way to provide their community an opportunity to release themselves of the conditioned self-shame and internal stigma people who use drugs carry with them by creating a community that understood the systems harming them. Nat took those same priorities with them into the work they do on the Ontario Network of People Who Use Drugs and the Canadian Association of People who Use Drugs. As a person with over 20 years of episodic homelessness, street involved sex work and incarceration, most of Nat's friends are either missing, murdered, dead or dying at the hands of stigma, criminalization and failed policies and laws.

Wednesday November 16 | 2:15 pm – 3:15 pm

Conversations & Networking with Local Service Providers

Delegates will select 3 of 5 topics to discuss and participate in 20-minute sessions.

Breakout 1
Elevate NWO
Response to Unsheltered
Homelessness



Harm Reduction, Peer Work and Responding positively to unsheltered people in our city. Elevate NWO, an organization dedicated to providing treatment and support to people living with or at risk of HIV and Hep C and those in need of Harm Reduction Services, will talk about their experience working with people who are unsheltered or in “encampments” in Thunder Bay. The focus of the session will be the values that shape the work and the journey of a former unsheltered person who became a peer, who became an outreach worker at Elevate.

Breakout 2
Elizabeth Fry Society
Low Barrier Harm Reduction
Transitional Housing



Elizabeth Fry Society Northwestern Ontario is a charitable organization that supports and advocates for women, Two-Spirit, non-binary and gender diverse people in prison, those transitioning back into the community, and those at risk of criminalization. We work to provide integrated programs and support services that best meet the needs of our clients and their families, with the goal of fostering independence, building healthy communities and reducing incarceration. Our Circle of Care team provides responsive and compassionate support while recognizing that people are resourceful, resilient and experts in their own lives. We offer a low barrier harm reduction housing program. This program is aimed at working with individuals where they are at. Our team works with clients to overcome systemic and individual barriers by helping folks meet their basic needs and to navigate the housing market, the legal system and various social programs.

Breakout 3
Path 525
Consumption &
Treatment Services



Safe consumption and treatment services are offered in Path 525 at NorWest Community Health Centres. Individuals may sign up to Path 525 services to access safe consumption (injection, nasal, and oral route) with the supervision of a nurse and drug poisoning/overdose is monitored and treated by the team. Social service needs, mental health care, primary health care, addiction support, and crisis intervention needs are provided by our team. The Path 525 team includes registered nurses, harm reduction support worker, harm reduction outreach workers, system navigator and coordinator.

...continued

Breakout 4
People Advocating for Change
through Empowerment
Warming/ Cooling Centres



People Advocating for Change through Empowerment Inc. (P.A.C.E.) is a not-for-profit Peer Support agency. Along with providing peer support, advocacy and education to people living with mental health and/or addictions in Thunder Bay and District communities, we give Thunder Bay's most vulnerable people a place to go. A place to feel safe and cared for... a place to call home. We will be presenting on P.A.C.E.'s Safe Space... our Warming and Cooling Centers. The first of their kind in Thunder Bay.

Breakout 5
Thunder Bay District Health Unit
Street Outreach Team
Public Health Outreach



The Thunder Bay District Health Unit's Street Outreach team is comprised of an interdisciplinary team of nurses, outreach workers and a nurse practitioner, who aim to address the health inequities experienced by people who are homeless, under-housed, street-involved, and/or using substances in the City of Thunder Bay through the provision of mobile public health services, with a focus on relationship building, harm reduction, and health promotion. This compassionate team works in tandem with individuals to help them achieve personal health goals, regardless of social circumstances.

Thursday November 17 | 10:15 am – 11:15 am

Dismantling and Transforming Stigma for People Who Use/d Substances

with Anthony Esposti, Community Addictions Peer Support Association (CAPSA)

We will discuss the concept of Substance Use Health and its impact on dismantling stigma around substance use and improving the health of people who use/d substances. We will take a look at the various forms of stigma and the societal and individual sources of these false beliefs and discuss the impacts of stigma on individuals. The session will end with a discussion of person-first language and compassionate practice to transform stigma into care.



Anthony Esposti, CEO, of CAPSA leads an accomplished and energetic team of professionals in their work to dismantle and transform stigma and discrimination for people addressing their Substance Use Health. Anthony comes from a varied background in the private sector having spent 25 years in corporate commercial lending for Canadian financial institutions. He has served as an executive on several not-for-profit boards of directors and is past Chair of CAPSA itself. Anthony's work at CAPSA is informed by his own living experience with an alcohol use disorder, with which he currently lives well. When not at work, you can find Anthony training and competing in triathlon and enjoying the outdoors on his mountain bike.

2022 HARM REDUCTION
VIRTUAL CONFERENCE

**MOVING
BEYOND**

Thursday November 17 | 11:30 am – 12:30 pm



**Ari Daniels Interviews:
Moving Beyond with Guests Kayla Marshalok &
Bryan Tucker**

Kayla Marshalok struggled with addiction for many years. She's so grateful to have found Recovery and a new way of life. She gives back by sharing her story with others. She's employed as an Addictions Worker in a recovery home.



***Bryan Tucker:** Born and raised in Thunder Bay. 41 years old. From an early age, I was always looking for excitement and I found that in alcohol and drugs. I knew early that I had addiction issues but did nothing to try and help myself. I worked hard and was great at hiding my addictions. It wasn't until 2009 I hit rock bottom and didn't care if I lived or died. I decided that moment to make the change. I went to treatment in 2009 at the Sister Margaret Smith Centre. I developed strong supports early on in recovery which are instrumental in my being 11 years clean and sober today. Today, I use my lived experience to try and help others and give hope to those who are struggling today.*

2022 HARM REDUCTION
VIRTUAL CONFERENCE

**MOVING
BEYOND** 

Thursday November 17 | 1:15 pm – 2:00 pm

Thunder Bay Safer Supply Program

with Kyle Arnold, Kaye Leatherdale, Brittany D'Angelo & Jennifer Lawrance

The Thunder Bay Safer Supply Program provides support to people who use street level drugs. Within the program, healthcare providers prescribe opioids to people to replace the toxic street supply while the Systems Navigator and Harm Reduction workers provide wrap-around support. The program employs a client-centered and team-based care model within Norwest Community Health Centres. In this session, the team will provide an overview of the benefits of safer supply, eligibility criteria, prescription options, and wrap-around supports before opening the conversation for questions.

Kyle Arnold (He/Him) identifies as an addict in recovery and has been clean since December 26, 2018. One year later, Kyle started to work as an outreach worker at Norwest CHC where he has recently taken on the role of Outreach Worker with our Safer Supply Team. In addition to NorWest CHC, Kyle works as a Peer Support Worker for P.A.C.E. in the Thunder Bay Regional's ER and Adult Mental Health units. Kyle is proud to say that he works very closely with ONWA's Team Courage and the COR Team from the Thunder Bay Police. Kyle is also active in the community in his work as a board member with Team DEK and as the Narcotics Anonymous Chair of Public Relations for North-Western Ontario.

Kaye Leatherdale (They/She) is the System Navigator with the Thunder Bay Safer Supply team. Kaye graduated from Lakehead in 2020 with a Master's in Social Justice Studies and worked at Shelter House as a system Navigator prior to joining the team at NorWest CHC in 2021. In addition to their work with Safer Supply, Kaye supports gender programs at the center.

Brittany D'Angelo (She/Her) manages the Safer Supply and Palliative Carelink programs at NorWest Community Health Centres. She started her career as a Paramedic in London Ontario, during which time she developed a passion for health equity and social justice. After pursuing a Masters of Public Health, Brittany relocated to Thunder Bay to enjoy the outdoors with her partner and two dogs.

Jennifer Lawrance (She/Her) is a caring and thoughtful leader who values relationships. She is a results-driven and patient-focused professional with over twenty years of experience in the community, public health, First Nations and hospital settings. Jennifer obtained her Master of Arts in Leadership through the University of Guelph and her Master of Science through the University of Maine. Her frontline experience as a Dietitian, Public Health Nutritionist and Certified Diabetes Educator provided excellent insight and influenced her work as a Quality and Risk Manager and then as Vice President of Clinical Supports at Sioux Lookout Meno Ya Win Health Centre. She is currently the Director of Clinical Services with the NorWest Community Health Centres (CHC). Jennifer enjoys an active life with her family. She has had the fortune of living and travelling internationally. Reading, skiing, running and gardening are an important part of her life and her family.

2022 HARM REDUCTION
VIRTUAL CONFERENCE

**MOVING
BEYOND** 

Thursday November 17 | 2:15 pm – 3:15 pm

Innovative Approaches in the Treatment of Opioid Addiction: How did Timmins do it?!

with **Dr. Louisa Marion-Bellemare & Dr. Julie Samson**

During this session, we will identify treatment options for patients with opioid use disorder (OUD) including novel approaches to treat opiate addiction given the current opioid poisoning crisis. We will discuss possible failures with current buprenorphine protocols and evaluate the need for change in these treatment protocols to potentially improve treatment retention for those with opioid use disorder. We will specifically outline “macro dosing” options for buprenorphine and early depot-buprenorphine administration to improve survival of people with OUD and improve health care provider comfort with initiating buprenorphine and depot buprenorphine.



***Dr. Louisa Marion-Bellemare** graduated from and completed her residency at the Northern Ontario School of Medicine. She works at the Timmins and District Hospital Emergency Department, Paediatric Mental Health Department, the primary care clinic at the homeless shelter and the addiction clinics in communities along the James Bay Coast. Dr. Marion-Bellemare can also be found working at the Indigenous Health Care Centre and the local provincial jail. She is the co-lead and works with the addiction medicine program at the hospital which includes the addiction medicine consult service and the community withdrawal management service. She is actively involved in her community by promoting barrier free access to addiction treatment with the ultimate goal to save lives and improve quality of life.*



***Dr. Julie Samson** graduated from Ottawa University Medical School in 1995 and completed her family medicine residency in Northern Ontario (NOSM) and her EM certification in 1998. She began her family practice in Timmins, Ontario in 1999 where she also works in the emergency department and as a hospitalist. She recently started working at the local shelter primary care clinic. She is actively involved with the opiate crisis in her city, advocating for better access and improved care for people living with addictions. As co-lead of the addiction program at her hospital, she works with the acute medical withdrawal management service, addiction medicine consult team and community withdrawal management service. She also works in outreach addiction clinics in communities along the James Bay Coast.*



2022 HARM REDUCTION
VIRTUAL CONFERENCE

**MOVING
BEYOND** 