



apss

*aids programs
south saskatchewan*

2016 - 2017 Annual Report

AIDS Programs South Saskatchewan

Mission

Provide relevant and accessible services and programs, and foster connections for individuals families and communities affected by, living with or at risk of HIV/AIDS/HCV

Vision

To be a trusted leader in HIV/AIDS, Education, prevention, support and care

Values

We are **respectful** — recognizing the worth and dignity of each person

We are **confidential** —respecting each individual's right to anonymity

We are **accountable** – transparent in all interactions

We treat people with **integrity** — acting in an honest and ethical manner, doing what we say we will do and following through on commitments

We respond to people with **compassion** — we treat everyone with empathy, gentleness, acceptance and kindness

We strive for **excellence** — we provide reliable, quality service as informed by the people we interact with and through self-reflection

AIDS Programs South Saskatchewan

Board of Directors

Our versatile board of directors bring dedication and specialized knowledge to their support of this agency.

Co-chair

Michelle Bilan

Co-Chair

david Gregory

Secretary

Syd Bolt

Director

Heather Temple

Director

Laurie Sampson

Director

Dominik Werber

Director

Jennifer Martuo

Staff

Our passionate and team oriented staff are the key to providing optimum care and support

Executive Director

Stephanie Milla

Office Administrator

Shiny Varghese

Client Care Coordinator

Morag Hurn

Drop-In Coordinator

Sophie Pitman

Needle Exchange Coordinator

Lynette Flamont & Adrienne Conley

Education Coordinator

Tom Janisch, Bernard Mathieson

Voices of the People

Keitha Kennedy

Circle of Courage

Facilitator Krista Shore

At Risk Support Group

Norma-Jean Byrd Facilitator Danita Wahpoosewyan , Diane Songer

Message from Co-Chairs

It seems that every year, we feel the need to write about change in this message to you our members. This year, however, the change is all the more bittersweet, as David and I are about to exit our positions as Co-chairs after completing our maximum 2 terms in office. As with many things in life, we often find ourselves having come full-circle: our final year with APSS sees us welcome a new ED just as we did when we began 4 years ago. We are very happy to welcome Stephanie to APSS.

Stephanie joined us this past fall, and in the short time since then has shown herself to be a strong and effective leader, organized and able to take on a number of challenges at once, and resourceful in terms of managing our finances. This last accomplishment has been no small feat as we faced, and continue to face, the possibility of significant funding cuts. Earlier in the year, we were able to have meaningful and effective dialogue with the Public Health Agency of Canada, and were successful in convincing them of the importance of their continued support for the services we provide, in spite of the fact that we do not fit the criteria they had originally set out for their national grant applications.

We now face the uncertainty of learning the practical, front-line implications of the new Provincial Budget. While the health-care sector as a whole will struggle to cope with budget constraints, we feel confident that the cost-effective, client-centred work being done at APSS will be recognized for its ability to prevent HIV infection and ultimately save lives as well as dollars.

To end on a more positive note, we are extremely excited to celebrate the very recent move to our new location at 1325 Albert Street. We look forward to beginning a new phase of service in a location that continues to meet the needs of the Needle Exchange Program, but also better serves the administrative needs of the organization and is more welcoming to the larger spectrum of our clients and members. We encourage you to stop by and visit the staff, and take a mini “tour” of our new home! It is fitting for a new Board and Chair to assume governance of APSS as this new phase of location, leadership, and service begin. We are confident in the strength of the organization, proud of the exceptional reputation and service provided, and looking forward to witnessing the continued positive impact of APSS on the lives of those people living with or at risk of HIV infection.

On behalf of myself and David, we wish you farewell but not goodbye!

—*Michelle Bilan, David Gregory*

Message from the Executive Director

As the incoming Executive Director, I not only took on the expected challenges of starting a new job but came in at the busiest time of the year in terms of reporting and major grant applications that would secure the longevity and success of APSS for years to come. I am grateful to have a supportive board who have been an abundance of knowledge and resource for me in settling in and familiarizing myself in this position and in supporting upcoming changes to the organization.

Despite early organizational challenges, we have been successful in securing major funding from the Public Health Agency of Canada, while exploring other funding opportunities, and implemented a strategic plan that would be most effective in reaching our fundraising goals. I want to especially thank Dr. Roberta McKay for her continued support to the agency. APSS continues to have a strong relationship with funders and partners and while times may seem uncertain we know that their support remains unchanged.

Most importantly, in the last 8 months I have worked towards building a strong, team oriented staff that will no doubt be the key to success this coming year as we move forward with programming and a move to a new location. We invite funders, donors, partners and volunteers to join us at 1325 Albert Street as of June 1, 2017. We are excited as we look ahead and I am confident in the future success of APSS. It is a privilege to be part of such an incredible organization.

On behalf of the APSS team , **Thank you**, we could not do it without you!

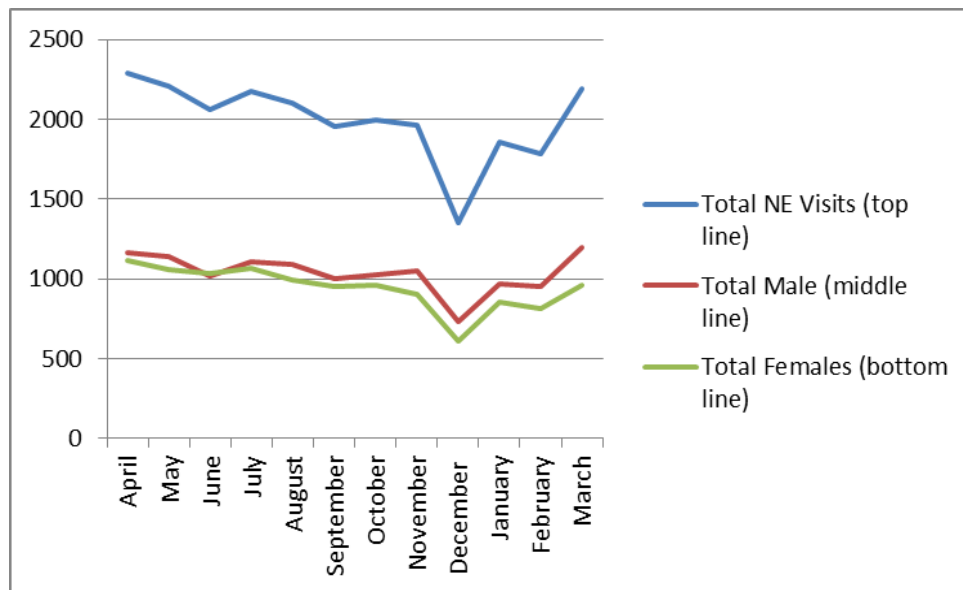
To a world without HIV/AIDS,

—*Stephanie Milla*

Queen City Exchange

AIDS Programs South Saskatchewan (APSS), in partnership with the Regina Qu'Appelle Health Region (RQHR), operates one of the busiest Needle Exchange Programs (NEP) in the province. Monday through Friday from 9am – 5pm and on Saturdays from 10am – 5pm. Clients and guests may be referred to Methadone and Detox for addiction treatment, safe houses, to the Regina & District Food Bank, or to Carmichael Outreach for housing help. Our Needle Exchange Coordinator who is also an addictions counsellor is available daily. We also have peer supports onsite to speak to anyone HIV+ or not.

The NEP distributes clean needles, ties, spoons, water, alcohol swabs, condoms and provides information about harm reduction, HIV and Hepatitis C prevention and resources. We also collect used or discarded needles from the community and return them to the office for a safe disposal. We are now conducting mini surveys and information sessions in the Needle Exchange for an average of 20 conversations/ interventions weekly.

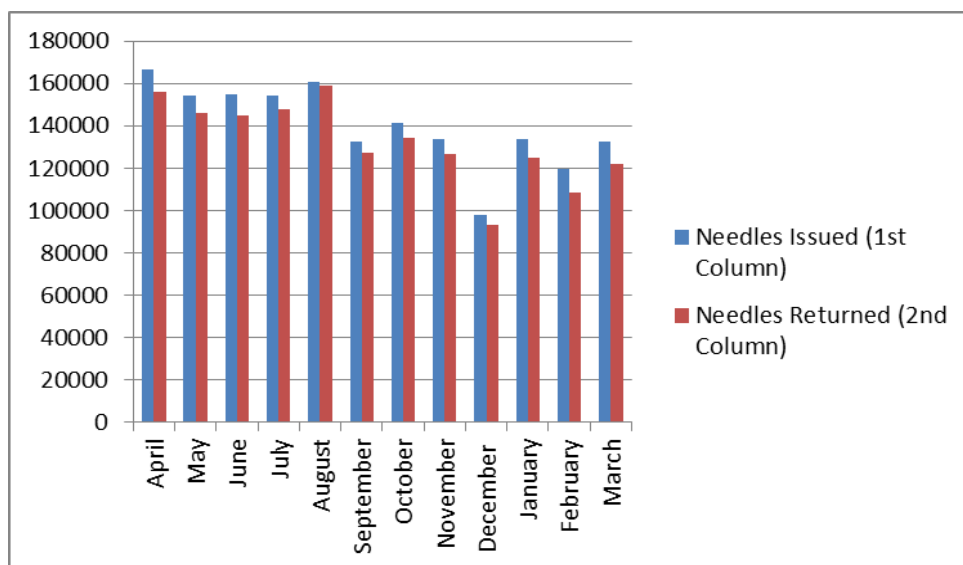


Number of Visits

Female: 11,319

Male: 12,448

Other: 157



Needles Distributed

Needles In: 1,589,473

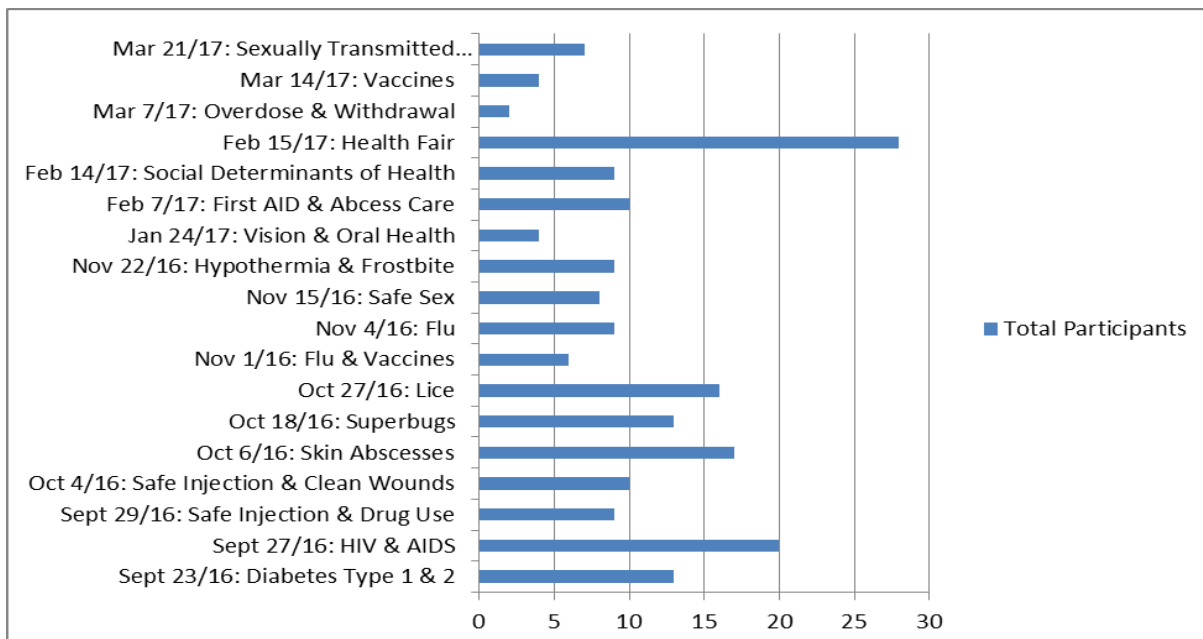
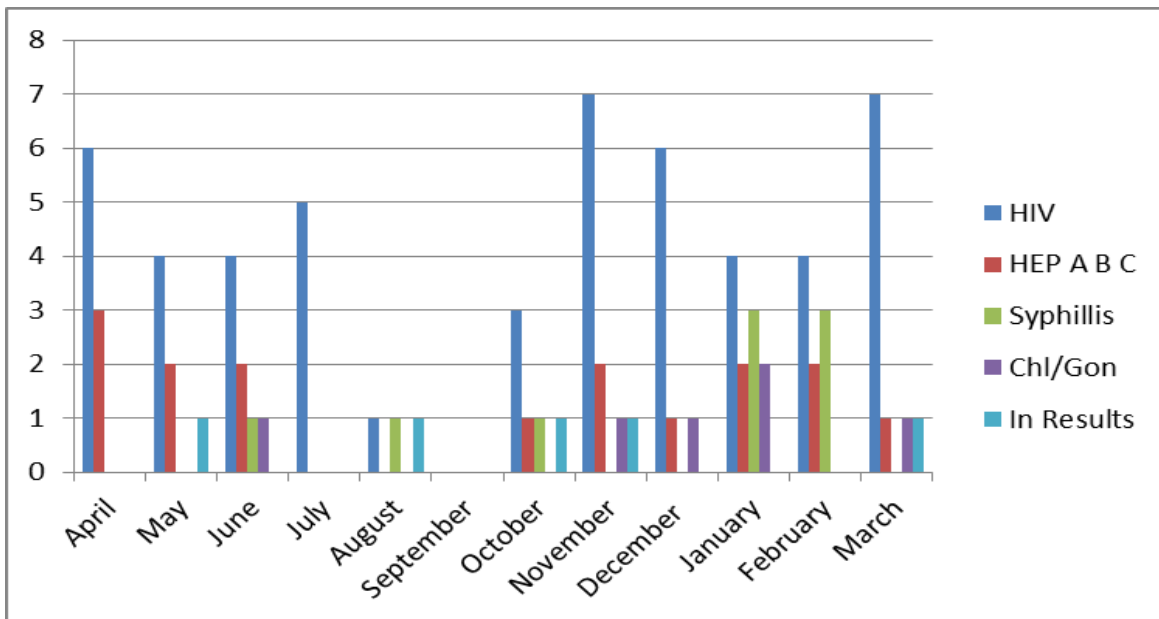
Needles Out: 1,683,182

Return Rate: 94.4%

Condoms: 13,300

Drop-In Centre

The Drop-In Center is uniquely located and continues to be a resource to the North Central community by offering access to phones, computers and brochures that provide helpful answers to questions surrounding HIV and HCV. Fresh coffee is served daily, along with toast. Our Needle Exchange Coordinator, who is also an addictions counsellor is available to consult with clients daily. The HIV Strategy Housing Coordinator from Carmichael Outreach is available to consult with clients on housing issues on Wednesday. In addition, Tuesdays and Thursdays we provide drop-in clients with short targeted education and awareness (See chart below for topics) The Public Health Nurse from RQHR is also available on Thursday afternoons and provides testing and consultations as needed. A significant number of people were tested on site as illustrated by the following chart.

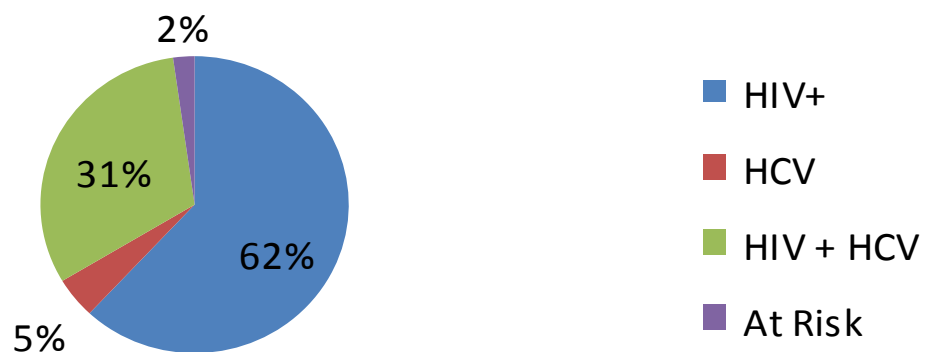


Support Services

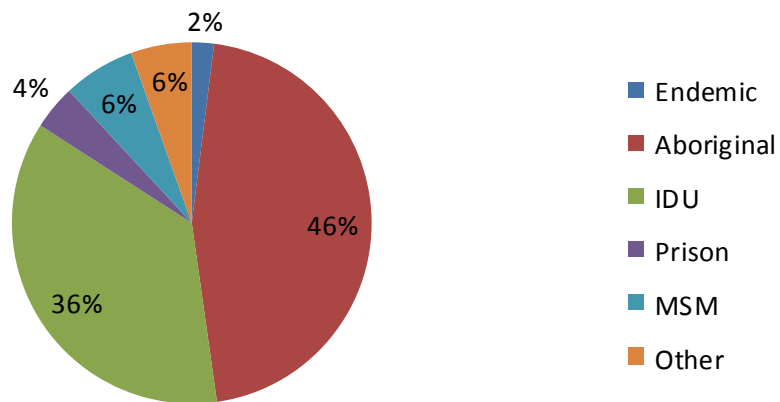
The goal of the Client Care Program is to assist HIV positive individuals in self-care so that they experience optimum health. Services provided include transportation to appointments, nutritional support, counseling with a psychologist or social worker, financial assistance with prescription costs, food bank deliveries for those needing assistance, one-on-one HIV and Hep C education and support, and referrals to other agencies that provide care to HIV+ individuals. The Support Services' client base continues to grow, as such our Client Care Coordinator works closely with the Regina QuAppelle Health Region (RQHR) case management team to provide integrated care.

Sadly we lost two of our clients this year, they will be missed but we are grateful to have been able to provide them with support and care throughout the years. Our support would not be possible if it weren't for the tremendous ongoing support given to the Jerome Nagel/Ric Ranger Wellness fund by the Regal Social Association of Regina (RSAR), Gay & Lesbian Community of Regina (GLCR), the Annual Scotiabank AIDS Walk, World AIDS Day, Dr. Roberta Mckay, and a host of other donors. (See charts below for clients in care, client demographics and gender)

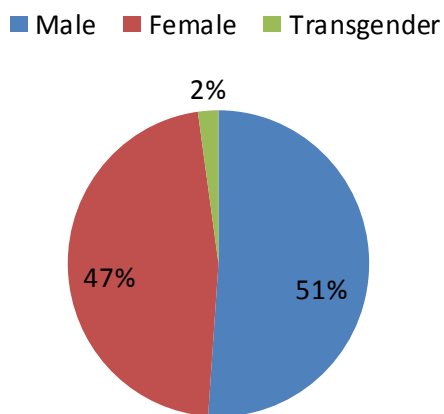
HIV/HCV Status 137 Individuals in Support Services Program



Client Demographics



Client Gender



Wellness Fund

The Jerome Nagel/Ric Ranger Wellness Fund was started to provide financial assistance for health care related expenses to people living with HIV and AIDS. The Jerome Nagel/Ric Ranger Wellness Fund is supported by many fundraisers hosted by community agencies and businesses. APSS is very pleased that the fund continues to provide financial assistance to pay for medications, massage therapy, medical/occupational therapy, transportation to doctor visits, baby formula, psychologist services and other needs directly related to HIV positive status. We are very delighted and so very grateful for the tremendous support received from the Regal Social Association of Regina, Scotiabank AIDS Walk and the Gay and Lesbian Community of Regina's annual AIDS Benefit. Their support allows us to continue to assist our clients.

Voices of the People

The Anishinaabe Ho-tonga ugî îabi - Voices of the People Program (VOP) began in 2014 after successfully securing funding from the MAC AIDS Fund. It continued in 2015-2017 through funding by the Public Health Agency of Canada. The program was developed to serve individuals who are currently using/ have used injection drugs or are at risk of using injection drugs.

The group met every Wednesday, supported by community leaders and elders with an average participation of 3-7 participants. The Community Development Coordinator provided capacity building and focused on increasing knowledge and awareness on injection drugs, HIV/AIDS/HCV and STBBIs as well as provided vital support and access to the health care system. The program was successful in identifying gaps and needs among injection drug users and other priority populations that will improve future programming.

The program met for the last time on March 31, 2017. We are grateful to Keitha Kennedy for her hard work and dedication to the 3 year program.

**** Note:** Table 1.1, 2.1 and 3.1 are findings by Dr. Kim McKay- McNabb in her evaluation report of the VOP program.

Table 1.1 VOP participants reported capacity and relationship building 2017

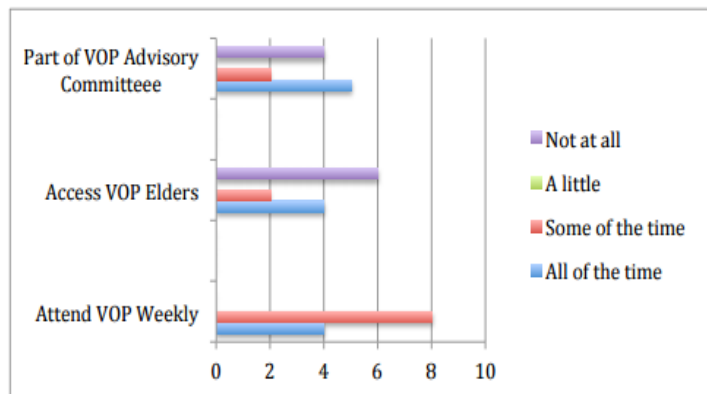


Table 2.1 VOP participants reported creating and developing educational resources for intervention and prevention of HIV/HCV 2017

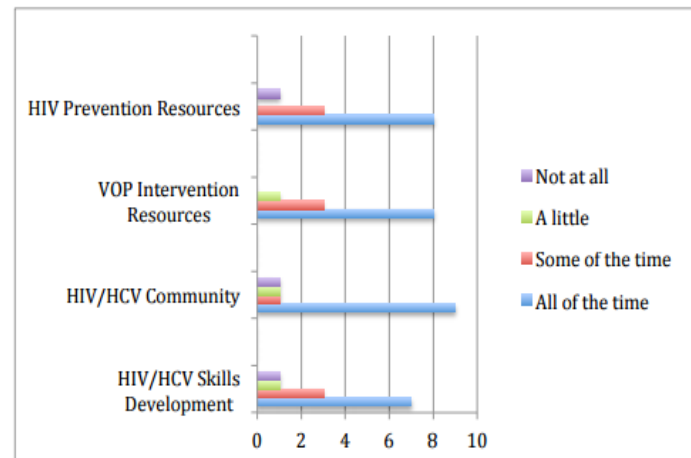
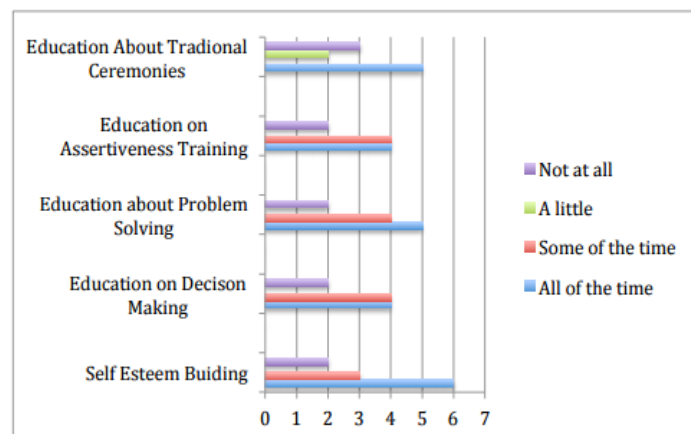
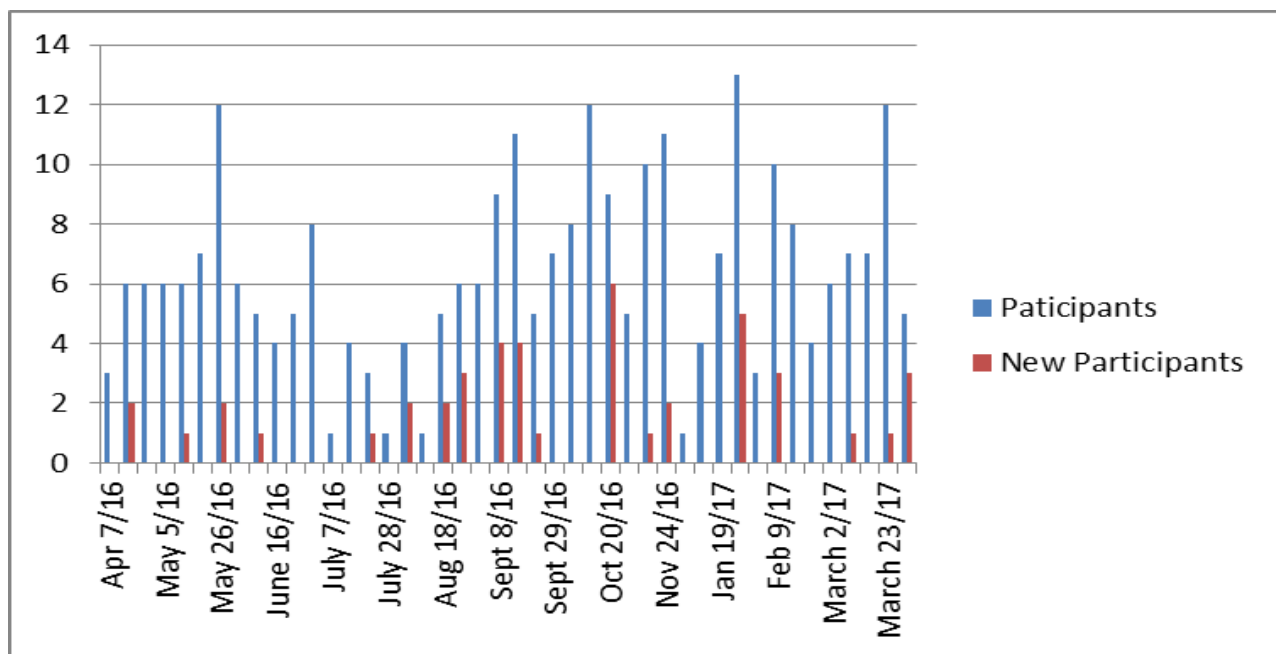


Table 3.1 VOP participants reported education, knowledge and skills received in 2017



Anyone At Risk Support Group

Funded by the RQHR HIV Strategy, the “Anyone-at-Risk” support group meets in the Community Room each Thursday evening starting at 5:00 p.m. Participants are provided with a nutritious meal. Elder Norma-Jean Byrd and facilitators Diane Songer and Danita Wahpoosewyan facilitate the group. The group functions in a talking circle that allows participants to share their experiences in a non-judgmental environment as well as cover topics on HIV+ participants, shared life experience, CD4 counts, Needle Use – HIV/HCV, the importance of getting tested, High risk behavior, Self-care, triggers and “Slips”-How these lead to high risk behaviors and coping with grief. As seen in the chart below, the group continues to draw both regular attendees and newcomers. Over the past year the group averaged an attendance of 8 individuals. The group is open to anyone from the community who wants to participate.



Circle Of Courage Support Group

The Circle of Courage support group (COC) is a bi-weekly group funded by the RQHR HIV Strategy that is facilitated by Krista Shore. The group supports HIV infected and affected mothers and their children and provides resources, skills, and relationships so that they can adhere to HIV treatment and live healthy lives. Education and support outings and guest speakers are a regular part of the program, and an Elder is normally present for each session. A long-term goal of this program is for participants to become mentors to other HIV-positive women. Weekly attendance for the group averages five women. The group is set to continue in 2017 under the supervision of our long time partner All Nation’s Hope. We wish Krista every success in the future as she continues to inspire women through such a compelling program.

Education & Outreach

This year was a year of growth for education and outreach. A needs assessment was conducted in 2015 and 2016 that identified several gaps in effective programming and intervention among the LGBTQ community, aboriginal populations and outreach to South Saskatchewan. Our Needs Assessment indicated that teachers had difficulty finding accurate, high quality, Saskatchewan relevant, and age appropriate materials about HIV. In response to the Needs Assessment APSS developed an online learning solution intended to be used by Saskatchewan teachers in grades 5-9. The courses are delivered free of charge using the Teachable.com platform. The courses are aligned with the health education curriculum outcomes for Saskatchewan grades 5-9, and each course provides a curated assortment of pre-made presentations, videos, documents, suggested learning activities, and surveys/quizzes. Teachers would be encouraged to utilize the online resources both in Regina and elsewhere. Additionally, an animated online course was developed as a way to digitally distribute information about HIV, HCV, Risks arising out of Injection Drug Use, and about APSS services. Outreach events were also planned specifically to provide service to residents of North Central Regina.

In addition to the Education and Outreach Coordinator APSS hired an LGBTQ coordinator. This role has made contact with five Gay-Straight Alliance (GSA) groups in high schools and counting since September 2016. As a result an estimated 150 students have been reached. The involvement by APSS with GSA groups is completely new. APSS has been able to reach a segment of an at risk population with whom APSS had little previous contact. This was a significant development for APSS. APSS is able to provide health related information and also to provide support to combat stigmatization in various ways to previously under-served groups. This year **1,954 people** benefited from the Education and Outreach program.

Fundraising Events

AIDS Programs and All Nations Hope AIDS Network once again partnered in the annual **Scotiabank AIDS Walk** which took place on September 21st. Total income for the event was \$5,210.91. Expenses were minimal and proceeds were divided between the two organizations. AIDS Programs used its portion to support the Jerome Nagel/Ric Ranger Wellness Fund.

AIDS Programs was again one of the charities selected by the **Regal Social Association of Regina (RSAR)**. In November the RSAR presented AIDS Programs with a cheque for \$4,368.03, all of which was designated for the Jerome Nagel/Ric Ranger Wellness Fund.

World AIDS Day was commemorated on Dec. 1st. The Gay and Lesbian Community of Regina (GLCR) hosted a fundraiser and raised \$2,270.60 in one evening for the Jerome Nagel/Ric Ranger Wellness Fund.

The Regina Police Service (RPS) hosts an annual spring marathon and we have been fortunate to operate a refreshment station. For our involvement in the event the RPS provided AIDS Programs with a cheque for \$500.00 to Jerome Nagel/Ric Ranger Fund

Thank You!

Our Funders



Dr. Roberta McKay

Our Partners



Community Partners

All Nations Hope Network

Carmichael Outreach

Gay & Lesbian Community of Regina

Moose Jaw HIV Strategy

North Central Community Association

North Central Family Centre

Planned Parenthood Regina

Regal Social Association of Regina

Regina Qu'Appelle Health Region

Regina & District Food Bank

Santa's Little Elves

SIAST Nursing Program

Street Workers' Advocacy Project

University of Regina/First Nation's University

U of S Nursing Program

UR Pride Centre for Sexuality and Diversity

Moose Jaw Pride

Regina Open Door Society



apss

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AIDS Programs South Saskatchewan is registered as a charity
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AIDS PROGRAMS SOUTH SASK

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EDUCATION • SUPPORT • FREE TESTING • NEEDLE EXCHANGE