

# 19th Annual



Wednesday May 4th – Friday May 6th, 2011

Held at Glen House Resort,  
Gananoque, Ontario

Sponsored in part by the  
Ontario Ministry of Health  
and Long Term Care, AIDS Bureau  
&



## OPENING DOORS

As our understanding of HIV continues to increase so do the challenges with which we are faced.

Opening Doors is designed to provide opportunities for education, support and networking.

Let's get together to talk and listen. Let's work together to break down the barriers of stigma and isolation. We can work to open new doors and close old ones. No one can do it alone, so let's challenge the issues together.

## WHO SHOULD ATTEND

- People living with HIV
- Front Line Workers
- Caregivers
- Volunteers
- Partners
- Families
- Friends

**There is a maximum of 4 representatives per agency. If spaces are available after the closing date, agencies may request additional representatives.**

## NOTES

- Space will be available for those wishing to participate in ad hoc discussion groups during the evening.
- If you are only able to attend 1 day or session, please contact John MacTavish
- Perfumes, colognes, aftershave and scented deodorants can cause serious problems to some participants. Please consider coming to the conference scent-free.
- A Resource room will be available to display pamphlets, etc. Please bring information from your organization (s).
- Please remember to bring a bathing suit as there is a pool and hot tub on site. There is an exercise room and games room as well.
- Evening snacks are **NOT** provided.- **If you are diabetic please bring suitable snacks**
- **The Resort is smoke free. Smoking in rooms is prohibited and will result in a cleaning charge of \$250 to room occupant.**



**Health Unit**



**Hastings &  
Prince Edward Counties**



**AIDS Committee of Ottawa  
Le comité du sida d'Ottawa**

## Attendances

Only those who have pre-registered with the Opening Doors Conference Committee are allowed to attend workshops and enjoy accommodations and meals. The first day of the conference, May 4<sup>th</sup>, is **only** for people affected by HIV/AIDS (people living with HIV/AIDS and their partners and family). All other participants are to arrive on May 5<sup>th</sup>. Anyone who is not personally affected by HIV/AIDS who arrives before the morning of the 5<sup>th</sup> will be asked to leave and can return the next day only if registered.

**Transportation** (for anyone receiving assistance with transportation to and from the conference)

I understand that all above statements will also pertain to transportation to and from the conference.

## Other

I understand that only service animal pets are allowed at the Opening Doors Conference.

Please help us make this event a scent-free environment.

Opening Doors Conference Committee members are available to answer questions and mediate any concerns that you may have during the conference. If you are in distress or have any concerns please see one of the committee members.

Due to the popularity of this conference there is a wait list. If for any reason, you are not able to attend the conference, please inform a member of the Conference Committee as soon as possible and not later than April 22<sup>nd</sup> 2011.

## Consent

I have read and agree to follow the above statements.

---

Signature

---

Date

**Failure to comply with this agreement may result in being asked to leave, at the discretion of the Opening Doors Conference Committee. This may jeopardize opportunities to attend future conferences.**

## CONFERENCE DAY #1

**THURSDAY May 5, 2011**

- 8:30 - 9:00** Registration
- 9:00 - 9:30** Opening Remarks
- 9:30 - 11:00** Keynote Speakers: **Shepherds of Good Hope**  
**“Dedicated to Compassion”**  
Journeying with the poor and our focus for care today.  
Innovative programs and our approach.  
An Introduction to harm reduction, highlighting: Hope Recovery, Managed Alcohol Programs, and Brigid’s Place. Presented by Francine Vachon, Senior Manager of Women’s Services and Jonathan Allsopp, Public Relations Coordinator
- 11:00 - 1:00** Lunch in Dining room or sign up for the following:  
 **ETHNIC FOODS: how to get the best from them.** What kind of foods can boost the immune system and fight the co-morbidity diseases related to HIV/AIDS? Poor nutrition can hinder your body’s effort to fight viruses and bacterial infection. The use of healthy foods, can only improve things. Come experience the beauty of ethnic foods that contribute to a healthy immune system! Join us in sharing a beautifully healthy and colourful meal. Limited to 25
- 1:00 - 2:30** Concurrent sessions (1, 2, 3, and 4)
- 2:30 - 3:00** Break
- 3:00 - 4:30** Concurrent sessions (5, 6, 7 and 8)
- 5:00 - 5:30** “Acknowledging our Losses” An opportunity to remember those we have lost.
- 6:00** Dinner
- 7:00** Smudge Ceremony – an Aboriginal spiritual practice. The intent of the ceremony is to let go of what we no longer need to carry and feel the peace we need to be together in a good way.
- 8:30-11:30** DJ Crazy Alex

## CONFERENCE DAY #2

**FRIDAY May 6, 2011**

- 7:15 - 8:15** Breakfast
- 8:30 - 9:00** Registration
- 9:00 - 10:30** Concurrent sessions  
(9, 10, 11 and 12)
- 11:00 - 12:30** Keynote Address: Yvette Perreault, AIDS Bereavement Project  
“A Deeper Appreciation of Community...”  
As Members of this HIV/AIDS Impacted Community- Who Are We To Each Other? What do we bring? What do we need? What are the challenges of affirming co-existence?
- 12:30 - 1:00** Closing Remarks
- 1:00 - 2:00** Lunch in dining room

**PLEASE INDICATE YOUR FIRST AND SECOND CHOICE WITH A #1 AND #2**

**CONCURRENT SESSIONS - THURSDAY 1:00 - 2:30 p.m.**

**1. OUTREACH THROUGH SOCIAL MEDIA: ARE WE THERE YET?**

Twitter, Facebook, YouTube, blogging, etc, what are some innovative ways that people are using to connect? What are the benefits? What are the challenges? This session will offer an opportunity to better understand the validity of social media in the context of poz-prevention, education, contact tracing and online communication. **A total of four presenters, from public health units and ASOs, will discuss how they are using online media to better engage our communities.**

**2. HEPATITIS C PRESENTATION**

This presentation will give a brief overview of Hepatitis C including transmission of the virus, genotypes & viral loads, and treatment options. The information will have a strong focus on treatment, and treatment side effects and complications. We will include information about HCV testing and treatment workup using a collaborative model of care. **Presented by Regan Lavoie RN and Shelly Beckstead RN Hep C Program, Street Health Centre.**

**3. SEX TOYS 101 FOR QUEER GIRLS**

We've modified our very popular Sex Toys 101 to make this class specific to women lovin' women. We've taken out the boy toys and added info about harnesses, double dils, and safer lesbian sex. Open to all women who have sex (or want to have sex) with other women, regardless of your identity. **Presented by Venus Envy**

**4. HIV/AIDS AS A VIOLENT PANDEMIC**

A discussion identifying ways that HIV/AIDS operates violently on a local, national, and international level. Together we will explore how the disease impacts our communities culturally and structurally and attempt to develop some methods we can use to confront this violence. This dialogue session is open to everyone. The more experiences and perspectives we can bring to the discussion, the richer the session will be! **Presented by Colin Hastings (HARS)**

**CONCURRENT SESSIONS - THURSDAY 3:00 - 4:30 p.m.**

**5. CRIMINALIZATION OF NON-DISCLOSURE**

This workshop will provide an update on the law and community response with regard to criminalization of HIV non-disclosure. It is for individuals living with HIV as well as those working in the field. **Presented by Ryan Peck from HALCO**

**6. ODSP**

This session will provide a brief overview of ODSP (Ontario Disability Support Program) and some key HIV-specific ODSP issues. It may also inspire you to consider a more in-depth session on ODSP at a later date. **Presented by Jill McNall from HALCO**

**Eastern Ontario Opening Doors Conference**

**Glen House Resort Gananoque**

**May 4<sup>th</sup> – 6<sup>th</sup> 2011**

***Responsible Behaviour Agreement***

The Opening Doors Planning Committee is committed to creating and maintaining a safe environment for all participants. This includes people infected, people affected, service providers and volunteers. It includes you too!

We know that confidentiality, privacy and respect are important to everyone we work with. Here is a reminder of what we will expect from everyone. Please read this agreement, sign it and return it with your registration form.

I \_\_\_\_\_, **agree to the following while participating at the 2011 Opening Doors Conference.**

I agree to respect the rights, dignity and worth of others at the conference. This includes difference in experiences, ability, religion, race, gender and sexual identity, socioeconomic status and beliefs.

**Confidentiality**

Privacy and confidentiality are important rights for everyone. I agree not to discuss any personal or private information discussed or shared by others.

**Participation**

I agree to actively participate in the workshops and other activities offered at Opening Doors.

**Substance Use**

I understand that smoking is not permitted in my room or any indoor area at the resort & I agree to smoke in designated areas only.

I understand that harm reduction supplies are available and I agree to dispose of any supplies in a responsible way.

I understand that there may be participants who choose not to engage in substance use. I will respect those who refrain from using alcohol, drugs or tobacco.

**Acts of Abuse**

Any type of verbal or physical violence towards conference participants or resort staff will not be tolerated. This includes:

- Offensive language, gestures and actions
- Physical, emotional, verbal and sexual abuse
- Theft, damage or misuse of property belonging to other participants or the resort
- Breach of confidentiality

## REGISTRATION INFORMATION

As we are limited to 150 people, all registration forms (both conference and pre-conference) must be received no later than April 15, 2011.

Registration fee: \$75.00 per person

Cheque payable to: Opening Doors Conference

Return registration and fee and responsible behaviour agreement by April 15, 2011 to:

John MacTavish

HIV/AIDS Regional Services 844A Princess St

Kingston, Ontario K7L 1G5

613.545.3698 1.800.565.2209



**FOR LOGISTICAL PURPOSES ALL FORMS MUST BE SENT TO JOHN MACTAVISH AND CAN NO LONGER BE DROPPED OFF AT ACO**

**REGISTRATION WILL NOT BE ACCEPTED WITHOUT PAYMENT / NO FAXES PLEASE**

Registration fees include accommodation, meals, nutrition breaks and workshops.

**NO REFUNDS AFTER APRIL 15, 2011**

**Please note:** The pre-conference is for those infected and personally affected by HIV only. If you will be present Wednesday evening but not attending a group discussion, you will be responsible for your own accommodation and meal expenses. If this is the case please contact John MacTavish to ensure accommodations.

Opening Doors cannot accommodate children. A small subsidy may be provided for off-site child-care for those wishing to attend the conference

**\*IF YOU REQUIRE A SUBSIDY YOU MUST CONTACT JOHN MACTAVISH\***

**Based on need, transportation may be provided. Please contact us by April 15, 2011**

Due to very limited funding, both the transportation service and child-care subsidies are only available to those infected and personally affected by HIV.

Contact: John MacTavish 1.800.565.2209

Ottawa Contact : Suzy Yim 1.613.238.5014, ext. 235

**All confirmed registrants will receive written notification after April 15 2011.**

- **Please note a great deal of effort goes into the Opening doors conference by both the planning committee and presenters. Kindly show your appreciation by attending all workshops you signed up for.**

## CONCURRENT SESSIONS CONTINUED

### 7. YOUTH PANEL DISCUSSION Crossing Borders:

A panel of youth living with HIV will share their experiences of crossing over borders of age, background, skin colour, religion, height and weight.. **Presented by Ahmed Béchir, Jean Yves Bénard and Jordan Tarini**

### 8. ART WORKSHOP- MEMORY BOXES

Need a special place to store pictures, letters, and small sentimental items? Join us for an afternoon of collaging and stenciling memory boxes. No previous artistic experience is necessary, fun can be had by all. **Participants:** a maximum of 30 participants **Facilitator- Allison Cope (HARS)**

## CONCURRENT SESSIONS - FRIDAY 9:00 - 10:30 a.m.

### 9. THE FACE OF HARM REDUCTION

A day to day harm reduction model presented by front line workers. A perspective from exchange, outreach, health promotion and advocacy. Through awareness of lifestyles and education to the community and community organizations as a means of reducing harm. Harm Reduction = Health Promotion! **Presented by Sandy Hill Community Health Centre**

### 10. WALKING A MILE IN MY MOCCASINS

This experiential workshop will lead you through an understanding of the history of Aboriginal People in Canada from pre-contact through to modern times. The aim of the workshop is to foster an understanding of why Aboriginal People are at higher risk of getting HIV than the general Canadian population. The workshop will also lead you through a process of understanding the tools that Aboriginal people use to bring balance and better health into their lives. **Presented by Tanya Dopler from OAHAS**

### 11. THE COSTLIEST CLOSET

This presentation is a lecture/workshop on homo- and transphobic bullying, one of the more common forms bullying takes in the school system. The stigma attached to being GLBTQ, not only within the school microcosm, but within society as a whole, means that there is little support or resources for the development of healthy self image. This session will look at taking an approach that acknowledges the impact of the social stigma and discrimination faced by GLBTQ youth while looking for ways to help youth deal with the impact of homo- and transphobic bullying. **Presented by Rebecca Anweiler**

### 12. SWAG- Sex Work: Realities, Issues and Challenges for Service Providers

Join us as we work towards demystifying sex work, gain awareness of societal perceptions of sexuality and the effects of stigmatization on the lived experiences of sex workers, as well as understanding the needs of sex workers with regards to services. Both presenters are part of the sex worker rights movement and will be facilitating a discussion on this area of considerable misinformation and myths as many of them function to legitimate regulation and to marginalize while all based on one of three discourses – salvation, protection, moral condemnation. A special focus will be put on analyzing the nature of the health risks associated with sex work in Ontario. **Presented by Deb Kinder (HARS) and Frederique Chabot (ACO)**

## OPENING DOORS PRE-CONFERENCE REGISTRATION FORM

The pre-conference is an afternoon designed for those infected or personally affected by HIV/AIDS. This year, our pre-conference budget is limited; registration is limited to 45 people.

### Wednesday May 4, 2011

2:00 - 2:45 pm Registration & Check-in

3:00 - 5:00 pm Discussion groups

6:00 pm Dinner

The discussion groups on Wednesday afternoon will provide an opportunity to exchange personal experiences and to give and receive support.

Discussion group sessions available for

- 1. FRIENDS AND FAMILY  
People personally affected by HIV/AIDS - Meditation Workshop max. 15
- 2. PHAs  
People living with HIV/AIDS
- 3. SUBSTANCE USE AND HIV/AIDS  
People infected/affected by HIV/AIDS with substance use issues

Please indicate which session you will be attending. For those only attending the pre-conference there will be a \$10 fee. You will receive a Pre-conference confirmation. Pre-conference applications must be received no later than April 15th, 2011.

### PLEASE NOTE THAT THE WEDNESDAY WORKSHOP ARE FOR INDIVIDUALS LIVING WITH HIV AND THEIR FAMILY AND FRIENDS

\*\*\*\*\*

### Wednesday May 4th - 7:30 - 8:00 pm

#### Smudge Ceremony - an Aboriginal spiritual practice

or

#### Mindfulness Meditation Workshop- 7:00pm (max 15)

Mindfulness meditation is a unique form of meditation that focuses on our present moment experiences, thereby helping to regulate stress, anxiety and depression, and live more comfortably with chronic pain. Mindfulness can be practiced all the time and therefore carries through to the working day much more fully than other forms of meditation.

Please indicate here if you wish to attend Mindfulness Meditation \_\_\_\_\_

## REGISTRATION FORM

### Is this your first Opening Doors Conference?

YES  NO

Will you be attending

Conference  Pre-conference  Both

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Hotel Reservations are based on double occupancy. Please indicate name of preferred roommate: \_\_\_\_\_

No accommodation required

If you require a accommodations for **medical reasons or have other accessibility concerns**, please contact John MacTavish ASAP

If a roommate is to be assigned to you , indicate if you are :

Female  Male  Transsexual/Transgender

Smoker  Non-smoker

Would you like an alcohol/drug free room?

YES  NO

Do you require an accessible room?

YES  NO

Do you require transportation?

YES  NO

Do you require a childcare subsidy?

YES  NO

If yes, please indicate mobility or locale restrictions

\_\_\_\_\_

Please indicate any dietary restrictions (i.e. vegan)

\_\_\_\_\_