
MOUNTAINSIDE HARM REDUCTION SOCIETY
CHECK IT - PEER-LED DRUG CHECKING



CHECK IT

MOUNTAINSIDE
Harm Reduction Society

2022 - 24

www.mtnsidesociety.ca/drug-checking / tanisrose@mtnsidesociety.ca

FNHA

HARM REDUCTION GRANT

FNHA Harm Reduction Grant was made available to Mountainside to train our team of peers as certified drug checking technicians in order to lead and staff our peer-led drug checking program in the Eastern Fraser Salish region.

Three of our board members at Mountainside - including Executive Director of Operations, Tanis Oldenburger; Vice President, Will McLellan; and Youth Engagement Lead, Haley Hodgkinson - became Check It's first cohort of peers to be trained on the FTIR, guided by Fraser Health's drug checking coordinator, Jana Baller. We began with 2 full days of training with Jana at the Purpose Society's drug checking site in New Westminster, where we learned about Fourier Transform Infrared Technology, how to use the OPUS software and DCBC database.

We are able to pay our technicians for their training hours at \$25/hr as well as reimburse gas money through an industry and union standard of \$0.56/km. As people with lived and living experience we also find it

important to provide stipends or reimbursement for lunch, especially on long days in different communities. We have now trained our second cohort of peer support workers as certified drug checking technicians, including an in-kind member of our Board of Directors - keeping with arms-length policies - who works as a volunteer technician on an on-call or casual basis as well as our new site supervisor, who has an impactful story of resiliency and overcoming traumatic brain injury due to overdose.

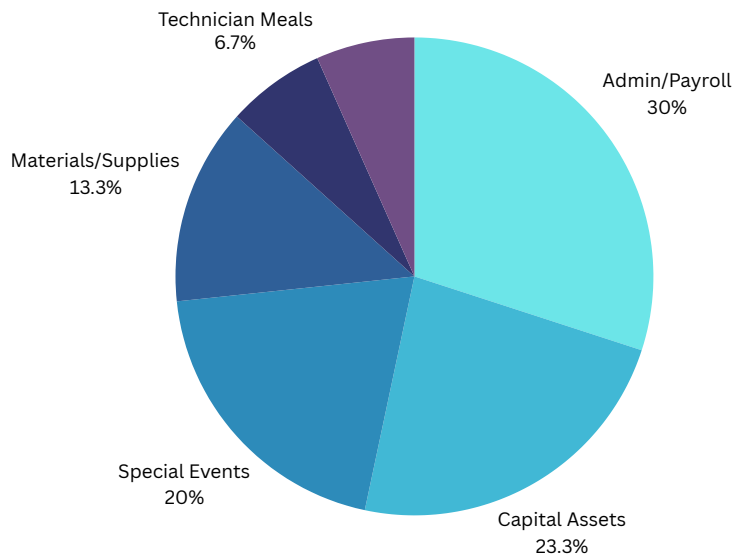


First Nations Health Authority was able to provide Mountainside Harm Reduction Society with \$50,000 in March of 2022, for the training & development (phase 1) of our peer-led drug checking project. This allowed for our project management team to work extra hours every week while arranging for the inception of this project. This money also supplemented Mountainside's core operational funding so that we could bolster our marketing, branding and overall presence in our community.

50K

APRIL - SEPTEMBER
6 TRAINEES

We trained two cohorts of 3 technicians between April and September of this year. The separation of the two phases of the project having been supported through two separate funding streams allows us to really show the differing costs for the two phases of this pilot project.



- ADMIN/PAYROLL**
\$9,000 / 30K
(1X FULL-TIME COORDINATOR)
(6X PART-TIME TRAINEES)
- CAPITAL ASSET PURCHASES**
\$7,000 / 30K
- SPECIAL EVENTS**
\$6,000 / 30K
- MATERIALS/SUPPLIES**
\$4,000 / 30K
- TRAVEL/MILEAGE**
\$2,000 / 30K
- TECHNICIAN MEALS**
\$2,000 / 30K

The entire 50k did not go towards this program, but has helped immensely to support our core operational costs in order for our team and board to focus on strong partnership engagement as well as development of the society and its leadership team so that we could better support this project. We also still have some of these FNHA Harm Reduction funds remaining in order to train any new technicians that we might need before the end of this pilot in March. We also received a \$2,000 supplement from the First Nations Health Authority to help support our August 31st International Overdose Awareness Day event. We are incredibly grateful for the support from FNHA which has allowed for a unique and autonomous, collaborative and gradual development of this project.



MOU

PARTNERSHIPS WITH
BCCSU & FRASER HEALTH

We began bi-weekly working group Zoom meetings with our project partners, BCCSU & Fraser Health. Together we came up with a Memorandum of Understanding that outlined the payment schedule for our Health Authority funding.

MEMORANDUM OF UNDERSTANDING

WHEREIN THE BCCSU

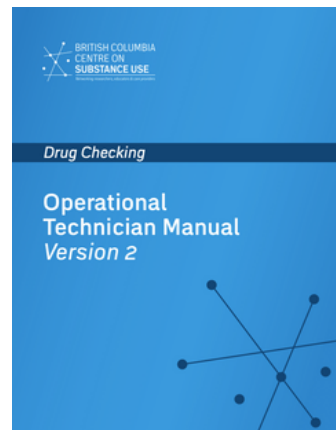
- WILL PROVIDE FISCAL ADMINISTRATION AND SUPPORT TO MOUNTAINSIDE
- WILL PROVIDE ACCESS TO ONLINE TRAINING WEBINARS AND TECHNICIAN CERTIFICATION
- WILL PROVIDE ACCESS TO THE DCBC DRUG CHECKING DATABASE
- WILL ANALYZE AND EVALUATE THE DATA COLLECTED

WHEREIN FRASER HEALTH

- WILL PROVIDE PILOT PROJECT FUNDING TO MOUNTAINSIDE
- WILL PROVIDE THE FTIR AS WELL AS BTNX FENTANYL AND BENZODIAZEPINE TEST STRIPS
- WILL REGULARLY MONITOR DATA COLLECTION WITHIN ITS JURISDICTION
- WILL COORDINATE AND PROVIDE FTIR TRAINING, TECHNICAL AND INTERPRETATIVE SUPPORT

WHEREIN MOUNTAINSIDE

- WILL CREATE FINANCIAL REPORTS, PROMOTIONAL MATERIAL AND PRESENTATIONS
- WILL PROVIDE POINT-OF-CARE DRUG CHECKING SERVICES AS PER SERVICE AGREEMENTS WITH RELEVANT PARTNERS
- WILL COMMIT TO ENTERING ALL DRUG TESTING DATA INTO THE DESIGNATED DATABASE.
- WILL ENSURE THE FTIR IS OPERATED, STORED, AND TRANSPORTED ACCORDING TO USER AGREEMENTS



JUN

VISITING PROPOSED SITES

In June, once our program managers were FTIR certified, we began to visit local drug user groups for FTIR demonstrations as well as engagements around potential service structure & locations. We went to MOCAT's SAFE twice, as well as Abby Drug War Survivors to engage local drug users regarding service delivery models.

We now attend Abby DWS' bi-weekly drug user group meetings and provide drug checking. We also visited potential sites in Chilliwack, such as Ruth & Naomi's ReVive shelter, which we now work out of most Wednesdays. We utilized our partnership with the Chilliwack Community Action Team and were able to reserve the board room at Pacific Community Resources Society(PCRS) for group training sessions as well as some FTIR drug checking services. Our team of technicians also attended the Provincial Peer Network, Fraser Salish, Vancouver Coastal & Island Health Convergence at the Sheraton Guilford Conference centre. We spent time with peers from across the province and quickly learned that our Check It initiative is unique in that there are no other peer-led organizations or initiatives that have our level of autonomy over their FTIR, scheduling, finances and staffing.



The highlight for our trainees at Mountainside is when they get to visit our valued partners at "Get Your Drugs Tested".

They are industry leaders located on Vancouver's Downtown Eastside. They receive samples from across the country and have workload and client traffic like no other drug checking site in BC. This makes for unparalleled technician training days as well as front-line harm reduction work experience.

SITE PARTNERSHIPS

JUL

NEW SITES, NEW PARTNERS

In July our partners at Fraser Health helped to initiate new site partnerships in Abbotsford and Chilliwack, and our intimate team was able to take a breather from the bustling schedule and go on holidays! Our FTIR even went on holidays to Shambhala with FHA Coordinator, Jana.

Several of our team members were able to shadow Fraser Health's drug checking coordinator, Jana, at SafePoint, a drug checking site in Surrey, where they were able to bolster their skills and acquire more shadow hours needed to successfully complete their training and write their exam.



PCRS

ran ruth
and
naomi's
mission.ca



In July We made various asset purchases, including a custom event tent and various pieces of luggage for transporting our equipment and supplies. These pieces were chosen to work with our mobile model, as we have to attend our storage unit before and after every drug checking site.

We also made some other start-up purchases, including branded tote bags, pin-back buttons, t-shirts and promotional print materials.

Mountainside's powerhouse couple with their new custom event canopy and drug checking gear!
Executive Director of Operations - Tanis Oldenburger & partner Will McLellan, Mountainside's Vice President and Project Manager of Check It!



BRANCHING OUT

AUG



August was full of exciting events for Check It! We started our music festival career at a small, local, Indigenous youth led music festival in Hope. We had a booth at Chilliwack PRIDE festival alongside the Chilliwack CAT. Then we boosted our festival game with Altitude music fest, in Boston Bar!

At the end of August, came our biggest and most logistically complex event yet: Altitude, a brand new four-day long electronic dance music festival at the Tuckkwiowhum campground in Boston Bar. The venue, owned and operated by the surrounding Indigenous community - was breathtakingly beautiful - with 3 stages and an exciting layout of activities, food and vendors. The site sat next to the mighty Fraser River, beneath a huge, active CPR train bridge that is perched over the famous gravel bar that gives the community its name.

The long, unique hours and setting of this festival would both test our organizational capacity and give our team unparalleled front line drug checking and peer support experience. We were able to set up and break-in a plethora of new equipment and gear! Our custom canopy tent was set-up in the designated Harm Reduction and First Aid area called the "chill zone". Mountainside partnered on the event with another local peer-run organization called, Ready Harm Reduction, and by day 2 of the festival we were testing 20 samples per day. From this vantage point we were able to disseminate multiple facets of harm reduction and information, from distinguishing MDA from MDMA (important for dosage determinations), to giving away oral syringes for more accurate GHB dosing, to helping distribute free harm reduction supplies ranging from condoms to cannabis to very bougie snorting kits - our presence helped ensure that the whole party was practicing safer use.

We quickly found that the demographic of drug users as well as the types of drugs present at the festival were much different than those we see at our regular community sites. We had definitely broken through the hidden population barrier to the weekend warrior types! We tested numerous samples of ketamine, cocaine, and MDMA, as well as other party drugs. We even found a new Tryptamine, a synthesized psychedelic, that was not yet in the BCCSU library! When a festival goer showed up late on Sunday evening showing signs of toxicity seemingly unrelated to what she presumed to have taken. She had a collection of fourteen substances on her which we analyzed in an effort to determine the source of her state.

We ended up finding a counterfeit tablet containing fentanyl! ...



A FULL SCHEDULE

SEPT

5 DAYS A WEEK
4 COMMUNITIES

September saw us move from 2-3 scheduled sites a week to 4 semi-permanent locations and now 5-6 days a week of drug checking in all 4 of our expected communities; Mission, Chilliwack, Abbotsford & Hope! We have renewed all 3 of our part-time technicians' contracts for the next 3 months.

September 2022

MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2	3	
	MOUNTAINSIDE Harm Reduction Society			The Hub - Abbotsford (2-6)		
4	5	6	7	8	9	10
	PHU - Chilliwack (2-6)	Abby DWS - Abbotsford (1-4) Trinity Memorial	RAN - Chilliwack (12-4)		The Hub - Abbotsford (2-7)	
	12	13	14	15	16	17
	PHU - Chilliwack (2-6)		RAN - Chilliwack (12-4)		The Hub - Abbotsford (2-7)	
18	19	20	21	22	23	24
Diamondhead - Mission (2-6)	PHU - Chilliwack (2-6)	Abby DWS - Abbotsford (1-3) Trinity Memorial			The Hub - Abbotsford (2-7)	
25	26	27	28	29	30	Oct1
Diamondhead - Mission (2-6)	PHU - Chilliwack (2-6)		PCRS - Chilliwack (2-6)		The Hub - Abbotsford (2-7)	Fraser Canyon Clinic - Hope - 11am-3pm

NOTES

MISSION COMMUNITY SERVICES

ran ruth and naomi's mission.ca

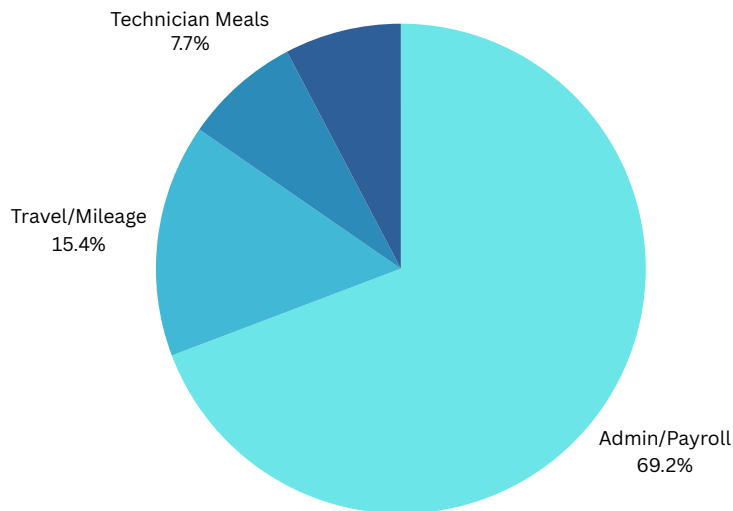
AMONG FRIENDS CREATING CONVERSATIONS WITH DRUG SUPPLIERS

We have now moved from serving Chilliwack & Abbotsford to also attending Mission Community Services "Haven in the Hollow" shelter every Sunday afternoon. This has been a very successful move into Mission and this site is a high traffic area that allows us to see shelter members as well as the general public at their hub. We also began serving Hope on Saturday, October 1st at the Fraser Canyon OAT clinic. The uptake for this site has been quite slow and we will be looking at other possible days to visit the clinic.

60K

INSTALLMENT 1/3
60K/160K
JULY - OCTOBER

We were able to do some creative book keeping during the summer due to the opportunity to pay our trainees with funds from FNHA. Thus, we only spent about half of our first installment actually between the months of July & August. Also, with the schedule having evolved significantly since June, we now have exponentially more hours per week which are being paid out from this funding. All certified technicians are now on payroll from FHA.



\$ ADMIN/PAYROLL
\$18,000 / 26K

(2X FULL-TIME COORDINATORS)
(4X PART-TIME TECHNICIANS)

\$ TRAVEL/MILEAGE
\$4,000 / 26K

\$ TECHNICIAN MEALS
\$2,000 / 26K

\$ MATERIALS/SUPPLIES
\$2,000 / 26K

Our certified technicians make \$30 an hour. Once the 3 month probation period is over we move technicians to \$32/hr. We also reimburse mileage at an industry standard of \$0.61/km. Our board of directors at Mountainside feel that because our service is provided in various locations and requires travel from each of our team members, that in order to provide accessible and flexible opportunities for people with lived and living experience, assistance with vehicle related expenses was a top priority! We also write it into our contracts that technicians working under 4 hours are entitled to a healthy beverage and snack paid for by the society, and if the shift is longer than 5 hours, a healthy meal! We are very proud to be able to provide this level of support to our staff! Also - we only have 6-7 4hour long shifts available a week, though this will still evolve further, having a high hourly rate allows for our technicians to function in todays economy with limited part-time hours.

OCT

SCHEDULE REFINEMENTS
 AND 1/2 AGM

October/November ended up being the most consistent months yet for our drug checking initiatives' Tetris-like scheduling. We are looking forward to having an equitable schedule for all of our technicians as well as some new payroll and paid sick day addenda to their contracts.



Near the end of October we got to take most of Mountainside's board of directors and staff on a mini-retreat to Manning Park for a weekend of team building. This capacity building event was supported by a micro-grant from Urban Matters which we were awarded through our Provincial Peer Network. We revised and finalized our bylaws which can finally be registered at our 2023 AGM. We also looked to the future and set some goals for the new year, including starting to look for a permanent Mountainside drop-in center and office, and set our AGM for March 29th.

NOV

A CONSISTENT SCHEDULE

November is shaping up to be the most consistent month for our drug checking initiatives Tetris-like scheduling yet! We are looking forward to having an equitable schedule for all of our technicians as well as some new payroll and paid sick day addendums to their contracts!

November 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
CHECK IT MOUNTAIN SIDE Harm Reduction Society		1 Fraser Canyon Clinic (12-4)	2 Ruth&Naomi's (12-4)	3	4 Riverside - (9-1) The Hub - (2-6)	5
6	7	8	9	10	11 Remembrance Day	12
The Haven - MCSS (2-6pm)	Public Health Unit FHA (2-6)	Abby Drug War Survivors - (1-3)	Ruth&Naomi's (12-4)		Riverside - (9-1) The Hub - (2-6)	
13	14	15	16	17	18	19
The Haven - MCSS (2-6pm)	Public Health Unit FHA (2-6)	Fraser Canyon Clinic (12-4)	Ruth&Naomi's (12-4)		Riverside - (9-1) The Hub - (2-6)	
20	21	22	23	24	25	26
The Haven - MCSS (2-6pm)	Public Health Unit FHA (2-6)	Abby Drug War Survivors - (1-3)	Ruth&Naomi's (12-4)		Riverside - (9-1) The Hub - (2-6)	
27	28	29	30			
The Haven - MCSS (2-6pm)	Public Health Unit FHA (2-6)	Fraser Canyon Clinic (12-4)	Chilliwack CAT Peer Training Day Public Health Unit			

www.mtinsidesociety.ca/check-it-drug-checking For more details

After our trial run on Saturdays at the Fraser Canyon Clinic in Hope, we decided that due to the clinic not regularly being open on the weekends that it was just not working. The upside was that the clinic became open to having our team come in during their OAT clinic hours! This is a successful and unique partnership with a more radical Doctor. This clinic utilizes our services after overdoses in their small community to test the substance which was involved. He also uses our service to find out what his OAT clients are taking to best inform treatment.

DEC

A MUCH-NEEDED BREAK

The final week of December was a mandatory, paid two-week break that extended into January 2023. With Board approval, we averaged everybody's hours for the previous twelve weeks and used that average to determine an equitable amount of vacation pay and ensure stress-free holidays for all.



It is in the nature of the service that you almost always have to consider yourself at least somewhat "on call," so when we were informed on December 29th that a sample had been turned in at PCRS, we didn't want to make the (regular) client wait until January 8th for his results. However, with the autonomy and flexibility Mountainside has been entrusted with comes the ability to just take a couple of hours, drive the equipment to our partner organization, set up and perform a quick test, and then put it away again. Which is what we did.

JAN

BACK TO WORK

January recommenced on Sunday the 8th, back at Haven in the Hollow. We settled into a regular rhythm that allowed us to give our two part-time employees a decent number of predictable hours every two weeks, and started looking around for a few more locations and potential employees.



We added another shift on Wednesdays, moving Ruth 'n' Naomi's to the mornings from 9-1 and settling into the new Wellness Center (run by our allies at PCRS) from 2-6pm. The Wellness Center became our first location to get off to a fast start, clocking a dozen samples on the first day and never really going down from there. But by now even our slowest location, Lookout, has its share of regulars and sees some drug checking action.

FEB

BUSIEST MONTH SO FAR

February seemed to fly by impossibly fast. With the schedule locked in, the members dialed in, and our popularity skyrocketing, we tested the most samples of any month to date, despite it being the shortest month in general. We also found out about the possibility of shooting a documentary.

SUN	MON	TUES	WED	THURS	FRI	SAT
		31	1	2	3	4
			Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
		Nomad - Abby Drug War Survivors (1-3)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	
5	6	7	8	9	10	11
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
The Haven In the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)		Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	
12	13	14	15	16	17	18
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
The Haven In the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	Nomad - Abby Drug War Survivors (1-3)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	
19	20	21	22	23	24	25
	Family Day		Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
The Haven In the Hollow - MCSS (2-6)	Stat Holiday		Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	
26	27	28	March 1	Please contact TANIS/CCAT for details & limited spots for day 1/3 of our spring '23 series!		
	Fraser Canyon OAT Clinic (9-1)		Chilliwack CAT - Peer2Peer Training & Engagement			
The Haven In the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)		(10-2) PCRS (Hocking)	tanisrose@mtnsidesociety.ca		

Out of 178 tests in total, 115 were of 'down, or unknown opioid' which is the more complicated substance to analyze. Of those, 67 contained benzodiazepines, which is lower than the provincial average. The other noticeable trend was the emergence of para-fluoro-fentanyl (among other fentanyl analogues) becoming more and more prevalent in the supply. We began a Peer2Peer training series with CCAT and also a focus group on human rights violations in terms of housing and addiction therapy access for the BC Office of the Human Rights Commissioner.

MAR

MOVIN & SHAKIN

Our schedule begins to feel more routine, with staff members now having regular set shifts as opposed to some of the patchwork scheduling we were doing in previous months. We branched out to participate in a contest to win the chance to film a documentary alongside a Canadian screen institute mentor

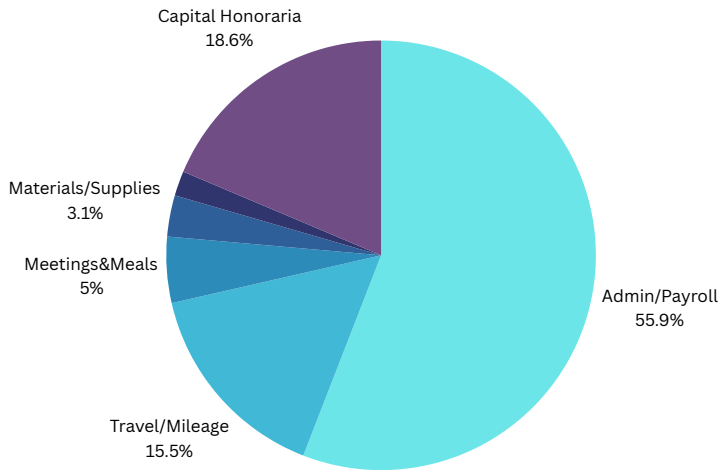
ABBOTSFORD		MISSION	CHILLIWACK	HOPE	SAT
TUES	WED	THURS	FRI	SAT	SAT
		1	2	3	4
		Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
		Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	
5	6	7	8	9	10
	Fraser Canyon OAT Clinic (9-1)	Pathways OPS - Ruth&Naomi's (12-4)	Nomad - Abby Drug War Survivors (12-3)	ColeStarne's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)		Wellness Centre - PCRS - (4-7)	The Hub - Phoenix Society (2-6)	
12	13	14	15	16	17
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naomi's (9-1)	ColeStarne's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)		Wellness Centre - PCRS - (2-6)	The Hub - Phoenix Society (2-6)	
19	20	21	22	23	24
	Fraser Canyon OAT Clinic (9-1)	Nomad - Abby Drug War Survivors (1-3)	Pathways OPS - Ruth&Naomi's (9-1)	ColeStarne's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)		Wellness Centre - PCRS - (2-6)	The Hub - Phoenix Society (2-6)	
26	27	28	March 29		
	Fraser Canyon OAT Clinic (9-1)	Pathways OPS - Ruth&Naomi's (9-1)	Peer2Peer - Day2		
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	Wellness Centre - PCRS - (2-6)	MSHRS AGM @PCRS 3pm-Dinner		

March's schedule taught us to be flexible while maintaining service continuity in our communities. Our team participated in the PIT count, a biannual province wide Homelessness survey. Our team lent a hand to two of our Chilliwack sites in order to support with interviewing folks. We surpassed 1000 samples tested since our first drug checking site last June. Our pilot funding comes to an end and we gear up for a new contract with FHA, minus the BCSSU acting as fiscal middleman! The team continues engagement with the CCAT Peer2Peer knowledge exchange series.

160K

JULY 22 - MARCH 23

After 9 months of our pilot program we are very excited to be going strong and to have continuously evolved. Our trial and error schedule is practically set in stone and we hope to train several more technicians in the Fall. We look to implement Payworks payroll software, ei & cpp for the team!



- \$ ADMIN/PAYROLL**
\$90K
(1X FT MANAGER)
(1X PT MANAGER)
(2X FT TECHNICIANS)
(1X PT TECHNICIAN)
- \$ CAPITAL HONORARIA**
\$30K - TRAINING HOURS
- \$ TRAVEL/MILEAGE**
\$25K (\$0.60/KM)
- \$ MEETINGS & MEALS**
\$8K
- \$ MATERIALS/SUPPLIES/STORAGE**
\$5K
- \$ INSURANCE/WORKSAFE BC**
\$3K

Our certified technicians make \$30 an hour. Once the 3 month probation period is over we move technicians to \$33/hr, with OT at 150%. We also reimburse mileage at an industry standard of \$0.60/km. Our board of directors at Mountainside feel that because our service is provided in various locations and requires travel from each of our team members, that in order to provide accessible and flexible opportunities for people with lived and living experience, assistance with vehicle related expenses was a top priority. We also write it into our contracts that technicians working under 4 hours are entitled to a healthy beverage and snack paid for by the society, and if the shift is longer than 5 hours, a healthy meal! We feel privileged to provide this level of support to our staff, and will continue advocating to make these types of lived experience staffing supports mainstream in the industry. Also - as we only have about 25-30hrs/week for our technicians (though this is constantly progressing) having a high hourly rate allows for our technicians to function in today's economy with our currently limited part-time hours.

APR

A NEW CONTRACT

As capacity for our technicians and manager grows, we give our two senior technicians a new title of site supervisors, this allows for our management team to do more work from home as well as focus on other Mountainside programming while technicians take on the FTIR work in community!



Tanis spent much of April working with the BCCSU on the planning and support committee for the BC Centre on Substance Use conference. The entire team attends this conference and plays major roles in staffing the OPS/SCS and Drug Checking spaces for attendees. With the opening of OPS/SCS at the new drop-in center in Chilliwack (Wellness Centre-PCRS) the team and board makes a decision to bolster support for the space during this transitional period and begin attending the site twice a week, adding a Saturday afternoon shift to our weekly schedule!

LOOKOUT SOCIETY EXPANSION

MAY

RED LION

In May we decided to take on a 2nd Lookout Society site in Abbotsford, the Red Lion. This site has a massive outdoor Safe Consumption site, indoor injection rooms and both supportive housing and low barrier shelter beds. In the basement of the building is a harm reduction resource vault!

	ABBOTSFORD	MISSION	CHILLIWACK	HOPE
	TUES	WED	THURS	FRI
April 30	May 1	May 2	May 3	May 4
May 5	May 6	May 7	May 8	May 9
May 10	May 11	May 12	May 13	May 14
May 15	May 16	May 17	May 18	May 19
May 20	May 21	May 22	May 23	May 24
May 25	May 26	May 27	May 28	May 29
May 30	May 31	June 1	June 2	June 3

MOUNTAIN SIDE
Harm Reduction Society

Lookout Society's initial drug checking location, at Cole Starnes residence has been quite slow, but we do have some in-house residents who utilize the service several times a month. This space is great for weekly reviews & working on feedback from Jana - our drug checking lead at Fraser Health. Due to the Friday morning hours of this sites its a great place for technicians to go over their time sheets and mileage tracking sheets to prepare for reimbursement.

JUN

INDIGENOUS PEOPLES DAY

In June Mountainside attended Wilma's transition society event for Indigenous peoples day, where we set up a booth next to Chilliwack CAT and other allies like the BC Nurses Union and we had some excellent conversations and worked on building our network with various community partners.

	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
					ColeStarme's Residence - Lookout (9-1)	
					The Hub - Phoenix Society (2-6)	Wellness Centre - PCRS - (2-6)
	5	6	7	8	9	10
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naom's (9-1)		ColeStarme's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	Wellness Centre - PCRS - (1-6)
	11	12	13	14	15	16
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naom's (9-1)		ColeStarme's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	Wellness Centre - PCRS - (2-6)
	19	20	21	22	23	24
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naom's (9-1)		ColeStarme's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	Wellness Centre - PCRS - (2-6)
	25	26	27	28	29	30
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naom's (9-1)		ColeStarme's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	Wellness Centre - PCRS - (2-6)

MOUNTAINSIDE
Harm Reduction Society

The team starts gearing up for July, which is a very busy month for Mountainside as well as Chilliwack CAT, our team helped with the Community Action in Motion event at the Cultural Centre. This was an anti-stigma event with very moving performance art, which was coupled with powerful statistics and quotes which evoked many emotions in the audience. We met with Jana several times to create a plan for continuity of service while the bulk of the team goes to Shambhala. We decided to keep our Chilliwack sites open during the festival.

JUL

SHAMBHALA

4 of our technicians joined our colleagues from the Interior Health region, from organizations ANKORS, ASK Wellnes & the East Kootenay Network of People Who Use Drugs (EKNPUD) at the infamous Shambhala music festival. The training and on the job FTIR work experience which this music festival affords our team members is unparalleled elsewhere.

July 2023		ABBOTSFORD	MISSION	CHILLIWACK	HOPE	SA
SUN	MON	TUES	WED	THURS	FRI	SAT
25	26	27	28	29	30	July 1
The Haven in the Hollow - MCSS (2-6)	Fraser Canyon OAT Clinic (9-1)	Fraser Health (2-6)	Pathways OPS - Ruth&Naomi's (9-1)	Wellness Centre - PCRS - (2-6)	ColeStarne's Residence - Lookout (9-1)	Wellness Centre - PCRS - (2-6)
July 2	July 3	July 4	July 5	July 6	July 7	July 8
Canada Day / Stat Holiday		RedLion - Lookout (2-6)	Pathways OPS - Ruth&Naomi's (9-1)	Wellness Centre - PCRS - (2-6)	ColeStarne's Residence - Lookout (9-1)	The Hub - Phoenix Society (2-6) Abby DWS(7-9)
July 9	July 10	July 11	July 12	July 13	July 14	July 15
The Haven in the Hollow - MCSS (2-6)	Fraser Canyon OAT Clinic (9-1)	Nomad - Abby Drug War Survivors (1-3)	Pathways OPS - Ruth&Naomi's (9-1)	Community Action - In Motion	ColeStarne's Residence - Lookout (9-1)	Wellness Centre - PCRS - (2-6)
July 16	July 17	July 18	July 19	July 20	July 21	July 22
Shambhala Music Festival - Shambhala Music Festival -			Pathways OPS - Ruth&Naomi's (9-1)	Wellness Centre - PCRS - (2-6)	Shambhala Music Festival - Shambhala Music Festival -	Wellness Centre - PCRS - (2-6)
July 23	July 24	July 25	July 26	July 27	July 28	July 29
Shambhala Music Festival - Shambhala Music Festival -			Pathways OPS - Ruth&Naomi's (9-1)	Wellness Centre - PCRS - (2-6)	ColeStarne's Residence - Lookout (9-1)	Wellness Centre - PCRS - (2-6)
July 30	July 31	August 1	August 2	August 3	August 4	August 5
The Haven in the Hollow - MCSS (2-6)	Fraser Canyon OAT Clinic (9-1)	Public Health Unit - Fraser Health (2-6)	Pathways OPS - Ruth&Naomi's (9-1)	Chilliwack Cultural Centre	ColeStarne's Residence - Lookout (9-1)	The Hub - Phoenix Society (2-6) Abby DWS(7-9)

MOUNTAINSIDE
 Harm Reduction Society

We cannot express how important this experience is to our team members, Mountainside has been asked to return in 2024 - in force - 6 of our team members will be attending the festival to help work FTIRs and also aid the ANOKRS volunteer team in managing the harm reduction & overdose prevention tents, supervising the large drug checking space, as well as early arrival set-up and training for the event. This will be an annual event for Mountainside as the experience as well as the strong community of practice networking is incredibly important to our growing team.

International Overdose Awareness Day

AUG

IOAD

SUN	MON	TUES	WED	THURS	FRI	SAT
July 30	July 31	1	2	3	4	5
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6) Abby DWS(7-9)	Wellness Centre - PCRS - (2-6)
	7	8	9	10	11	12
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6) Abby DWS(7-9)	Wellness Centre - PCRS - (2-6)
	13	14	15	16	17	18
	Fraser Canyon OAT Clinic (9-1)	Nomad - Abby Drug War Survivors (1-3)	Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (3-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6) Abby DWS(7-9)	Wellness Centre - PCRS - (2-6)
	20	21	22	23	24	25
	Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naomi's (9-1)		Altitude Music Festival - Boston Bar BC - Tuckkwiowhum	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		ALTITUDE	
	27	28	29	30	31	Sept 1
	Altitude Music Festival - Boston Bar BC - Tuckkwiowhum		Pathways OPS - Ruth&Naomi's (9-1)		International Overdose Awareness Day	ColeStarne's Residence - Lookout (9-1)
	ALTITUDE	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		International Overdose Awareness Day	The Hub - Phoenix Society (2-6) Abby DWS(7-9)
						Wellness Centre - PCRS - (2-6)
						Sept 2
						MOUNTAIN SIDE Harm Reduction Society

The team also geared up for the Altitude festival, which was set to be a very exciting 2nd year supporting this local festival at the Tukwhiowum campground in Boston Bar. Unfortunately the festival was cancelled just 3 days before the day we planned to arrive and set-up. This was due to serious forest fires in the Fraser Canyon - the Tuckwhiowum community rallied around the firefighters and had actually given up the campground where the festival was meant to be held to the fire departments in order to have a base for men to rest as well as to administrate services from.

SEP

NEW TRAINEES

From September to December we had no changes in our weekly site rotation and we concentrated on training our 3 new technicians and keeping-up site continuity! We continued going to biweekly Abby DWS meetings at NOMAD on Tuesdays, well into November, and added an evening shift at NOMAD on Friday, this is now our regular Abby DWS site.



In September we expanded services into the North Fraser sub-region and began attending the CEED Centre in Maple Ridge, to collaborate with another Provincial Peer Network organization: The Maple Ridge Street Outreach Society - a peer-led outreach group who have been long in need of drug checking services in their small north Fraser community. This site coincides nicely with our existing Sunday evening site in Mission, and because its a community centre we are able to also serve coffee and breakfast alongside our service on Sunday mornings.

OCT

MANNING PARK

In October we took our board and team on our 2nd annual "1/2 AGM - Board Retreat" to Manning Park resort. We rent cabins here and spend the days going through bylaws and constitutional documents and making any changes. We spend time on strategic planning for 2024 around the dinner table and spend time with our families around the campfire, eating lots of good food!



Mountainside Harm Reduction Society

Mission, Vision and Values: A Constitutional Manifesto

"EDUCATE patiently. ADVOCATE passionately. INSPIRE consistently. LOVE unconditionally."
- Kiah Jayne Ashley, sunrise August 1990 - sunset March 2021

Mission

- **Develop** an innovative range of mentorship, training, and employment opportunities for FWLLE/FWUD while providing low barrier access to harm reduction and peer support, services and engagements, which are driven by essential overdose prevention and response practices.
- **Engage** in relevant community collaboration to influence positive industry-wide changes that can help us radicalize our authentic approaches to ameliorating the fatalities due to the toxic drug supply crisis.
- **Educate** industry colleagues, leaders and community members regarding the benefits of harm reduction practices and the value of lived experience expertise in order to combat stigma and discrimination towards FWUD.

Vision

- **A unique range of innovative low-barrier services** tailored to the diverse needs of each individual and which go above and beyond what other community service providers have the capacity to offer.
- **Compassionate non-judgmental workspaces** where growth within the organization is predicated on one's autonomous accountability and capacity to contribute in a positive and constructive manner.
- **Transparent, trauma-informed communication and conflict resolution** which encourages the creation of individual and organizational wellness plans to mitigate the potential for punitive interventions.

Values

- **Inclusivity:** Services and engagements that enhance the lives of ALL FWUD, including peers who are experiencing compounded marginalizations in our community. Mentorship and employment opportunities for FWLLE/FWUD living with concurrent barriers and honouring the value of all lived experiences by utilizing these acquired expertise in all decision making processes.
- **Bravery:** Showing our radical resilience through sharing personal lived experiences in an open, honest and trustworthy way; to effectively embrace common factors within the living experiences of our peers, creating opportunities to form equitable friendly bonds.
- **Respect:** Demonstrate trauma-informed, non-judgemental humility while conducting ourselves in community. Recognizing and Honouring one another's reality, experiences, and individual autonomy.

Acknowledging the **disproportionate representation of Indigenous people** in overdose statistics, **Mountainside Harm Reduction Society** conducts our affairs with gratitude and reverence for the Indigenous peoples and cultures of the stolen traditional territories upon which we operate, specifically the **Sto:lo Coast Salish**, or 'People of the River' in the **Ts'elxweyqw** (colonially known as Chilliwack) River watershed and throughout the Fraser Salish region.



In October our entire Mountainside Drug Checking team attended a Canada-wide drug checking forum, which was co-hosted by the BCCSU and the Canadian Center for Substance Use & Addiction (CCSA). We were able to networking again with technicians from BC who we know well from the BC DCT Working group, and also establish new working relationships with DCTs from across the country. This conference also fruited a new Canada wide DCT working group which is being led by the CCSA. We are looking forward to another Drug Checking specific Conference in 2024 back East!

JAN

TRAINING PUSH

Our trainees who began in September are getting ready to write their exams, thus shifts are being stacked with 2 techs & 1 trainee to get their hours in. From Sept-Dec there was very little capacity to train on-site and our trainees did not yet have the openings in their schedules to do this.



JANUARY		ABBOTSFORD	MISSION	CHILLIWACK	HOPE	MAPLE RIDGE
SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Fraser Canyon OAT Clinic (9-1)		Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6) / NOMAD - Abby	Wellness Centre - PCRS - (2-6)
	Aeris & Dylan Will & Tanis	Will & Aeris	Summer Dylan Will		Dylan&Aeris Aeris&Will Will&Brittany	Dylan & Will
7	8	9	10	11	12	13
Maple Ridge Street Outreach (9-1)	Fraser Canyon OAT Clinic (9-1)	Food for the Soul (9-1)	Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6) / NOMAD - Abby	Wellness Centre - PCRS - (2-6)
Will & Aeris	Aeris & Dylan Will & Tanis	Will & Aeris	Will & Dylan		Dylan&Aeris Aeris&Will Will&Brittany	Dylan & Will
14	15	16	17	18	19	20
Maple Ridge Street Outreach (9-1)	Fraser Canyon OAT Clinic (9-1)	Food for the Soul (9-1)	Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6) / NOMAD - Abby	Wellness Centre - PCRS - (2-6)
Will & Aeris	Aeris & Dylan Will & Tanis	Will & Aeris	Will & Dylan		Aeris/Dylan Will Brittany	Dylan & Will
21	22	23	24	25	26	27
Maple Ridge Street Outreach (9-1)	Fraser Canyon OAT Clinic (9-1)	Food for the Soul (9-1)	Pathways OPS - Ruth&Naomi's (9-1)		ColeStarne's Residence - Lookout (9-1)	
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)		The Hub - Phoenix Society (2-6)	Wellness Centre - PCRS - (2-6)
Will & Aeris	Aeris & Dylan Will & Tanis	Will & Aeris	Summer Dylan Will		Dylan&Aeris Will&Brittany	Dylan & Will
28	29	30	31			
Maple Ridge Street Outreach (9-1)	Fraser Canyon OAT Clinic (9-1)	Food for the Soul (9-1)	Pathways OPS - Ruth&Naomi's (9-1)			
The Haven in the Hollow - MCSS (2-6)	Public Health Unit - Fraser Health (2-6)	RedLion - Lookout (2-6)	Wellness Centre - PCRS - (2-6)			
Will & Aeris	Aeris & Dylan Will & Tanis	Dylan & Aeris	Dylan&Will - Summer w/ Jana			

We also made a 2nd move into Maple Ridge at this time, to a drop-in centre/pharmacy/ food kitchen space called Food for the Soul! This space will be featured in our Documentary which we began filming in January as well. This year is shaping up to be a very successful one for us at Mountainside and we are incredibly grateful for the opportunities ahead of us! Due to the Abboysford Drug War Survivors membership moving from their space at NOMAND to a residential housing program, we will no longer have the NOMAD space for drug checking on Friday evenings.

MAR

HEARTHSTONE
ARCHWAY

We had two major events the 2nd week of Feb. We went to a BC Coalition building and Harm Reduction strategy meeting with PPN groups and other major allies like Canadian Drug Policy Coalition. Then we came back to Abbotsford to attend a knowledge exchange at UFV put on by ROAR called Fentanyl Facts & Family.



We worked with Abby DWS to find a replacement site for our Friday night (7pm-9pm) drug checking site, which has turned out to be the most innovative yet. IMPACT Society, was able to bring an ambulance over from the Island, which was previously owned by SOLID. We are now drug checking out of this modified ambulance on Friday evenings in the parking lot at the Hearthstone supportive housing in Abbotsford, just up the road from the previous NOMAD site. Due to this sites proximity to Lou's Grill - we hope to garner the attention of hidden population, weekend warrior types.
