

**Toronto  
Human  
Services and  
Justice  
Coordinating  
Committee**

**HIV Information  
Session- Prevention  
and Living well with  
HIV**

March 5<sup>th</sup> 2025.

# Introduction

## Nkeiruka Osagie

Women's Community  
Development Coordinator

ACT

**Land  
Acknowledgement  
&  
People Living with  
HIV and AIDS  
Acknowledgement**

As many of us are settlers on this land, it is our collective responsibility to pay respect and recognize that this land is the traditional territory of the Mississaugas of the Credit First Nation. We are here because this land was occupied. Our collective responsibility is to recognize our colonial history and its implications and honour, protect and sustain this land.

Central to the successes we have achieved has been the greater involvement and meaningful engagement of people living with HIV who continue to share their lives, experiences, and passion in the fight against HIV. We are indebted to the millions of people living with HIV from our past, present, and future.



ACT is a community-based, charitable organization that provides support, HIV prevention, education and services for people living with, affected by or at risk for HIV and AIDS.

Since 1983 ACT offers empowering, innovative and bold programming and services that address current issues and needs.

Women and HIV and AIDS Initiative (WHAI) is the women's community development program at ACT.



# ACT: Mission & Vision

## **Mission**

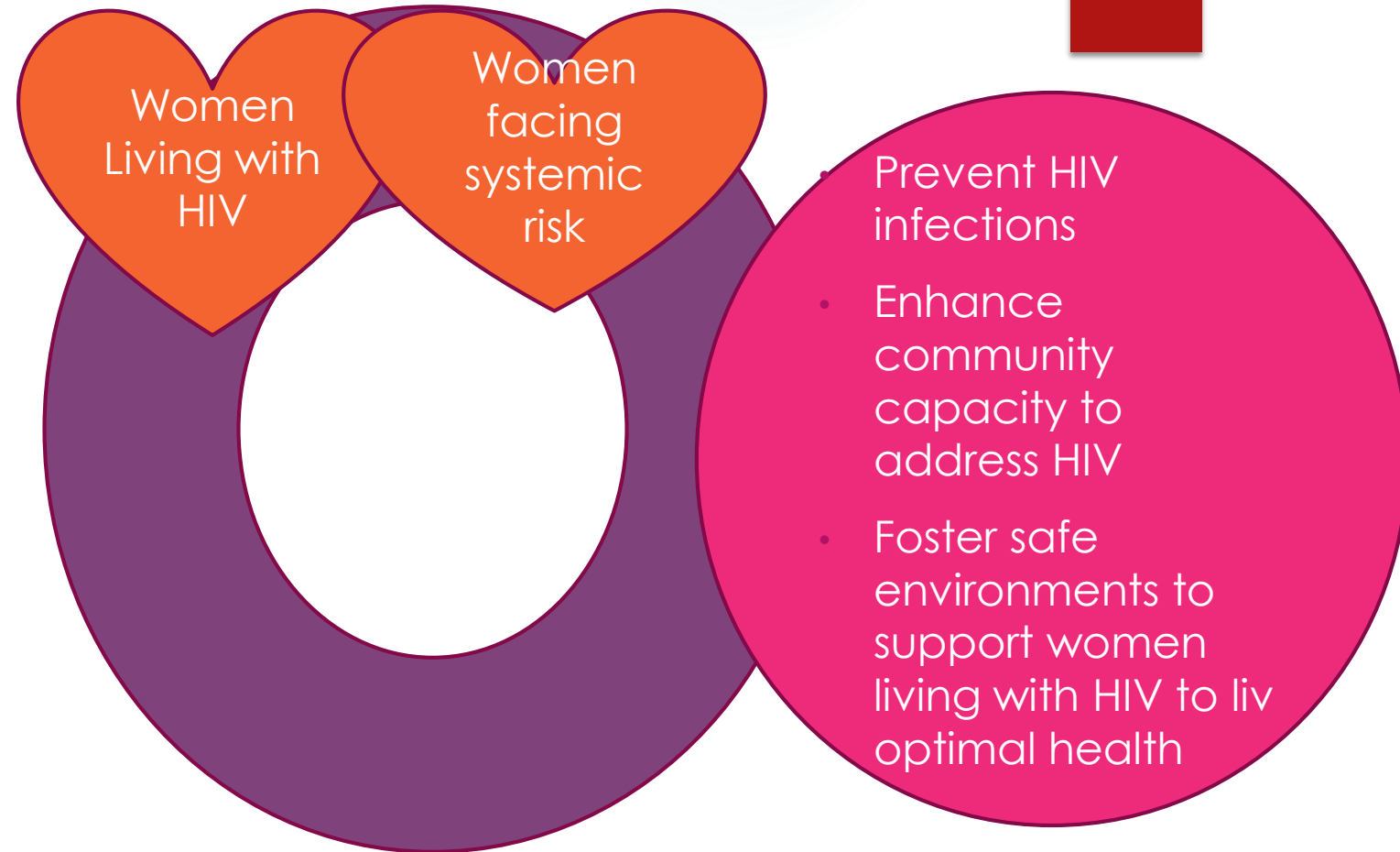
ACT works to reduce new HIV infections in Toronto and promotes the independence, dignity, health and well-being of people living with HIV and AIDS and those at increased risk of HIV.

## **Vision**

A Toronto where there are no new HIV infections, and the people and communities living with or most affected by HIV and AIDS live long and healthy lives free from stigma and discrimination



## Build Community Capacity to address HIV among women



# Agenda

- The Social Determinants of Health and HIV
- HIV Prevention technologies- PEP, PrEP and PIP
- HIV testing and HIV self-testing
- Undetectable =Untransmittable (U=U)
- HIV Disclosure and Criminalization
- Services and programs

# SODH and HIV

Social determinants of Health (SDOH) are the economic and social conditions that influence the health of individuals, communities and jurisdictions as a whole. They influence :

- a person's risk of HIV infection;
- the likelihood at which HIV infection will progress to AIDS; and
- A person's ability to manage and live with HIV/ AIDS.

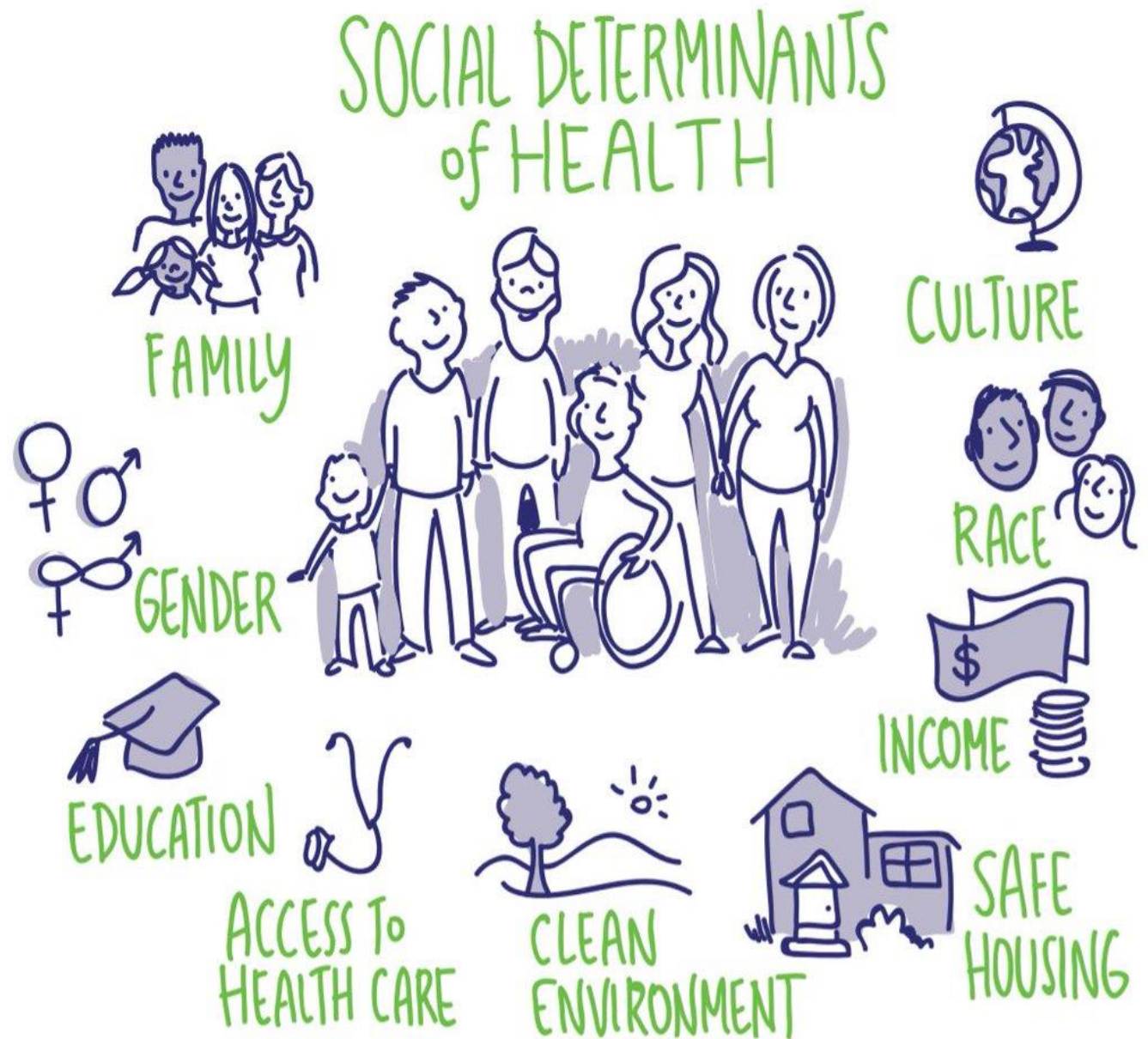
**“Critical to this definition is an understanding that the determinants of health do not act in isolation from each other.”**

Health Canada ,1998

# Systemic Factors that can increase the risk for HIV

## acquisition:

- Incarceration
- Aboriginal status
- Early life experience
- Disability
- Education
- Unemployment and job insecurity
- Gender-based violence
- Racism and discrimination
- Gender and gender identity
- Poverty
- Sexual orientation
- HIV stigma
- Immigration



# HIV Prevention Technologies

- PrEP-Pre-Exposure Prophylaxis
- PEP-Post-Exposure Prophylaxis
- PIP –PEP in pocket

# Pre-Exposure Prophylaxis- PrEP

PrEP is used by someone who is HIV-negative **before**, **contact with HIV**, to help prevent HIV infection. PrEP is 99% effective. It takes at least **21 days** to achieve protective levels in **females** & **7 days** to achieve protective levels in **males**

- Must be HIVnegative

[You can get a prescription for PrEP from your doctor or a PrEP clinic](#)

## The PrEP Clinic (lower price)

180 Bloor St W

Phone and Text Line Runs Monday-Saturday at 647-735-6451 (10am - 9pm)

## Maple Leaf PrEP Clinic (Nurse-led)

14 College St., Toronto

Monday to Friday 10am-6pm.

<https://www.mlmedical.com/clinic-news/maple-leaf-prep-clinic>

# Post-Exposure Prophylaxis (PEP)

It is a **28 days, daily** course of HIV medications you can take to significantly reduce the risk of HIV infection if you have been exposed to HIV.

PEP is an **emergency prevention method**: must be taken **within 72 hours** after possible exposure.

-Condom break during vaginal, front hole, or anal sex

-Sexual assault (condomless)



-Occupational exposure



-Share injection equipment



# PIP- PEP in pocket

PIP is a prescription for Post exposure prophylaxis that is obtained **before** a potential HIV exposure.

PIP is appropriate for people who have very few potential HIV exposures or have difficulty accessing PEP promptly.

St. Michael and Toronto General have a PIP program where they prescribe clients PIP. Potential clients will need a OHIP card, and a referral form signed from their family doctor.

# Harm Reduction & HIV Prevention



- Harm reduction offers a social justice and public health response to drug use, as opposed to a punitive and criminalizing one.
- Reduces HIV infection among people who use drugs
- Recognizes the basic value of all human beings.
- Everyone deserves to be treated with respect and dignity.
- People who use drugs are neither inherently bad nor is their drug use based primarily on their having a low sense of morality and/or a poor sense of values.
- Support people who use drugs to live as healthily as possible.

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/harm-reduction-supplies-and-locations/>

# HIV Testing crucial to prevention

## Testing options:

- Anonymous HIV Testing
- Nominal HIV Testing
- Non-nominal HIV Testing
- HIV Self-Testing

**Contact tracing in all except Anonymous**

# HIV Self -Testing

## There are two options:

### Get a Kit

1. Go to [GetaKit.ca/act/register](https://getakit.ca/act/register). Scan and sign the consent form.
2. Create an account with your mailing address
3. Choose mail-out delivery OR pick-up. Mail out can take 1-2 weeks, and pickup at ACT is readily available.

### I'm Ready

1. Download the "[I'm Ready, Test](#)" & set up an anonymous user ID.
2. Choose mail-out delivery OR pick-up. Mail out can take 1-2 weeks, and pickup at ACT is readily available.

Download the "[I'm Ready, Talk](#)" to connect with a Peer Navigator for support.

# HIV Treatment as Prevention

HIV Treatment has become very effective, with an undetectable viral load HIV can not be passed from one person to the other. The person becomes undetectable.

Staying on treatments prevents new HIV infection.

# HIV Treatment & U=U

If a person is on treatment and is taking their medication correctly, they cannot pass HIV to their sexual partners.

Undetectable = Untransmittable  
(U=U)

# What does U=U mean?

An **HIV+ partner** can have **unprotected sex** with an **HIV- partner**, as long as they have **sustained an undetectable viral load** (6 months) and there's **no other form of Sexual Transmitted Infections (STI)**.

- The use of condom is still important (other STIs)
- Frequent STI testing is important for prevention

# Can't Pass It On Campaign



People living with HIV on effective treatment **can't pass it on** to a partner.

Learn more at [cantpassiton.ca](http://cantpassiton.ca)



People living with HIV on effective treatment **can't pass it on** to a partner.

Learn more at [cantpassiton.ca](http://cantpassiton.ca)

 ACT UP

# Medication Access Assistance (for uninsured/under- insured clients )

## **Blue Door Clinic (Casey House):**

Mondays 9am - 12pm & Thursdays 9am - 3pm

119 Isabella St, Toronto, ON M4Y 1P2

437-235-7423

## **The PrEP Clinic: HIV Care Clinic**

180 Bloor St W Suite 803, Toronto, ON M5S 2V6

<https://www.prepclinic.ca/hiv-care/>

Book an appointment: 416-420-1250

Email: [info@prepclinic.ca](mailto:info@prepclinic.ca), [WhatsApp](#) (416-420-1250)

## **AYA Circle (TAIBU):**

27 Tapscott Road, Unit #1 (Scarborough)

Community Systems Navigator: Beverly Charles for an intake

[bcharles@taibuchc.ca](mailto:bcharles@taibuchc.ca) or call 416.644.3539 ext. 1003

# HIV Disclosure

## Canada's Criminalization of HIV Non-Disclosure

# The HIV Non-Disclosure Law in Canada

- In **1998**: **People living with HIV** can be **charged** and **prosecuted** if they **do not tell** their sexual partner(s) about their HIV-positive status **before** having sex,).
- In **2012**: the **Supreme Court of Canada** decided that people living with HIV must disclose their status before having sex only if that poses a “**realistic possibility of HIV transmission**” in R. v. Mabior and R. v. D.C.

# No duty to Disclose under certain circumstances

A person living with HIV who is on ART and has a viral load of under 200 copies/ml blood for at least 6 months, **does not have a duty to disclose their HIV status** before anal, vaginal or oral sex. This is the case whether or **not a condom is used**.

A person living with HIV who has a **viral load between 200 and 1500 copies/ml blood** does not have a duty to disclose their HIV status before anal, vaginal or oral sex if a **condom is used** properly and does not break.

# Community Agencies & Resources



## **ACT (AIDS Committee of Toronto)**

543 Yonge Street, 4th floor, Toronto, Ontario, M4Y 1Y5

Phone: 416-340-2437

Email: [ask@actoronto.org](mailto:ask@actoronto.org)



## **ASAAP (Alliance for South Asian AIDS Prevention)**

120 Carlton St, Suite 315, Toronto, Ontario, M5A 4K3

Phone: 416-599-2727

Email: [info@asaap.ca](mailto:info@asaap.ca)

<https://www.asaap.ca/>



## **Casey House**

119 Isabella St, Toronto, Ontario, M4Y 1P2

Phone: 416-962-7600

Email: [info@caseyhouse.ca](mailto:info@caseyhouse.ca)



## **HALCO (HIV/AIDS Legal Clinic of Ontario)**

55 University Avenue, Suite # 1400, Toronto, Ontario, M5J 2H7

Phone: 416-340-7790 or Toll-Free: 1 (888) 705-8889

Email: [talklaw@halco.org](mailto:talklaw@halco.org)



## **PWA (Toronto People with AID Foundation)**

163 Queen Street East, 2nd Floor, Toronto, Ontario,

M7A 2H6

Phone: 416-506-1400

Email: [info@pwatoronto.org](mailto:info@pwatoronto.org)



## **The Teresa Group**

355 Church Street, 2nd Fl Toronto, Ontario, M5B 1Z8

Phone: 416 596-7703

Email: [info@ttgtoronto.ca](mailto:info@ttgtoronto.ca)



# Programs and Services at ACT

## **SUPPORT PROGRAMS:**

- Women's Zone
- Women's Coffee Night
- Positive Youth Outreach
- Gay Men's Coffee Night
- Lunch Program
- 1-on-1 Counseling
- Mental Health Support Group
- Employment Services

For more information about our programs and services please visit:

[www.actoronto.org](http://www.actoronto.org)

# Programs & Services at the Teresa Group

## **1) Baby Formula Program (FREE for 1 year)**

Complete intake form to register to the program

Contact Gloria [gmceyeson@teresagroup.ca](mailto:gmceyeson@teresagroup.ca) 647.482.7703

## **2) Diapers (0-2yrs)**

Monday, Tuesday, Thursday from 10am-3pm (appointments only)

Given on a monthly basis

Silvana Fuentes [sfuentes@teresagroup.ca](mailto:sfuentes@teresagroup.ca) or call 416.596.7703 ext. 320

**3) Welcome Home Baby Bag** A new diaper bag that includes baby clothes, toys, a blanket, & a bottle to new mothers

## **4) Back to School Program – Backpack**

Annually distributes backpacks to children (JK-gr12) living with or affected with HIV

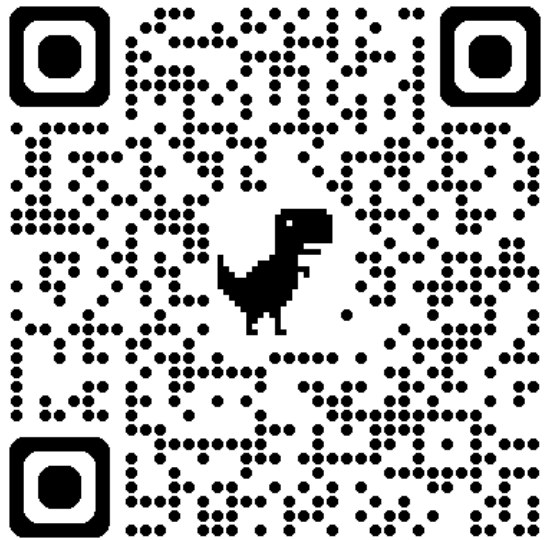
## **5) Get Ready for the Winter Program**

Distributes winter clothing items to children living with HIV

## **6) Clarins Scholarship**

Partial tuition support to Youth entering Post Secondary School

# PASAN



PASAN is a community-based Harm Reduction/HIV/HCV organization that provides support, education, and advocacy to, for and with individuals whose current realities are impacted by the justice system and people who were previously incarcerated.

PASAN provides a range of resources designed to support the health, rights, and well-being of prisoners and ex-prisoners. Our resources include educational materials, harm reduction tools, and information on accessing health care, human rights, navigating parole, and community connection and support services.

# Women and HIV Resources

Find Resources at  
<http://www.whai.ca/resources>



Which HIV Prevention Tool is right for you?

Learn more at  
[whai.ca/resources](http://www.whai.ca/resources)

PEP

WHAI Women & HIV/AIDS Resource



PIP



PrEP



# HIV Resources

# RED

## CARE COLLECTIVE

An online collection of programs, services, and resources for folks living with HIV and AIDS created by community leaders, social workers and health care providers.

All in one location.



redcarecollective@gmail.com



# Remember...

HIV treatment is so effective people are living very well with HIV.

Support folks to access the care they need.



# Remember

HIV treatment has become so effective that people are living well with HIV.

Support people to access the care they need.



A close-up photograph of a bouquet of flowers. The bouquet features several large, light pink roses in the foreground, with smaller pink roses and clusters of tiny white baby's breath flowers interspersed. In the background, there are vibrant magenta flowers. A white rectangular card is tucked into the bouquet, displaying the words "Thank you!" in a black, handwritten-style font. The background is a soft-focus green, suggesting an outdoor setting.

Thank  
you!

# Questions and Answers



## Contact:

**Nkeiruka Osagie**  
[nosagie@actoronto.org](mailto:nosagie@actoronto.org)



Women &  
HIV/AIDS  
Initiative