

# HARM REDUCTION

Street degree | Peer Led Trauma Education Program

## February Schedule

February 13- Sechelt @rockwood  
2-4pm /safer consumption  
practices

February 20-Gibsons @salvation  
army 2-4pm /stigma

Lunch & drinks provided

\$25 cash honorarium paid

## Upcoming March

March 5- Sechelt

March 12 -Graduation &  
celebration

March 19- Gibsons

## Contact

Peers sign-up for street degree  
sessions with coordinator

Shannon Mack  
[scstreetdegree@gmail.com](mailto:scstreetdegree@gmail.com)  
778 875 8319

For general enquires about the SD  
or PLTE contact Harm Reduction  
Program Lead Jaylene Scheible  
[jaylene@bchep.org](mailto:jaylene@bchep.org).  
604 212 1980



Brian Mackenzie & Kenny Quayle @SD training in qathet (Powell River) photo credit: Sally Koop

## izi Peer Support & Street Degree

**Brian Mackenzie and Kenn Quayle** have been qualified Street Degree (SD) facilitators since 2021, and have each completed 18 different SD modules. They facilitated a SD session on Stigma in the Downtown East Side of Vancouver, and ran 5 sessions on Zoom during Covid lock-down, while Brian was the Peer Coordinator for the Sunshine Coast Community Action Team (SC CAT).

They have been involved in the creation and development of the Sunshine Coast SD program since its conception. This has included training of peer facilitators over this past summer. They have been facilitating SD sessions in Gibsons since November.



## Stepping Stones Therapist - Peer Led Trauma Education

**Rebecca Chow** is a therapist that specializes in trauma & addictions. As part of the Peer Led Trauma Education Program she works with PWLLE as the “Stepping Stones” therapist.

**PWLE can access 1:1 therapy at no cost. This can be by self-referral or referrals can be made by community partners.**

Successes reported:

- 20 PWLLE currently accessing program
- expressing feeling relief in knowing there is someone they can speak to, who will hear them without judgment
- feeling the benefits of 1:1 support & sharing with their peers in hopes that they will reach out as well
- expressing their felt-sense of safety & trust
- demonstrating a greater window of tolerance
- demonstrating a better understanding of physical cues alluding to either trigger or nervous system regulation
- showing a greater interest in the potential for recovery
- in early recovery showing a greater improvement when it comes to triggers & not feeling the need to cope with substances

**Rebecca Chow**  
<https://rctherapeutics.ca/>  
[rchtherapeutics@gmail.com](mailto:rchtherapeutics@gmail.com)  
 604 578 1227

Together they coordinate the **izi Peer Support Project**, which provides outreach and peer support for people with lived and living experience of drug use in the lower Sunshine Coast. izi Peer Support has been providing peer support to drug users in various contexts for 3 decades. This includes a focus on supporting peers' access to prescribed safer supply medications; they successfully lobbied for community access to fentanyl patches. The lower sunshine coast is now one of only 3 communities in BC that provides the fentanyl patch. They have received thanks from VCH Opioid Agonist Treatment (OAT) clinic staff for their role in making this important treatment option available in our community.

Thank you Brian & Kenn for all the ways you have contributed to the harm reduction work that is happening here in our community! Your devotion & commitment to this work is inspiring!

**Get in touch with Brian or Kenn with izi Peer Support:**

[izipeersupport.ca](http://izipeersupport.ca)

[izipeersupport@gmail.com](mailto:izipeersupport@gmail.com)

604 740 6495



Brian MacKenzie & Kim Woodward -SD facilitators