

Healthy Living

Youth concert at the Acton Legion Saturday

Hepatitis C is focus of youth-run education program

Close to 1,000 youths in Halton are potentially at risk for Hepatitis C and to combat the problem, a one-year educational program for youths aged 15-24, has been set up to educate them about the disease.

"Young people engage in risky activity between these ages," said Kimm Kent, North Halton Youth Hepatitis C Prevention Project Co-ordinator. "We want youths to be safe, and to know the risks."

"About 240,000 Canadians have Hepatitis C and about 70 per cent don't know they have it," said Kent. About 5,000 Canadians will get this disease each year she added.

Hepatitis C has no cure and is a liver disease that can cause cirrhosis, liver cancer and failure and is spread only through blood to blood contact, she explained. That contact can come from tattoos and piercing with unsterile equipment, sharing razors or toothbrushes with infected persons or injection drug use (sharing needles and equipment).

According to the 1999 Drug Survey, 916 youth used injection drugs in North Halton sometime during that year; 168 used heroin; 479 used speed;

269 used cocaine.

The north Halton program recruited nine young people "from high-functioning youths to at-risk youths to be trained as Hepatitis C prevention peer educators." Their mission: to get the message out about Hepatitis C prevention.



The team focused on reaching experimental, adventure-some youth who are more at risk as a result of alternative lifestyles, sub-culture (body art such as tattoos, piercing), hard drug or intravenous drug use, steroid use or homelessness. They put together three projects called Hep What.

The first was a skit presented to high school students in Acton, Georgetown and Milton. The skit talks about how to prevent Hepatitis C and if choosing to abuse drugs, not to share straws for sniffing coke, needles, razors and to use condoms.

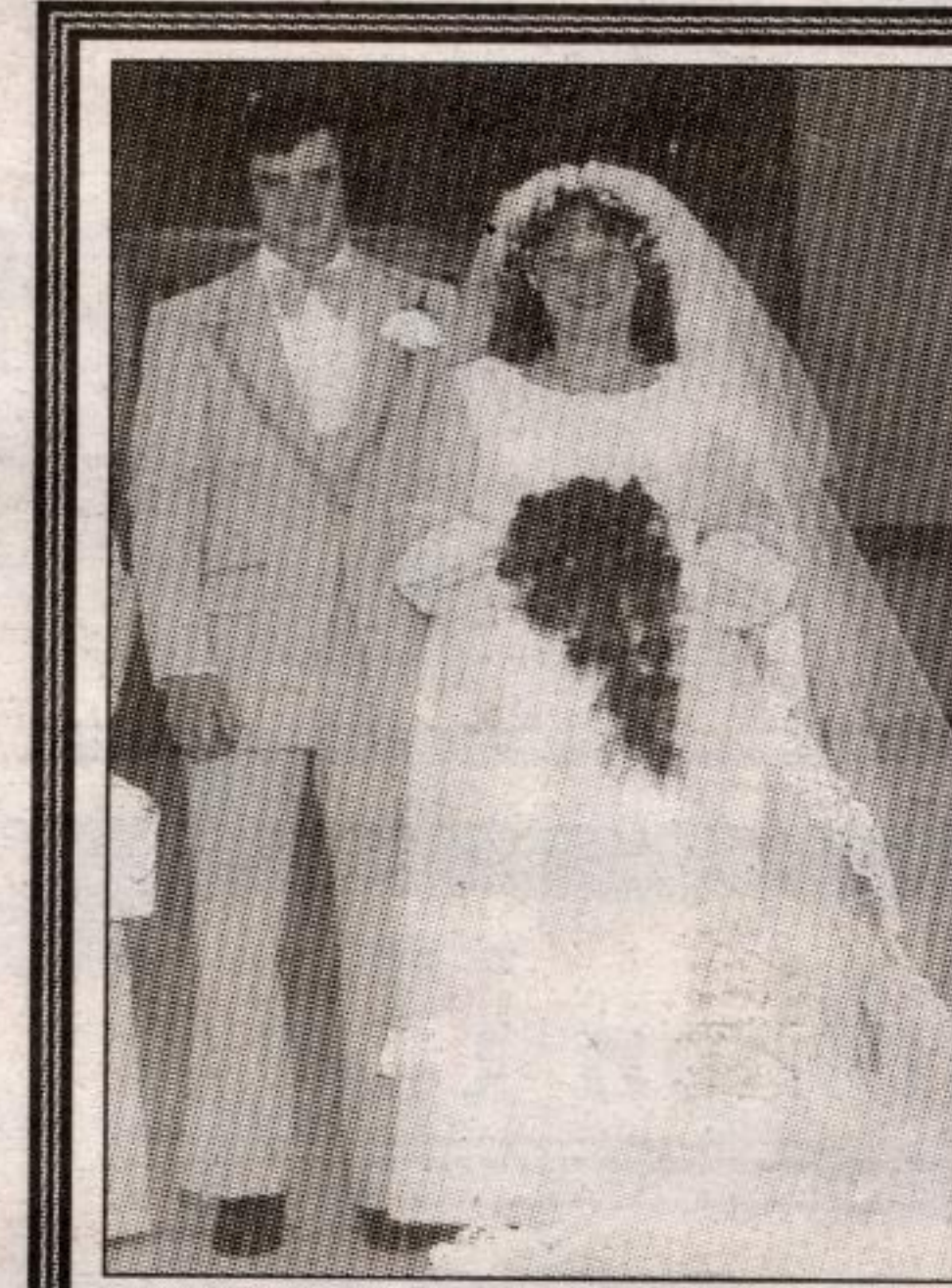
The second was a poster contest, sponsored by The Altered Native, Up

Your Bike, Boardtopia, Tim Hortons (Acton), Mountainview Residence, Acton IGA and Glenoven Bakery. Georgetown High School student Emina Cejvanovic won the contest with a poster (*inset*) of a woman doctor, with the words *Be Aware, 70 per cent of infected Canadians don't know they have Hepatitis C, do you?* Second place went to Kristen Bailey and third to Vicky Pickinton.

The third project is a Hep What concert to be held on Saturday, May 10, at the Acton Legion. The concert starts at 9 p.m. and ends at 1 a.m. Buses will be picking up youths from the Georgetown skate park at 8 p.m. and dropping them off by 1:45 a.m. A bus also leaves from the E.C. Drury High School parking lot in Milton at 8 p.m. Local bands on the bill include Fork, New State of Mind, Love Letter Refugee, Dawn Broke Early, Mimi and Better Then Nothing. The concert is free.

While the Hep C program ends in June, Kent said the response has been "amazing". The North Halton Hepatitis C Prevention Project is a collaborative sponsored by Halton Regional Health Department, Halton Hills Community Support and Information and Health Canada.

—By Robyne Simpson, special



Happy 25th Anniversary
Bob & Carmen

Love
Carol Ann, Ray,
Carolynn & Angela

50 50 50 50 50 50 50 50 50 50 50 50

50 50 50 50 50 50 50 50 50 50 50 50

HAPPY 50TH BIRTHDAY DAD
May 8th, 1953

Love Maria, Nelson,
Jen and Steph & Dan
and Elmo

50 50 50 50 50 50 50 50 50 50 50 50

Mental Health Week

May 5th-11th, 2003

"Respect,
Don't Reject!"

If you have a brain, you can have a mental illness.



CANADIAN MENTAL HEALTH ASSOCIATION

L'ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

Canadian Mental Health Association,
Halton Region
55 Ontario Street, Unit 25
Milton, Ontario L9T 2M3
905-693-4270
www.cmha-halton.ca



MANON
Dulude
PSYCHOTHERAPIST

PROFESSIONAL
COUNSELING
SERVICES

INDIVIDUAL
COUPLES
FAMILY COUNSELING
DEPRESSION
ANXIETY
SEPARATION/DIVORCE
LIFE CHANGES

38 OAK STREET
GEORGETOWN, ONTARIO

(905) 873-9393

DR. DAN DALTON
Psychological and
Counselling Services

Individual, Marriage & Family Therapy • Psychological Assessment
Registered Psychologists • Men & Women Counsellors

- Relationship Issues • Women's/Men's Issues • Parenting
- Depression • Grief • Child & Teen Behavioural Issues
- School Problems • LD & ADHD • Self Esteem • Anxiety
- Anger Management • Life Transition • Work Issues
- Abuse • Addiction • Crisis & Stress Management
- Separation & Divorce Issues

Corporate Consultation-Conflict Management-Executive Coaching

Forensic Assessments

Coverage by Extended Insurance Plans

No Waiting Lists **1-888-245-5516**

Offices conveniently located in:
Georgetown, Acton, Brampton, Milton,
Rockwood, Mississauga, Oakville, Guelph

E-MAIL: drdan@drdandalton.com www.drdandalton.com