

2019 / 2020

# REPORT CARD



HARM REDUCTION IS NO JUDGMENT  
HARM REDUCTION IS NEW NEEDLES  
HARM REDUCTION IS CHANGING OLD SYSTEMS  
HARM REDUCTION IS KEEPING PEOPLE ALIVE  
HARM REDUCTION IS WHERE THEY ARE

# PEER LEADERSHIP, PEER ADVISORY COUNCILS:

**11** PEER ADVISORY COUNCILS (PAC)  
*This year we went from 7 PACs to 11 PACs in the Province*

AMPLIFYING THE VOICES OF 265 PEOPLE WHO USE DRUGS (PWUD). **256**

PEER CAPACITY BUILDING TRAININGS

**59** including Overdose Prevention Training, Syphilis Kitchen Table Discussion, Sexual Health

PEER ADVISORY COUNCIL MEETINGS

**79**

PEER TO PEER

10 PEER TO PEER RESOURCE & TESTING EVENTS

PROJECTS & CONSULTATIONS

**10** WITH STAKEHOLDERS (RHAS, PEER BASED ORGANIZATIONS, CBO)

**MHRN** MANITOBA HARM REDUCTION NETWORK

**TIRED OF SEEING NEEDLES IN THE COMMUNITY?**

*SO ARE WE!*

**HERE ARE SOME PEER DRIVEN SOLUTIONS THAT**

**SAFER OPTIONS**  
*Cannabis substitution therapy*  
...decreases injection drug use of opioids + cocaine and shows promise for other drugs.

**DROP BOXES**  
*Bigger, better, more!*  
Peers want drop boxes that can handle more rigs at once, in more visible locations and in more places!

**INCENTIVES**  
*Life is hard*  
People that use drugs want to dispose of needles properly but life gets in the way. Peers suggest needle buy back programs or needle pick up competitions to help prioritize disposal without losing out on other activities to meet basic needs.

**DECREASE STIGMA**  
*Let's talk*  
Discuss substance use without stigma or shame so people who use drugs can be safe from discrimination when bringing sharps to pharmacies or other drop locations.

**BETTER EQUIPMENT**  
*More pipes = less needles*  
Some people who use drugs would choose to smoke rather than inject if they had a pipe, especially if they had access before they started injecting.

**PEER OUTREACH**  
*Services by peers, for peers!*  
Peers are a part of the solution! They suggest employing peers to do sweeps of common areas, offer drug checking or basic resources and to do outreach!

*www.mhrn.ca*

**HARM REDUCTION IS NO JUDGEMENT**  
**HARM REDUCTION IS CHANGING OLD**  
**HARM REDUCTION IS KEEPING PEOPLE ALIVE**  
**HARM REDUCTION IS MEETING PEOPLE**  
**HARM REDUCTION IS CHANGING**

The Winnipeg Peer Working Group noticed how people who use drugs were being stigmatized by the needle litter being found in the community. They created a list of peer and evidence informed solutions and shared it in social and community networks.

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Flin Flon Peer Advisory Council partnered with the Northern Health Region to improve access to supply distribution with the installation of lockers. Funding was provided by PHAC, Opiate Surveillance Project

## HOW TO TALK ABOUT PEOPLE WHO USE DRUGS

The media is one of the greatest influences on how most people view drugs and the people who use them. There are a lot of assumptions and sometimes half truths, which can spread misinformation and cause fear.

If you're reporting on drugs and/or the people who use them, it's important to keep this in mind.

A goal to have for your piece should be that the public feel empathetic towards people who use drugs, see them as community members, have some ideas on how the community is responding to the situation, and how they can help.

Some ways to do this are:

**Focus on the ways people who use drugs contribute to their communities by highlighting the activism and projects they do**

"They always mention theft and meth. According to the news, we're all criminals!"

**Focus on community by reporting on solutions proposed by people who use drugs**

"They are concentrating on how to criminalize the meth problem. That's just not going to work. You can't arrest your way out of this problem. There will always be another drug."

**Fact check to avoid stigmatizing myths, provide relevant, factual information that will help keep people safe**

"The people that I know that I used meth with, they didn't go crazy. Not everyone using meth acts like that."

**Focus on the larger systemic issues by drawing the connection between substance use and social issues**

"Colonization is still going on and it is going on through the health system and it is going on through the police system."

**Focus on alternative forms of recovery, community driven solutions, and ways the public can help**

"The media and the police, they are talking about how to deal with the people, they aren't talking about how to help the people!"



## HOW TO TALK ABOUT PEOPLE WHO USE DRUGS IN THE MEDIA & CHECKLIST FOR STIGMA FREE MEDIA

The Winnipeg Peer Working Group, an advisory council of the MHRN worked on research with the CCPA for the State of The Inner City Report, about how people who use drugs are portrayed in the media.

IT CAN BE FOUND HERE: [HTTPS://WWW.POLICYALTERNATIVES.CA/OFFICES/MANITOBA/EVENTS/STATE-INNER-CITY-REPORT-2019](https://www.policyalternatives.ca/offices/manitoba/events/state-inner-city-report-2019).

Based on this research they went on to create a guide for the media about reporting on People Who Use Drugs and launched it at a community event.

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MEMBERS INCREASED CAPACITY TO PROVIDE PEER SUPPORT AND ADVOCACY FOR THOSE WHO USE DRUGS:

# 86%

COULD OFFER NON-JUDGEMENTAL TEACHING OF SAFER DRUG USE

# 83%

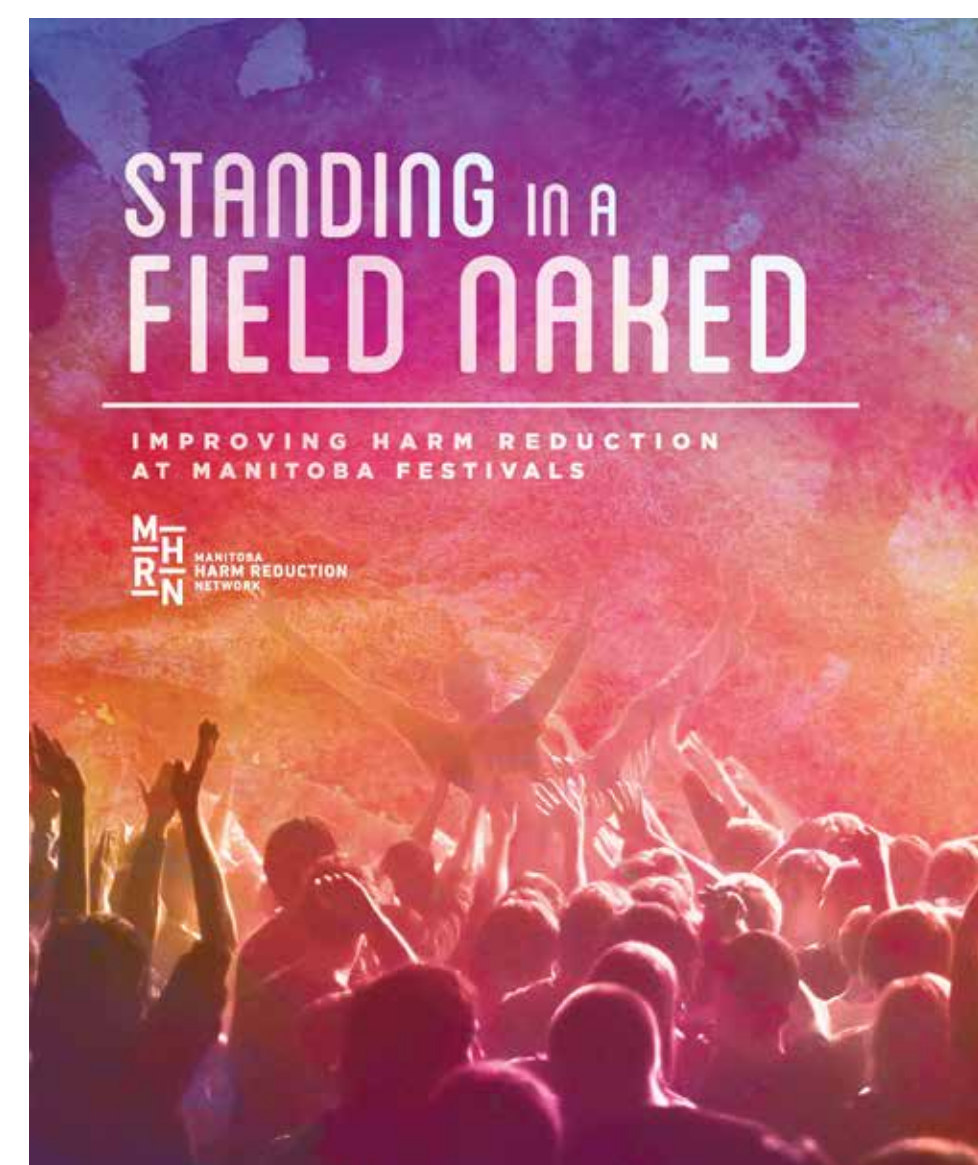
FELT MORE COMFORTABLE SUPPORTING WELLNESS FOR PEOPLE WHO USE DRUGS

73% AGREED THAT THE RESOURCES PROVIDED HELPED THEM ENGAGE OTHERS IN DISCUSSIONS ABOUT HIV AND HCV.

69% AGREE THAT THEIR LEVEL OF HIV KNOWLEDGE HAD INCREASED AS A RESULT OF BEING INVOLVED WITH THE PAC.

# 86%

COULD HELP REFER INDIVIDUALS TO A COUNSELOR OR HEALTH SERVICE



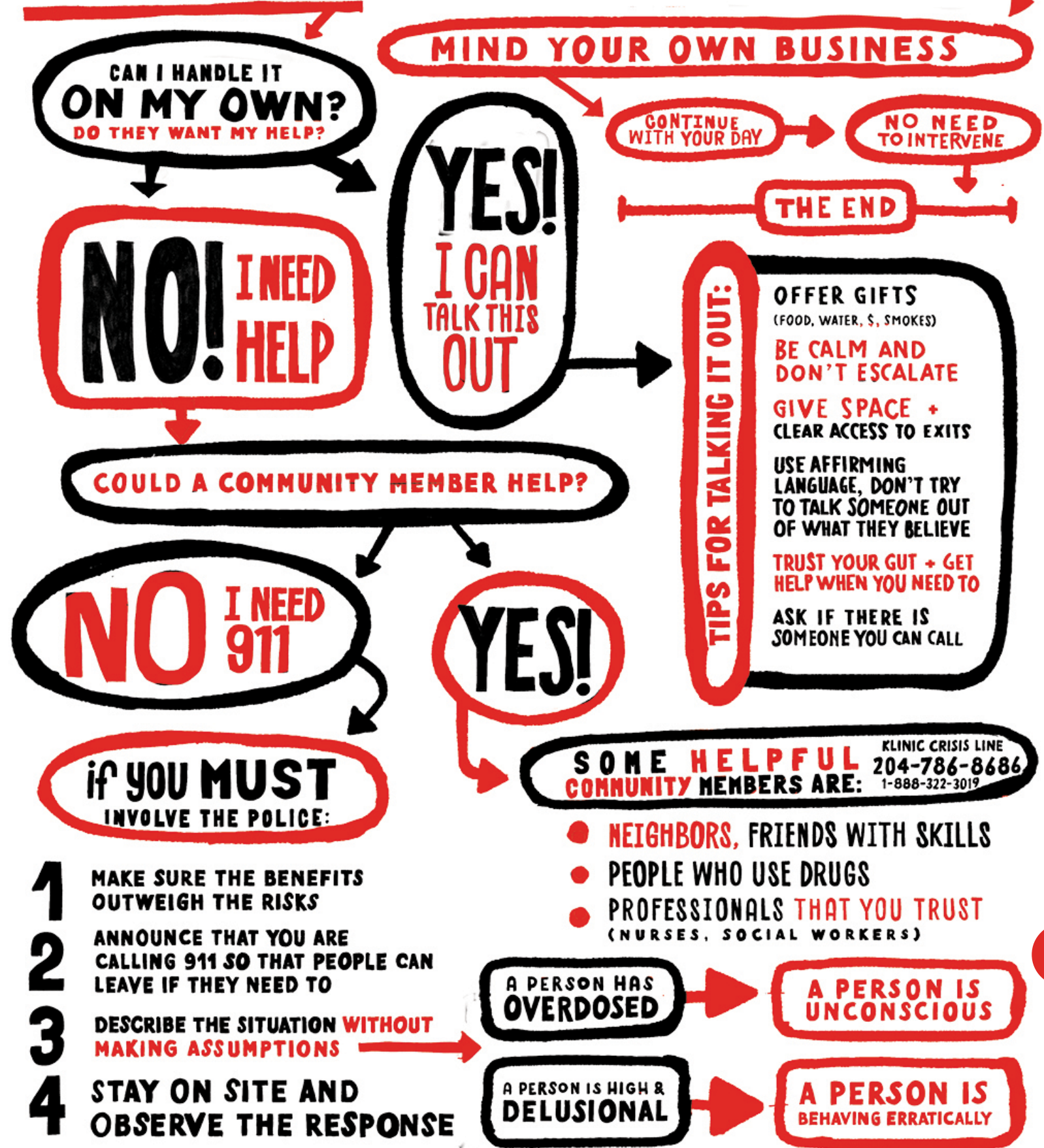
## STANDING NAKED IN A FIELD, IMPROVING HARM REDUCTION AT MANITOBA FESTIVALS

The MHRN conducted an anonymous survey of people who use drugs at Manitoba festivals to make a peer informed list of safety recommendations following the principles of "Nothing About Us, Without Us". These recommendations were circulated to festivals and harm reduction partners who are working to implement these measures.

LINK TO THE GUIDE: [HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D5888E4B0830A0F1ED08B/T/5E62939606BD1F796DB7A109/1583518618408/2020-MHRN-FESTIVALS-REPORT-FIN-WEB.PDF](https://static1.squarespace.com/static/561d5888e4b0830a0f1ed08b/t/5e62939606bd1f796db7a109/1583518618408/2020-MHRN-FESTIVALS-REPORT-FIN-WEB.PDF)

**BEFORE YOU CALL THE COPS  
ASK YOURSELF, IF THE SITUATION IS:**

**UNSAFE** **OR** **UNCOMFORTABLE**  
**LIKE:** someone is hurt **OR** **IN HARMS WAY** **LIKE:** a person is <sup>drunk or high in public</sup>



BAR NONE MHRN MANITOBA HARM REDUCTION NETWORK

*"An amazing relationship has formed between the PAC and the STBBI nurses at PHCC in Flin Flon. They provide STBBI testing at all PAC meetings, help peers access Birth Control options, help peers access treatment, advocate for them at doctor's appointments and if they are admitted into the hospital. They also have provided many peers with smoking cessation packages. This care is extended to all people who use drugs and word has spread that primary health is the place to go to access care in a way that will meet you where you are at and from a non-judgmental perspective."*

FLIN FLON PAC PEER

**BEFORE YOU CALL THE COPS**

The Winnipeg Peer Working Group, in collaboration with the MHRN and Bar None, is pleased to present this poster on alternatives to calling the police on someone who is high. Folks who use drugs say that criminalization harms them more than drugs themselves do!

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**ANIMAL INSTINCTS SEXUAL HEALTH CAMPAIGN:**

Based on the Seven Sacred Teachings, this campaign brings sexual health and harm reduction messages to youth.

Safer Choices Northern Network in Thompson developed this campaign for youth in collaboration with The Manitoba Keewatinowi Okimakinak Youth Council, The Thompson Boys & Girls Club Youth Build students, and RDPC PWG students, with support from the NHR and WRHA.

LINK: [HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D5888E4B0830A0F1ED-08B/T/5E627D07A70FA738EEC-66CF1/1583512849161/2019-SCNN-ANIMAL-UPDATE-CONCEPT-FIN-OL-RESUPPLY-WEB.PDF](https://static1.squarespace.com/static/561d5888e4b0830a0f1ed08b/t/5e627d07a70fa738eec66cf1/1583512849161/2019-SCNN-ANIMAL-UPDATE-CONCEPT-FIN-OL-RESUPPLY-WEB.PDF)



**Don't Hide**  
in your shell

Let's join together, tell our truth and change the story.

Talking about sex and drug use can be uncomfortable. When you talk, share your truth. When you listen, do it with kindness, friendship and without judgement. When we all talk together we strengthen our community.

Places you can go to talk:



**COVID** changed it all.  
But what's **important**  
is still the same

Be honest. Reach out. Take care of each other. Play nice. Listen to your body. Have fun.

COVID-19 has changed our lives. However, it is still important to keep taking care of yourself, testing sites for sexually transmitted infections and places to get other drug supplies are still open but the hours might be different from usual. For hours, condoms, testing, and more check out: [getsoan.eons.com](http://getsoan.eons.com)



If you are going to bear it **Wear it**

Listen to your heart. It takes courage to do the right thing.

Before you have sex think about: Do you want to have sex? What kind of protection do you want to use? Do you know how to use it? Get organized and have these answers and safe sex supplies ready.

You can ask and after we supply check out:



**Wear your Rubbers**

To show respect is to share and give of yourself.

Sexually transmitted infections, including HIV, often have no symptoms at all. The only way to know is to get tested. Get tested regularly.

To get tested see:



**Play Nice**

Humbly is remembering that your actions impact other people.

Can I love you? Can I thank you then? Practice asking consent and practice listening. Consent must be voluntary, sober/sobered, mutual, enthusiastic and happens continuously. The best way to get consent is to ask.

To get more info on consent and consent check out:



**Protect your Beaver**

Be wise! Know your body.

Healthy sexuality includes using barriers like condoms, getting tested, and having fun! Tell your partner how you like to be touched. Stay honest and good.

To get more info on healthy sexuality check out:



**Lead with your Heart**

We all love someone who uses drugs.

People use substances for many reasons. Sometimes they can be helpful or get someone through the day. Not everyone needs to stop using. The best thing you can do for someone who is using substances is to give them love and respect.

You can ask and after we supply check out:



**Condoms come in All Sizes**

Even for a sasquatch. The more honest you are, the bigger you become.

Using a condom or barrier can protect you from sexually transmitted infections. Talk to your partner about correct health, protection and what you like before you are in the moment.

You can ask and after we supply check out:



**COMMUNITY BASED HARM REDUCTION & SEXUAL HEALTH NETWORKS:**

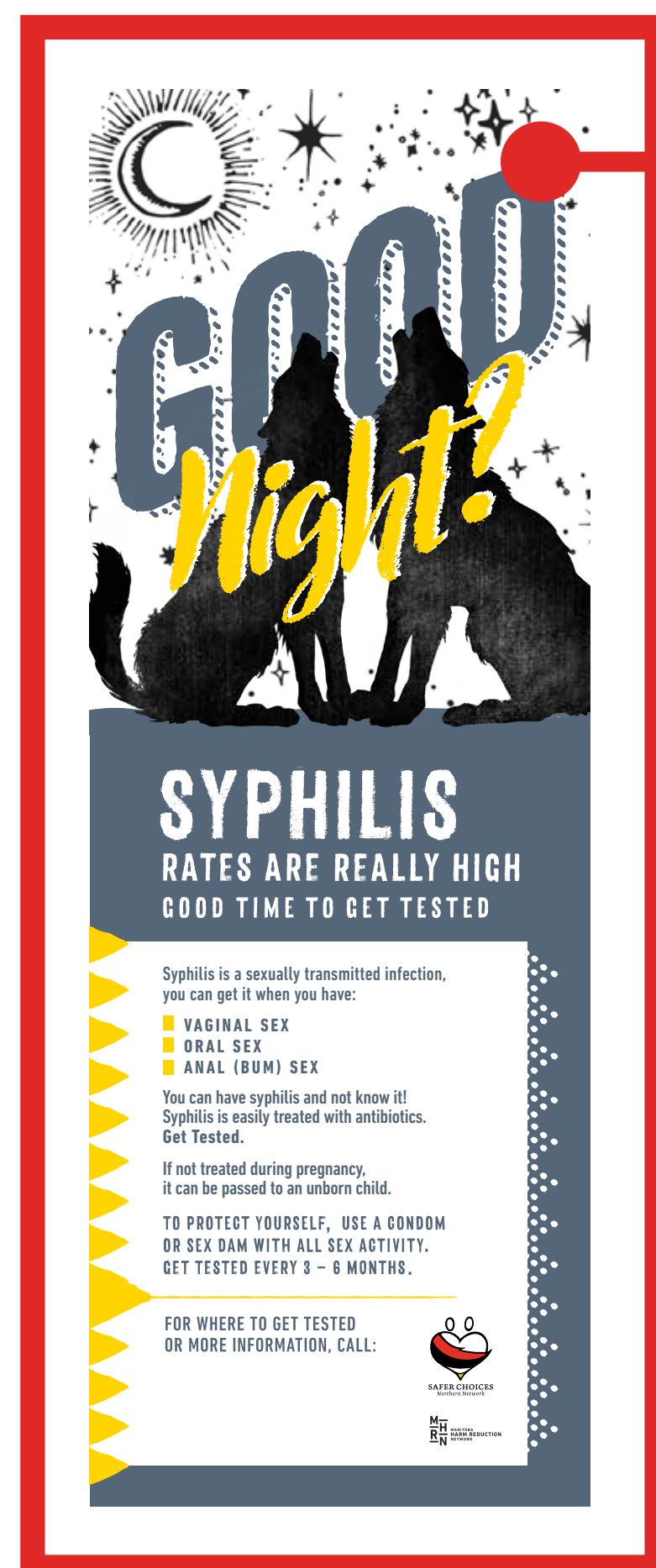
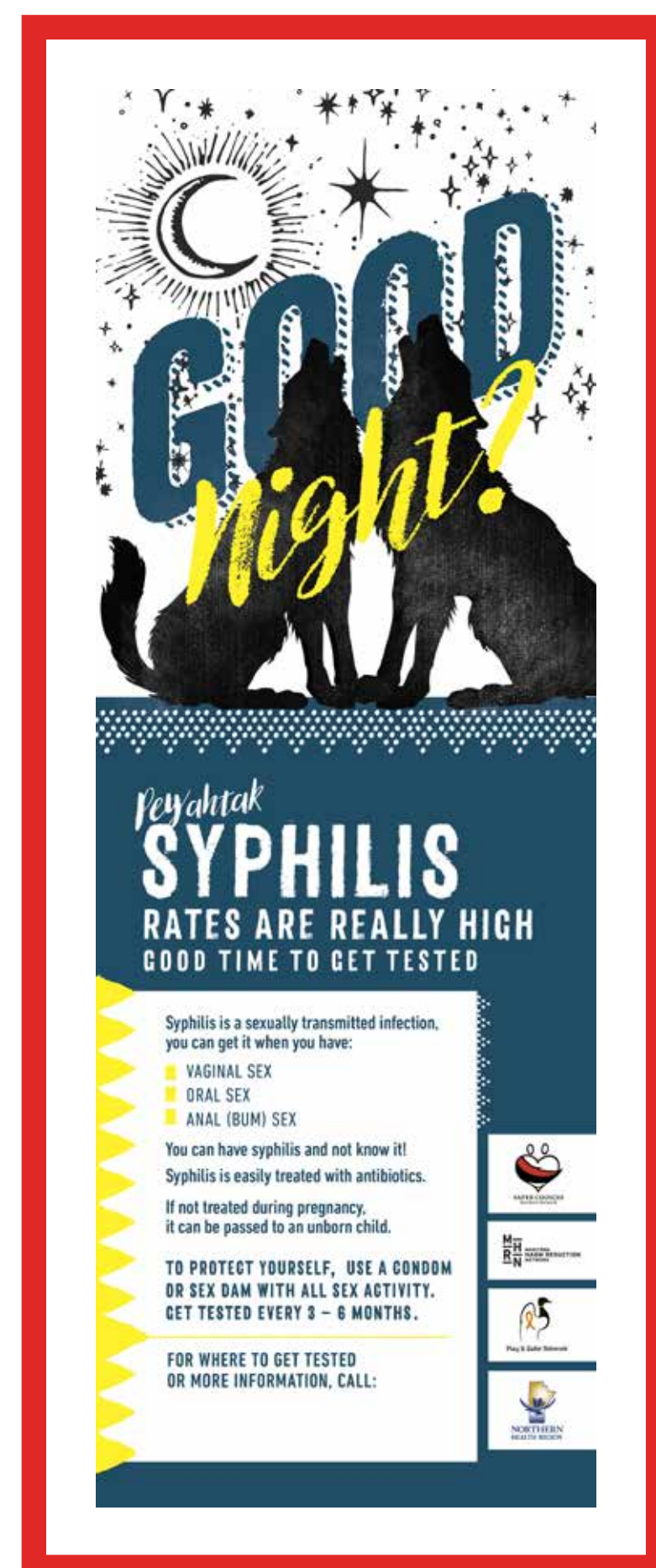
**78**  
NETWORK & MEETINGS  
SUB COMMITTEE MEETINGS

**50**  
CAPACITY BRIDGING ACTIVITIES

**IN 2019, WE GREW FROM 6 NETWORKS TO 10 NETWORKS; OUR 11TH IN WINNIPEG WILL BE ESTABLISHED THIS YEAR!**

**360**  
NETWORK MEMBERS

**10** COMMUNITY BASED HARM REDUCTION & SEXUAL HEALTH NETWORKS

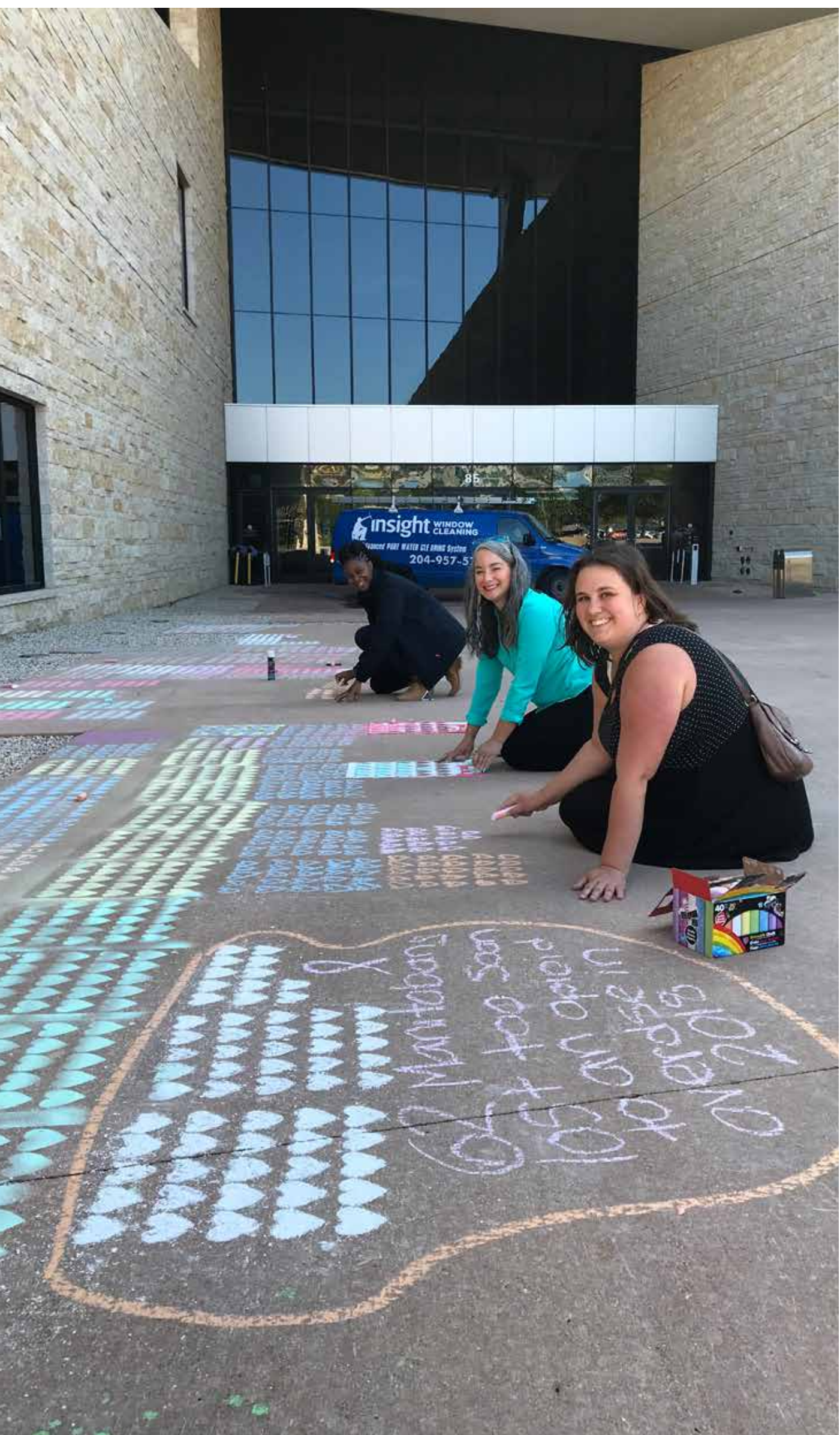


**Adaptation of the Syphilis Poster**

LINK: [HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D5888E4B0830A0F1ED08B/T/5FA98FC-13C84443D2D7AAE85/1604947909381/2019-SCNN-NORTHERN-SYPH-UPDATE-FIN-WEB.PDF](https://static1.squarespace.com/static/561d5888e4b0830a0f1ed08b/t/5fa98fc13c84443d2d7aae85/1604947909381/2019-SCNN-NORTHERN-SYPH-UPDATE-FIN-WEB.PDF)

Syphilis Kitchen Table discussion guide - link to it on our website

[HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D5888E4B0830A0F1ED08B/T/5FA98FD82057B138B487F20B/1604947929488/SYPHILIS+KEY+MESSAGES+ACTIVITY+EXTERNAL+.PDF](https://static1.squarespace.com/static/561d5888e4b0830a0f1ed08b/t/5fa98fd82057b138b487f20b/1604947929488/SYPHILIS+KEY+MESSAGES+ACTIVITY+EXTERNAL+.PDF)



**INTERNATIONAL OVERDOSE AWARENESS DAY 2019:**

International Overdose Awareness (IOAD) provides an opportunity for us to reflect on practical ways to prevent overdose in our community. We are drawing attention to the criminalization, stigmatization, and marginalization that is driving the overdose crisis. We are advocating for a people centered and human rights based approach to drugs. Overdose is preventable.

PLANNING KIT: [HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D5888E4B0830A0F1ED08B/T/5F8F3CA5D196F3101ABB2A-BE/1603222698816/2019+OVERDOSE+AWARENESS+DAY.PDF](https://static1.squarespace.com/static/561d5888e4b0830a0f1ed08b/t/5f8f3ca5d196f3101abb2a-be/1603222698816/2019+OVERDOSE+AWARENESS+DAY.PDF)

*When asked to comment on what they valued most, members most commonly referred to the: strong community focus; knowledge exchange; and peer engagement/support as network strengths.*

#### **STRONG COMMUNITY FOCUS**

"The feeling of being part of a successful collaboration that is having an impact at the street level. This organization is walking the walk."

"I appreciate that the Network values my role as an Indigenous community member who is not necessarily coming from a professional position."

"I value the feeling of being part of a team."

#### **KNOWLEDGE EXCHANGE**

"Getting to better understand substance use and safe practices/harm reduction techniques."

"I value the information brought forward from other programs in our community. I am able to share these other services with my clients."

"Learning and gaining knowledge."

#### **PEER ENGAGEMENT AND SUPPORT**

"I value the peer engagement most, it has made the work I do as a nurse more meaningful and I appreciate all that I have learned from the peer group."

"Learning from peers, expanding my knowledge."

"I value the change in perception the Network has given me."

Members noted that the network is an important resource helping communities address local issues – working collaboratively to enhance services in "small communities with a lot of stigma" where "education is extremely important to dispel myths and help individuals access supports and resources."

#### **AS A RESULT OF THEIR INVOLVEMENT**

# 85%

**FEEL MORE  
CONFIDENT 'MEETING  
PEOPLE WHERE THEY  
ARE AT, WITHOUT  
EXPECTING CHANGE  
RELATED TO THEIR  
SUBSTANCE USE'**

The majority (83%) also felt more confident helping participants reduce harms related to their drug use.

Involving peers ensures that strategies aren't developed in a vacuum: "[If we exclude] those who can truly inform us, we are at best guessing and, at worst, creating harmful policies and interventions."



## EDUCATION & CAPACITY BRIDGING

**30** HARM REDUCTION WORKSHOPS  
**742** PARTICIPANTS

**60** TEEN TALK ADAPTED WORKSHOPS IN NORTHERN, RURAL AND REMOTE MB  
**WITH OVER 1000 YOUTH**

**59** COMMUNITY OUTREACH & AWARENESS EVENTS

**257+** TESTS DONE AT 17 STBBI TESTING EVENTS

**54+** TESTS DONE AT 10 PEER-TO-PEER TESTING EVENTS

**3X** ANTI-STIGMA SOCIAL MEDIA CAMPAIGNS

**14** OVERDOSE PREVENTION WORKSHOPS

*People who use substances are still good capable parents.*

*People who use substances love their children as much as you do.*

*People who use substances deserve the right to parent, access services and keep their children.*

*Parents who use substances do not feel safe with healthcare service providers.*

*Punishment and criminalization is not helpful and does not work and creates more issues.*

REFLECTIONS FROM THE MHRN GATHERING

**HOSTED WITH THESE FOLKS**

**2019 MHRN GATHERING**

On November 28th, 2019 the MHRN hosted a gathering focused on addressing the discourses for cis women, two spirit, transgender, queer, and non-binary people who are pregnant and parenting and use substances. The goal was to use the information gathered to create an action plan and a provincial campaign to roll out over the next few years.

FULL REPORT: [HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D588E-4B0830A0F1ED08B/T/5F8F38E35D05CD5A660A6C5F/1603221740719/2019+GATHERING+REPORT.PDF](https://static1.squarespace.com/static/561d588e-4b0830a0f1ed08b/t/5f8f38e35d05cd5a660a6c5f/1603221740719/2019+GATHERING+REPORT.PDF)





# COMMUNITY BASED RESEARCH AT THE MHRN

## REMOTE CONTROL: IMPLEMENTING COMMUNITY BASED HIV/AIDS RESEARCH IN RURAL, REMOTE, AND/OR NORTHERN MB'

Peer Research Teams from Flin Flon, Wuskwi Sipihk First Nation, and Selkirk have been exploring the role of Peers and how those most impacted by HIV/AIDS create support and community that motivates them to remain in their community. This project centres the voices of rural Peers and those most impacted by the war on drugs as the Researchers. These three teams have built their skills around community based research and HIV/AIDS, talking about how to create safety and connection for those most impacted, and developed and implemented Peer Researcher-directed projects to help build support for those most impacted by HIV, allowing them to remain in and thrive in their communities.

FINAL REPORT: [HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D5888E4B0830A0F1ED08B/T/5FA9776664A757513A1B8E17/1604941674538/2020-MHRN-REMOTE-CBR-REPORT.PDF](https://static1.squarespace.com/static/561d5888e4b0830a0f1ed08b/t/5fa9776664a757513a1b8e17/1604941674538/2020-MHRN-REMOTE-CBR-REPORT.PDF)

HIV POSTERS: [HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D5888E4B0830A0F1ED08B/T/5E6293BA7BED9958DFE45743/1583518653797/2019-MHRN-ICONS-CONCEPT-FIN-WEB.PDF](https://static1.squarespace.com/static/561d5888e4b0830a0f1ed08b/t/5e6293ba7bed9958dfe45743/1583518653797/2019-MHRN-ICONS-CONCEPT-FIN-WEB.PDF)



LOVE IS A HUGE PART OF THE HEALING PROCESS AFTER HIV/AIDS DIAGNOSIS

**LOVE SAKIHIWEWIN ZAAGI'IDIWIN**

This poster series was imagined and created by the Thunder Bear Walkers in Flin Flon, MB. We are one of the Manitoba Harm Reduction Network's Peer Research Teams engaged in community based research exploring what life is like for people impacted by HIV/AIDS in rural, remote, and northern communities in Manitoba. We used our teachings, knowledge, and ceremony to shape and inform our research process. With our Elders, Knowledge Keepers, and community we thought about how our teachings create meaning for us as Peers living in the North. These posters are how we are sharing our work.



LOVE IS A HUGE PART OF THE HEALING PROCESS AFTER HIV/AIDS DIAGNOSIS

**LOVE SAKIHIWEWIN ZAAGI'IDIWIN**



LOVE IS A HUGE PART OF THE HEALING PROCESS AFTER HIV/AIDS DIAGNOSIS

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LOVE IS A HUGE PART OF THE HEALING PROCESS AFTER HIV/AIDS DIAGNOSIS

**LOVE SAKIHIWEWIN ZAAGI'IDIWIN**

# CAMPAIGNS

## ONLINE STORE NOW OPEN

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CHECK IT OUT  
[WWW.MHRN.CA/STORE](http://WWW.MHRN.CA/STORE)



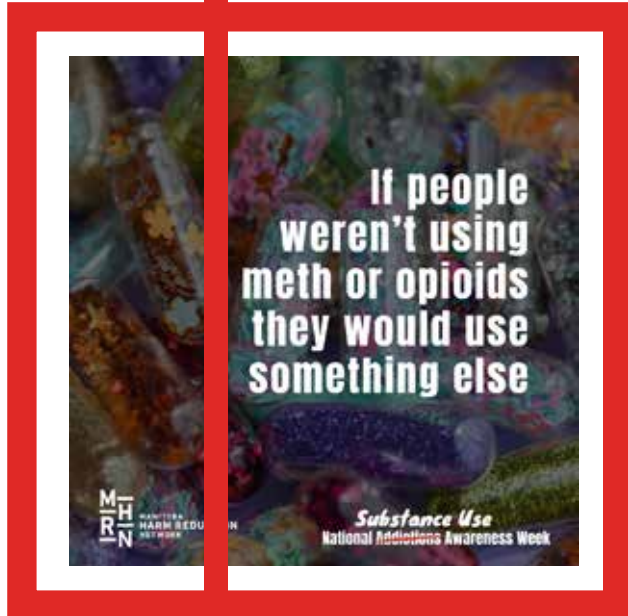
MANITOBA  
HARM REDUCTION  
NETWORK

**WE PEOPLE WHO USE DRUGS**

**I <3 SOMEONE WHO USES DRUGS: TO PURCHASE A TSHIRT OR SWEATSHIRT GO TO OUR NEW STORE**

We've heard from our networks and partners that this campaign, more than anything else we have done, has started conversations, changed hearts and minds, and reduced stigma in communities where talking about substance use is taboo and where people are taught to reject their loved ones who use drugs.

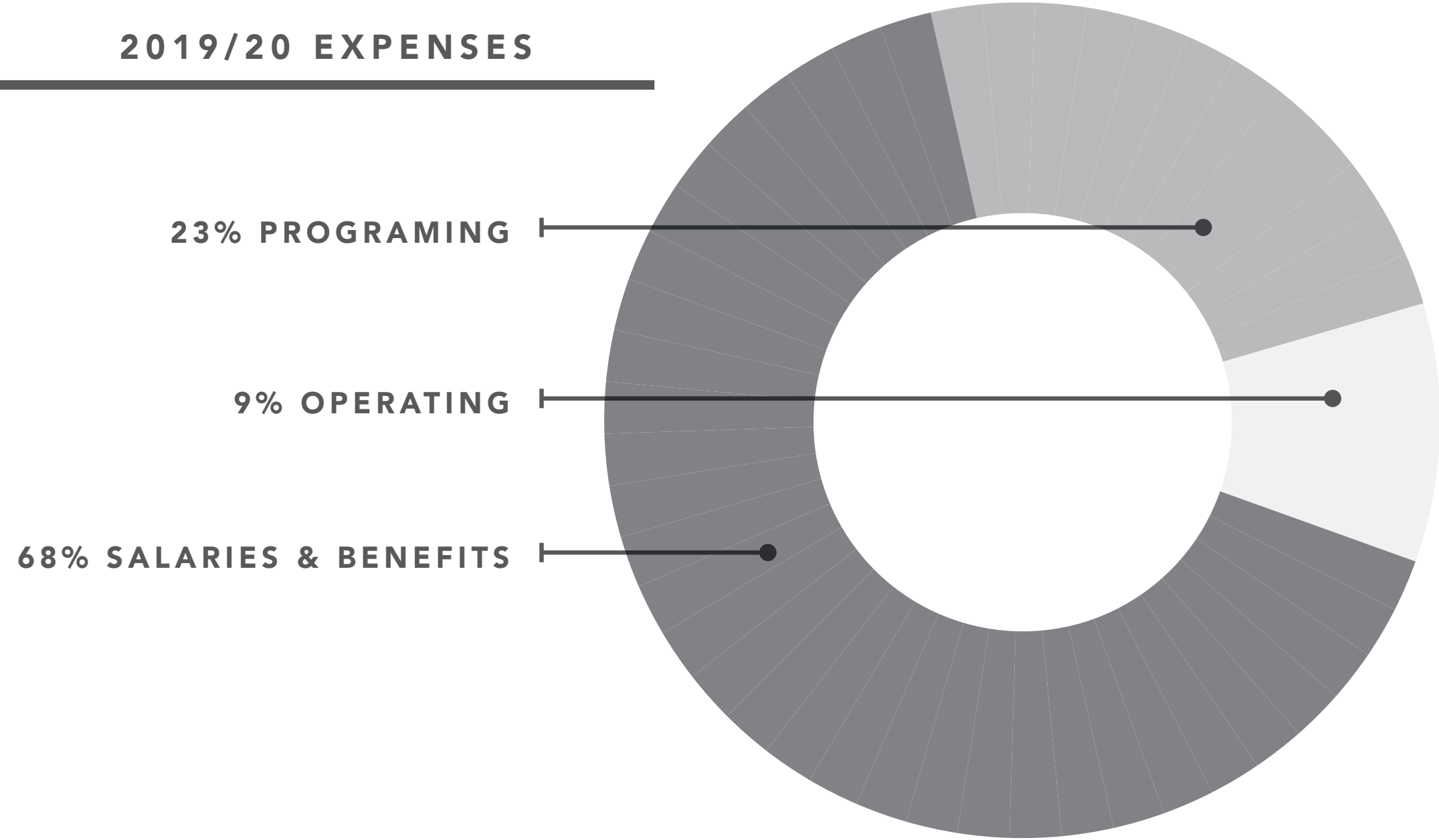
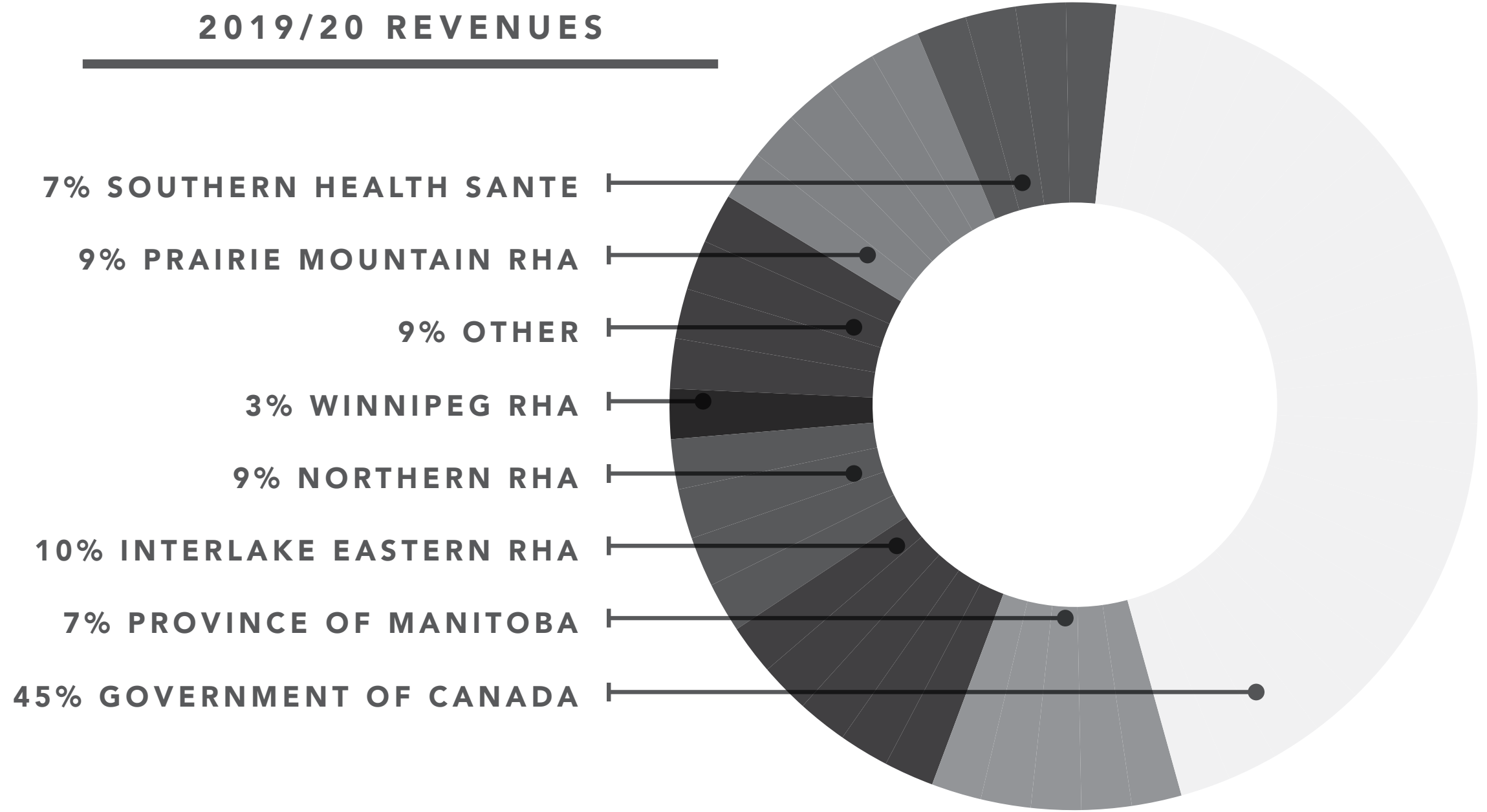
I **SOMEONE WHO USES DRUGS**



**NATIONAL SUBSTANCE USE AWARENESS WEEK 2019:**

Substance Use Awareness Week is MHRN's reworking of National Addictions Awareness Week, broadening the scope, focusing on systemic harms, and using less stigmatizing language. In 2017 we did our first social media campaign aimed at getting people to think differently about substance use, and followed in the same vein with our subsequent campaigns. Each year the campaign performs exceptionally well, reaching over 26,000 people with our most viewed and shared post.

# FUNDING & FINANCIALS



**FUNDERS AND PARTNERS**

**GOVERNMENT OF CANADA**

*Public Health Agency of Canada*

**CANADIAN INSTITUTE OF HEALTH RESEARCH**

**PROVINCE OF MANITOBA**

*Healthy Seniors and Active Living  
Healthy Child Office of Mantioba*

**REGIONAL HEALTH AUTHORITIES**

*Southern Health Sante Sud  
Interlake Eastern Regional Health Authority  
Northern Regional Health Authority  
Prairie Mountain Health  
Winnipeg Regional Health Authority*