

2021 / 2022

ANNUAL REPORT

**M
R
I
N** MANITOBA
HARM REDUCTION
NETWORK



The MHRN and all of our sites are located on Indigenous Land. Specifically, we are located on Anishinaabe, Ininew, Anish-Ininew, Dene, and Dakota Land and are also in the homeland of the Metis Nation. Our central office is in Treaty 1 and we have been invited to work in Treaty 1, 2, 3, 4, and 5 territories.

As a non-Indigenous organization we are committed to the principles of uncolonization and reconciliation and are committed to integrating the TRC Calls to Action into our work.

The Manitoba Harm Reduction Network works toward equitable access, systemic change, and reducing the transmission STBBI through advocacy, policy work, education, research and relationships. We do this by administering 11 regional harm reduction networks and 11 regional peer advisory councils of people who use drugs, through networking, education, advocacy and events that are relevant to their specific communities. We could be described as a network of networks! 10 of our 11 sites are in Rural, Remote, and Northern Manitoba!



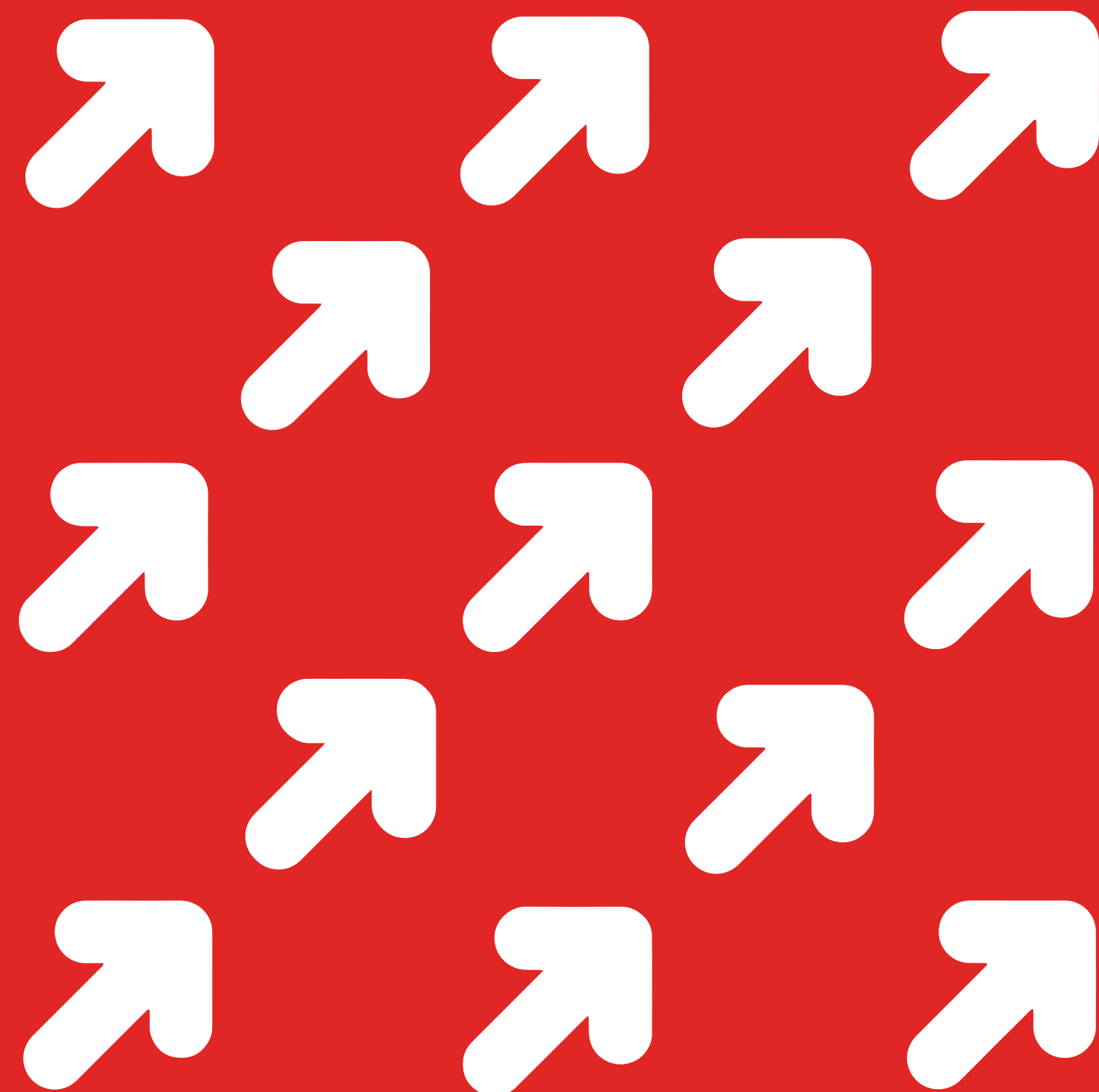
HARM REDUCTION is LOVE

As the pandemic continues to inequitably impact people who use drugs and are impacted by colonial and structural violence, we saw an increase in harms related to substance use including rising numbers of drug poisonings and drug poisoning deaths throughout the province, resulting in 407 deaths in 2021. Grounded in love for our relatives, the Peer Advisory Councils and the MHRN stepped up to address the health and social disparities in their communities. Peers were trained in overdose response and 2075 naloxone kits were distributed through the PACs.

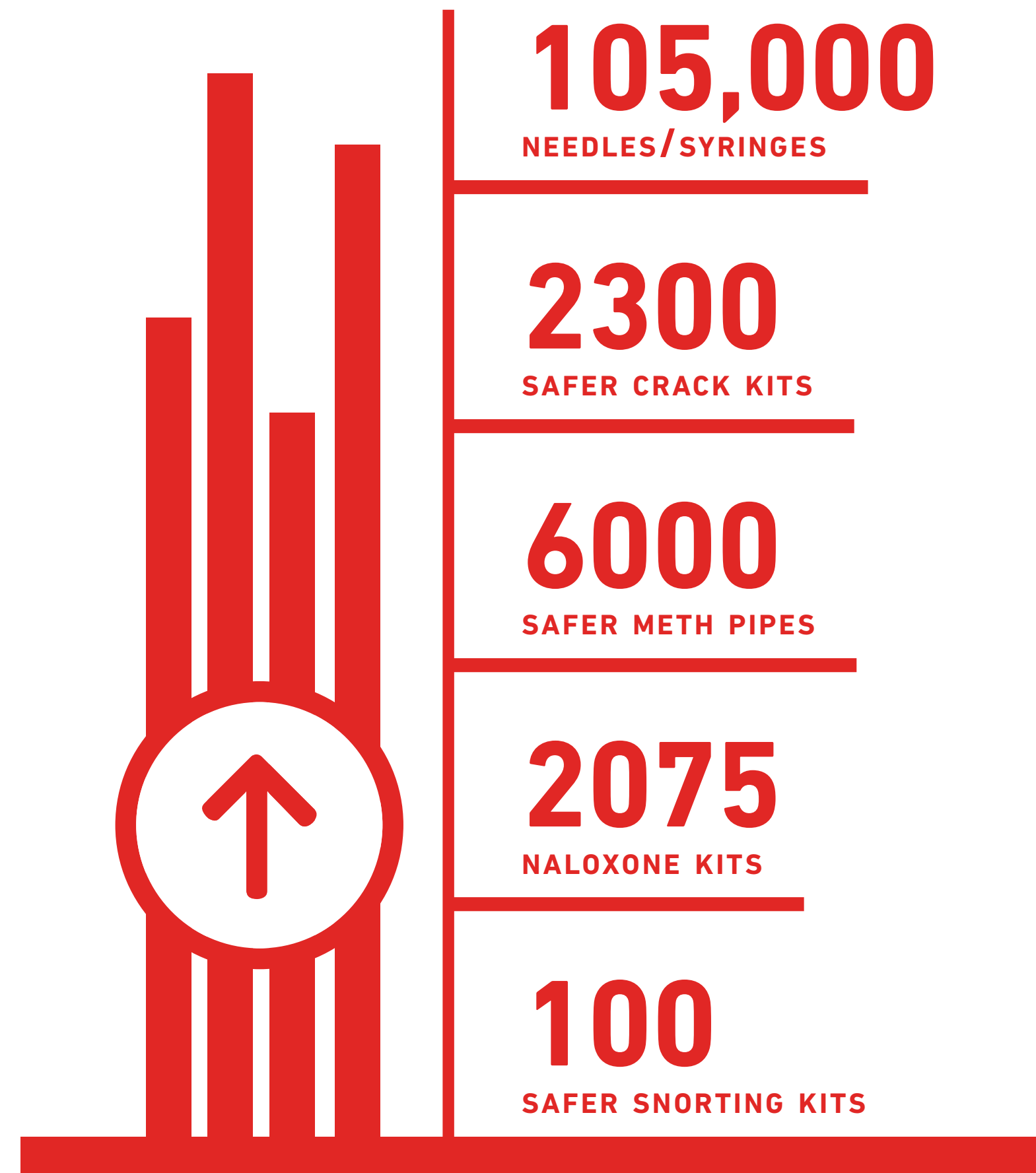
The Winnipeg Harm Reduction Network operated the first pop up Overdose Prevention Site in Manitoba over 2 weekends in August and September; providing harm reduction and overdose prevention services to 277 people in 26 hours of operation.

IN THIS TOGETHER

Various networks collaborated with respective Tribal Councils to coordinate a non-jurisdictional approach to provide harm reduction and overdose prevention supplies to fire evacuees coming into Winnipeg, Brandon and Selkirk.



THIS YEAR WE DISTRIBUTED A TOTAL OF:



WE ALSO DISTRIBUTED

more than 20,000
condoms and other safer sex supplies



MEET THE
MHRN TEAM

WWW.MHRN.CA/STAFF

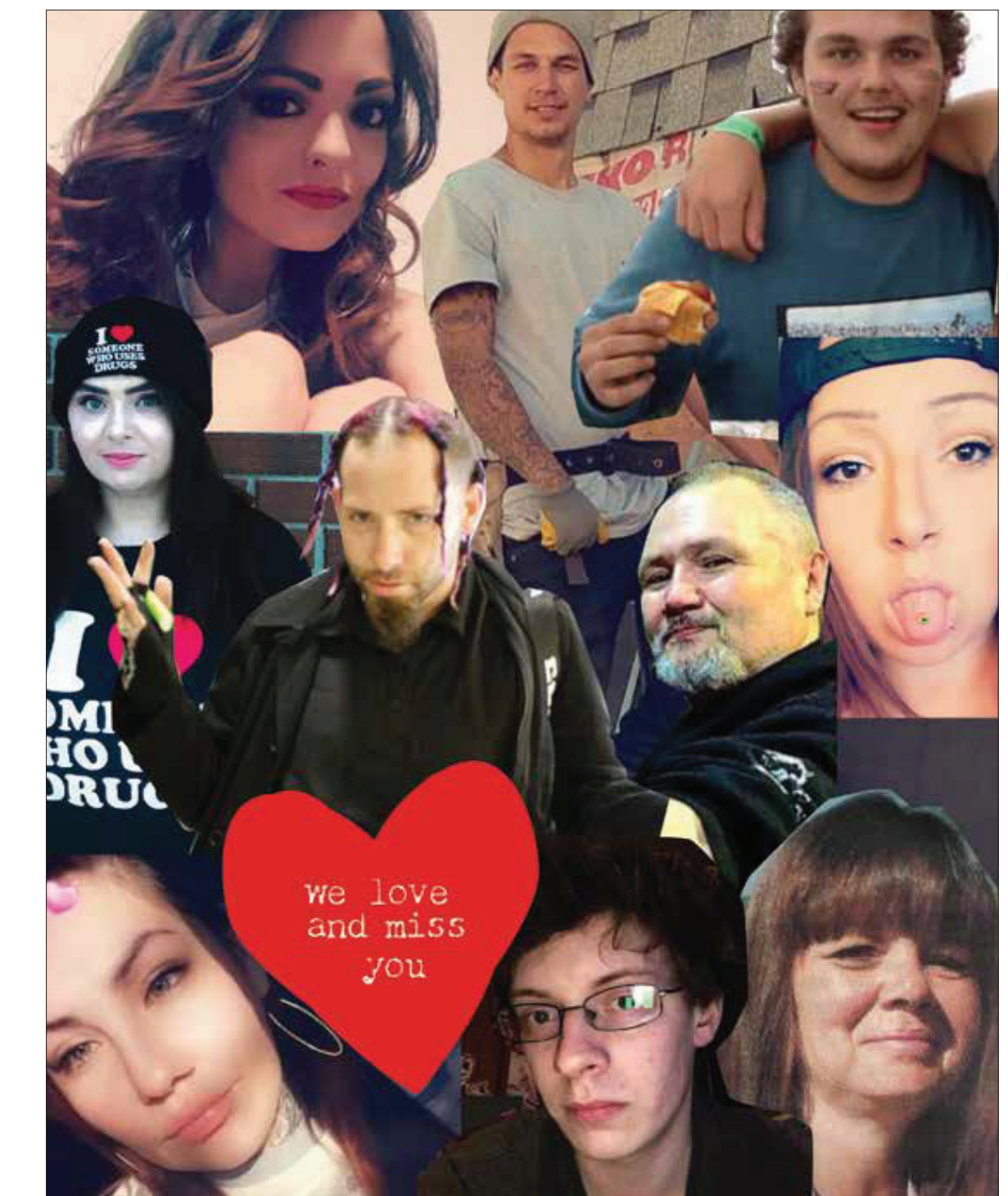
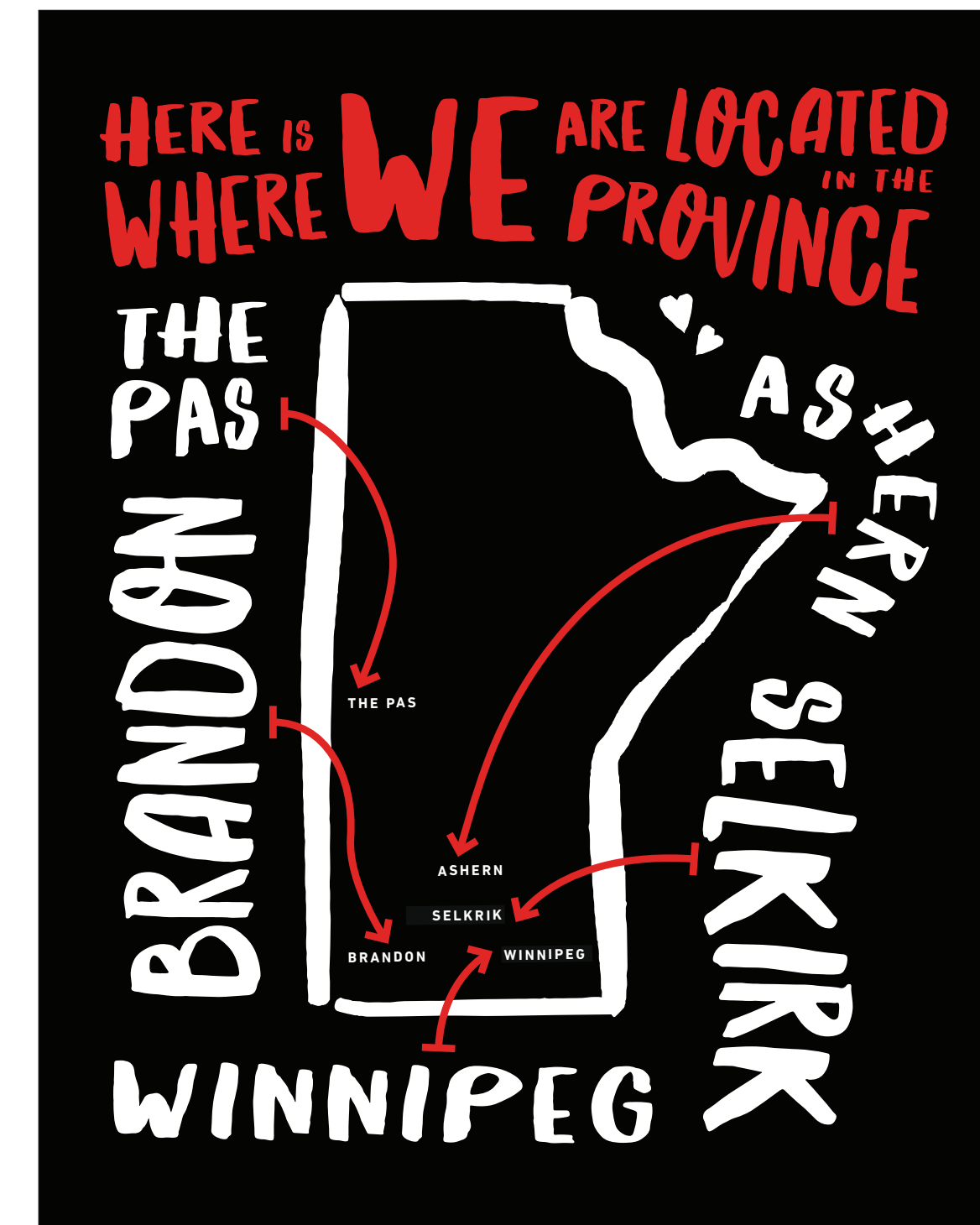
THE MHRN PEER ZINE

People who used drugs were asked to create work for a zine around the core question "what does drug use look like in your community?" The collective results are documented in this edition and they are stunning!



[CLICK HERE](#)

[TO DOWNLOAD THE ZINE](#)



PEERS FROM SELKIRK

This collection of photographs was submitted by Selkirk PAC co-founder, Jessica (RIP). Jessica wanted to honour the lives of our lost loved ones - those we've lost directly from overdose and substance poisoning, and those who died because of the war on drugs, war on people who use drugs, and the broken systems that failed them. These lives were unjustly cut short and we are grieving.

The Selkirk PAC gathers on the ancestral lands and nearby bodies of water cared for and protected by Anishabe, Ininew, OjjiCree, Dene, Dakota, and Metis peoples. Members of these nations engaged in numerous treaties with colonizers including but not limited to the Peguis-Selkirk Treaty (1817) and Treaty 1 (1876).

DRUG USE IS: Wonderful necessary. helps stress and anxiety and always needed coping it. HAPPY FEELINGS

WHAT I LOVE ABOUT USING DRUGS IS...
 makes us feel happy + calm
 makes life more easier
 STRESS RELIEF
 BRINGS people together

WHAT'S THE BEST PART OF USING IN PINAY/ASHERN?
 private + confidential
 clean supplies anytime
 supplies and support from many
 having people trust

WHAT'S HARD ABOUT USING DRUGS IN PINAY/ASHERN?
 NOT Being able to access supplies from health centre
 Having people talk about who uses drugs
 we feel judgement from other members of Pinay confidentially


TOMORROW I WANT TO...
 get high chillax (high)
 help peers get new supplies
 hope to live another day
 they could free her drunk

WHAT'S HARD ABOUT USING DRUGS IS...
 JUDGEMENT - discrimination
 cost/money - not knowing if they are safe
 NOT having access to drugs

WHAT DOES OUR REGION LOOK LIKE?
 • Clean community/Reserve
 • Beautiful River Scenery/Dam
 • Calms by lower River
 • Our Region is Beautiful

WHAT HAS COVID CHANGED FOR PEOPLE WHO USE DRUGS?
 • Increased use + abuse
 • Extreme Mental Health Problems
 • Alcoholism increased
 • Drugs cost more
 • Anger due to not wanting to be vaccinated
 • Stress has taken a toll on all of us.

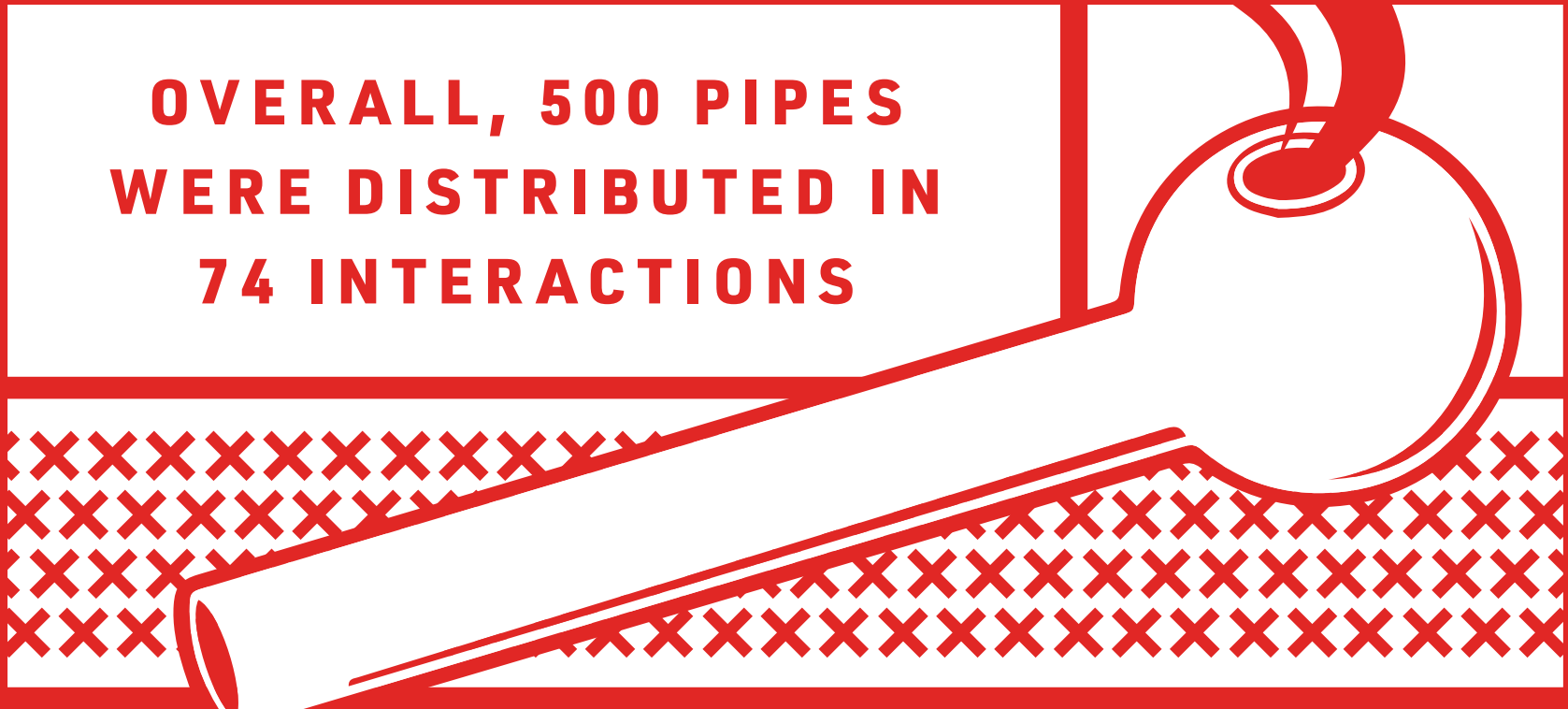
79% OF PARTICIPANTS REPORTED SHARING INFORMATION WITH OTHERS SINCE THEIR LAST VISIT




METH PIPE PILOT PROJECT

#SMOKEDONTPOKE

OVERALL, 500 PIPES WERE DISTRIBUTED IN 74 INTERACTIONS




IN THE PRE-TEST 28% OF PARTICIPANTS STATED THAT THEY INJECTED DAILY



METH PIPE PILOT PROJECT

#SMOKE DON'T POKE

IN THE POST-TEST RESULTS THIS NUMBER DECREASED TO 12%



IN THE PRE-TEST ONLY 23% OF PARTICIPANTS STATED THEY NEVER SHARED DRUG-USE SUPPLIES



METH PIPE PILOT PROJECT

#SMOKE DON'T POKE

IN THE POST-TEST THIS NUMBER INCREASED TO 46%



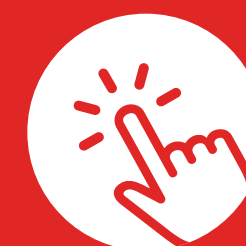
#SMOKEDONTPOKE METH PIPE PROJECT SUAP FUNDING

Year 1: 2021-2022

This project evaluated the impact of increasing access to meth pipes (bubble pipes) for Peer Advisory Council members in Winnipeg, Selkirk and Pine Falls in response to requests for this service. Participants were given meth pipes and completed surveys and education sessions with staff. 74 surveys were completed by the 44 participants. Year one produced a report.

Year 2: 2022-2023- Satellite Sites

The second year of this project is specifically aimed at expanding the availability of meth pipes through peer networks and peer distribution activities. Baseline data was collected and 10 satellite sites were launched in March 2022.



**CLICK HERE
FOR THE YEAR ONE REPORT**

THIS YEAR WE WORKED WITH **634** PEERS & **509** NETWORK MEMEBERS TO HOST:

122

Peer Advisory Council Meetings

115

Capacity Bridging Activities

177

Network Meetings

82

Community Based Events

39

STBBI Testing Events

2021-2022 Peer Advisory Council Evaluations:

- Average knowledge increased 15% with highest knowledge gained around HCV transmission, testing and harm reduction services.
- PAC members indicated an increase in confidence with sharing information; the highest increases were in their **confidence in sharing information about HCV prevention and in telling someone where to go for testing.**

2021/22 MEMBER SURVEY RESULTS



CLICK HERE FOR THE FULL SURVEY

- 80% of respondents have increased their knowledge about HIV/ HCV
- 70% have integrated this knowledge into their practice
- 80% feel better able to reduce harms
- 69% feel more confident discussing safer sex methods

Network members feel membership is beneficial for:

- Understanding importance of engaging peers – 78%
- PAC helps set priorities- 62%
- More comfortable interacting with PWUD- 61%
- PAC provides valuable insight – 61%

Members experience high satisfaction through Network involvement:

- ongoing partnerships- 78%
- members working together- 77%
- achieving goals and objectives- 76%
- new working relationships – 58%

FENTANYL CHECKING PILOT PROJECT

We did a 3-month drug checking pilot project which equipped members of the Winnipeg, Brandon, Flin Flon, The Pas, and North West Interlake Peer Advisory Councils with supplies and training necessary to check their drugs for fentanyl as an overdose prevention strategy.

792

FENTANYL TEST STRIPS WERE DISTRIBUTED IN 78 INTERACTIONS WITH STAFF

3 OF THE 4

PEOPLE WHOSE SAMPLE TESTED POSITIVE FOR FENTANYL REPORTED THAT THEY PLANNED TO CHANGE THEIR USE BASED ON THIS RESULT

Due to the success of the project the MHRN continues to distribute fentanyl test strips and training and will pursue ongoing funding for this service.

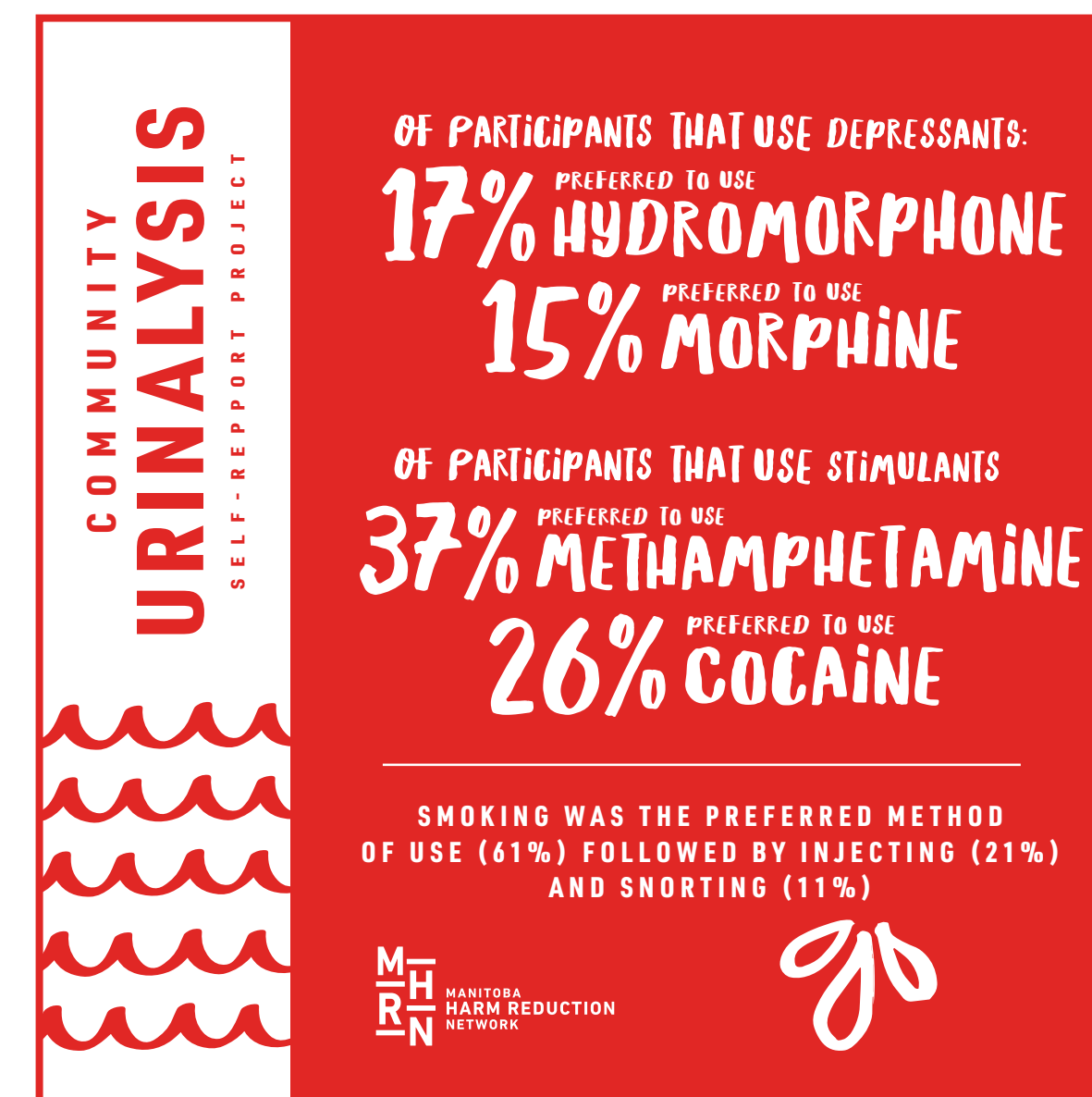


CLICK HERE

FOR THE FULL REPORT

COMMUNITY URINALYSIS AND SELF REPORT PROJECT MANITOBA SITE

The project aims to respond to the drug overdose epidemic by addressing the ever-evolving need to monitor and inform harm reduction services by identifying drug use trends and novel psychoactive substances across Canada. **Results were incorporated and disseminated in the National project and additionally were presented in a local virtual workshop.**



CLICK HERE TO

CHECK OUT THE REPORT

2021/22 REPORT

VISIT THE MHRN STORE

WWW.MHRN.CA/STORE



THE HARM REDUCTION 2.0 WORKSHOP BEYOND THE NEEDLE!

The Beyond the Needle! workshops are delivered through an anti-racist and anti-oppression foundation. This year we facilitated 39 Harm Reduction workshops with 662 health care providers, social service providers, peers, and community members.

"It helped me understand the practices and knowledge to make healthcare more accessible to those with SUD and other addictions." -PARTICIPANT

I think it is going to change how I connect systems to substance use. Clarifying my language to ensure I am clearly communicating where harm lies in substances." -PARTICIPANT

"I think moving forward I have an overall better awareness of my own personal biases and beliefs towards substance use that this presentation has challenged. I want to create a safe space for my patients where they can disclose their use and help break down the stigma in my home community" -PARTICIPANT

99%

OF PARTICIPANTS RATED THE OVERALL WORKSHOP AS EXCELLENT OR GOOD

99%

OF PARTICIPANTS RECEIVED INFORMATION RELEVANT TO THEIR WORK

80%

OF PARTICIPANTS INDICATED THEY WOULD CHANGE HOW THEY COMMUNICATE WITH PARTICIPANTS

73%

OF PARTICIPANTS INDICATED THEY WOULD BETTER ENGAGE PARTICIPANTS IN DECISION MAKING

2021/22 REPORT

COMING UP IN 2022-2023

BEING A
SHIT DISTURBER
IS AN ACT
OF LOVE

[MHRN.CA/CONFERENCE-2022](https://mhrn.ca/conference-2022)

MANITOBA HARM
REDUCTION CONFERENCE
NOV. 15-17, 2022



RECENT PUBLICATIONS

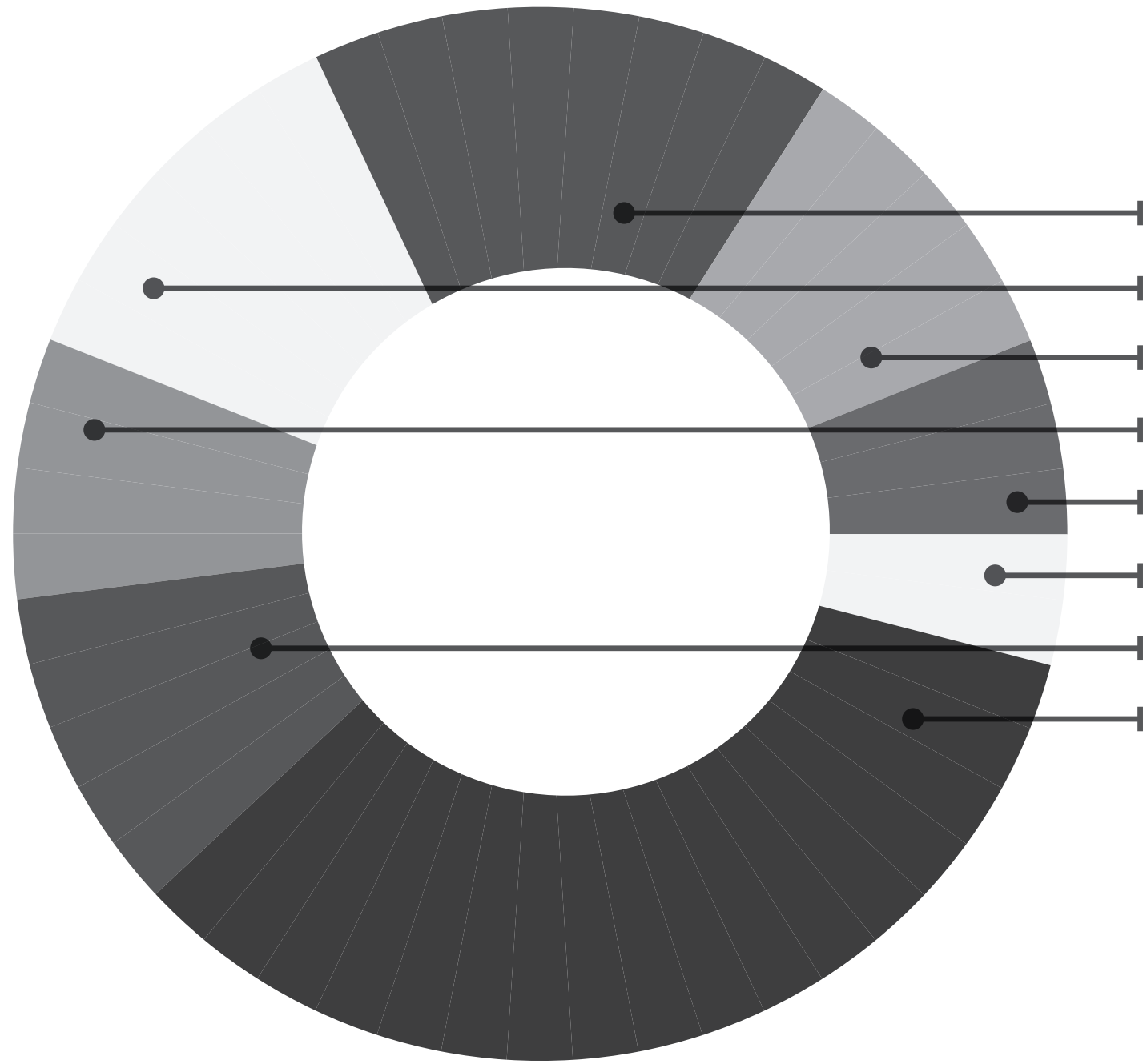
Harm Reduction Services in Winnipeg,
A Consolidating Report and Call To Action



Report of an Evaluation of Manitoba Harm
Reduction Network Services in the Context
of the COVID-19 Pandemic- Summary
Report

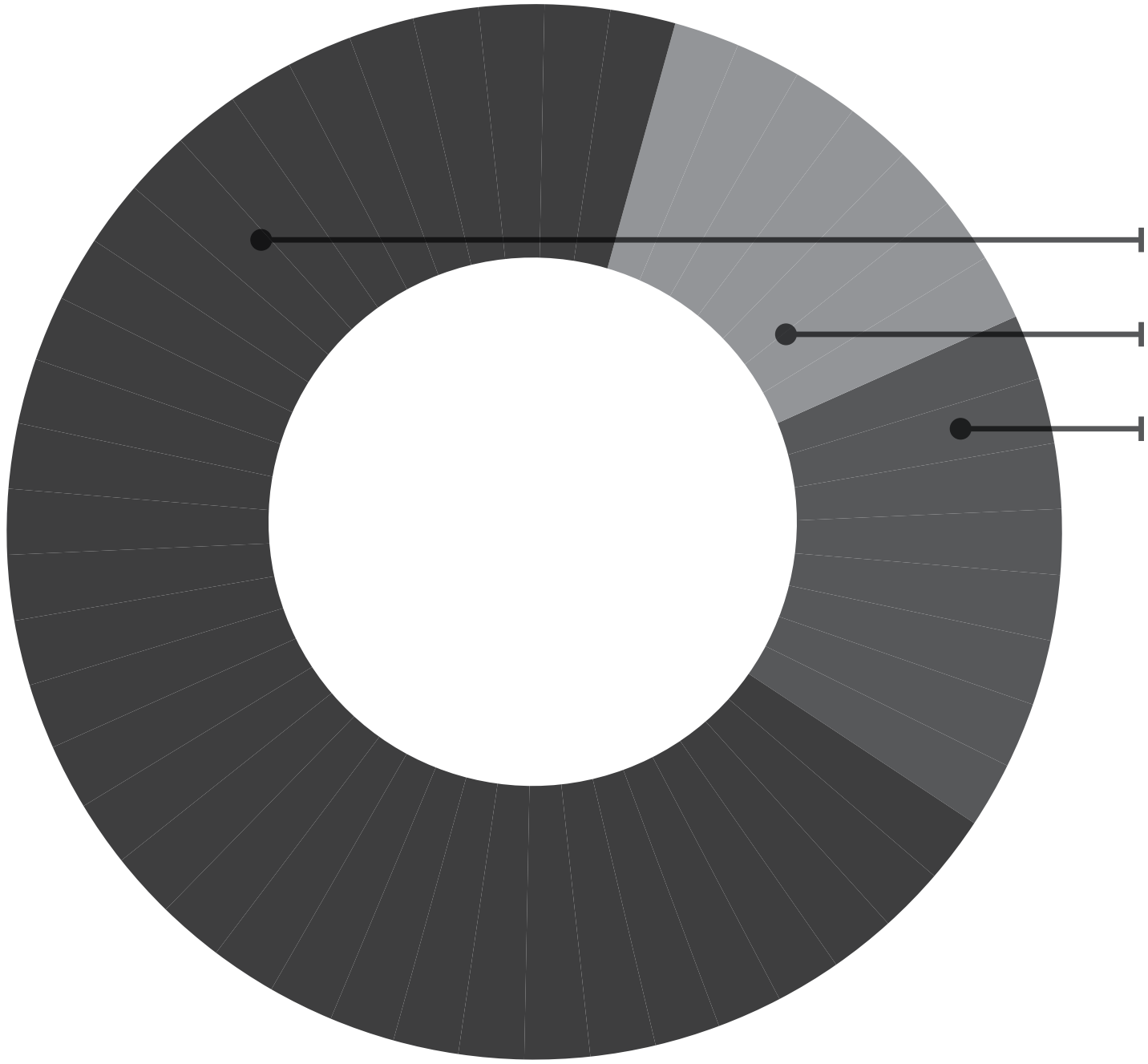
FUNDERS

- Public Health Agency of Canada
- Heath Canada
- Canadian Research Initiative in Substance Misuse
- Canadian Public Health Association
- Second Harvest
- Winnipeg Regional Health Authority
- Interlake-Eastern Regional Health Authority
- Southern Health Sante Sud
- Prairie Mountain Health Authority
- Northern Regional Health Authority
- Province of Manitoba
- Province of Manitoba Mental Health, Wellness, and Recovery
- Brandon University
- CATIE
- National Collaborating Centre for Infectious Disease
- Survivor's Hope
- Interlake-Eastern Health Foundation
- Protect Manitoba
- Other revenues



2021/22 REVENUE

16%	PRAIRIE MOUNTAIN RHA
12%	NORTHERN RHA
10%	INTERLAKE- EASTERN RHA
8%	WINNIPEG RHA
6%	PROVINCE OF MANITOBA
5%	SOUTHERN HEALTH RHA
10%	OTHER
33%	GOVERNMENT OF CANADA



2021/22 EXPENSES

69%	SALARIES & BENEFITS
14%	PROGRAMMING
16%	OPERATING

**GET TO
KNOW
THE
MHRN
COUNCIL**

WWW.MHRN.CA/OUR-COUNCIL