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.

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.

**SAFER OPTIONS**
- Consider substitution therapy
- Establish safe drop boxes for used syringes
- Promote the use of heroin in a supervised setting
- Increase access to treatment

**DROP BOXES**
- Bigger, better! The Winnipeg Peer Working Group
  - Developed a guide for peers to set up drop boxes
  - Offered more secure and accessible locations

**INCENTIVES**
- Lifesavers
  - Syringe exchanges promote the sharing of clean needles
  - Increases access to treatment

**BETTER EQUIPMENT**
- Heroin - less deadly
- Some people who use drugs would choose to inject rather than snort if they had a safe needle.

**PEER OUTREACH**
- Breaks down barriers, builds peer support
- Palisades: Understanding peer-to-peer support and engagement in research

This year we went from 7 PACs to 11 PACs in the Province including:
- Overdose Prevention
- Syphilis Kitchen Table Discussion
- Sexual Health

**PROJECTS & CONSULTATIONS**
- Peer to-peer resource and testing events
- Peer to peer advisory council meetings
- Peer capacity building trainings
- Peer advisory council (PAC) programs

**PAGE**
- MHRN Programs & Projects
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 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.”

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

“According to the news, we’re all criminals!”

“They always mention theft and meth. I know people that I used meth with, they didn’t go crazy. Not everyone using meth acts like that.”

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

“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 the larger systemic issues by drawing the connection between substance use and social issues:**

“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!”

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.

**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.


**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.

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

<table>
<thead>
<tr>
<th>Members Increased Capacity To Provide Peer Support And Advocacy For Those Who Use Drugs:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members increased capacity to provide peer support and advocacy for those who use drugs:</td>
</tr>
<tr>
<td><strong>86%</strong> could offer non-judgemental teaching of safer drug use</td>
</tr>
<tr>
<td><strong>73%</strong> agreed that the resources provided helped them engage others in discussions about HIV and HCV.</td>
</tr>
<tr>
<td><strong>86%</strong> could help refer individuals to a counselor or health service</td>
</tr>
<tr>
<td><strong>83%</strong> felt more comfortable supporting wellness for people who use drugs</td>
</tr>
<tr>
<td><strong>69%</strong> agree that their level of HIV knowledge had increased as a result of being involved with the PAC.</td>
</tr>
</tbody>
</table>

**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/5E67E200247A9F24D4529279/1583866369444/PANEL+RESOURCES+%281%29+%281%29.PDF](https://static1.squarespace.com/static/561D5888E4B0830A0F1ED08B/T/5E67E200247A9F24D4529279/1583866369444/PANEL+RESOURCES+%281%29+%281%29.PDF)
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!

“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
COMMUNITY BASED HARM REDUCTION & SEXUAL HEALTH NETWORKS:

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

360
NETWORK MEMBERS

78
NETWORK MEETINGS & SUB COMMITTEE MEETINGS

50
CAPACITY BRIDGING ACTIVITIES

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 Okimakanak Youth Council, The Thompson Boys & Girls Club Youth Build students, and RDPC PWG students, with support from the NHR and WRHA.

Syphilis is a sexually transmitted infection, you can get it when you have:
VAGINAL SEX
ORAL SEX
ANAL (BUM) SEX
You can have syphilis and not know it!
Syphilis is easily treated with antibiotics. Get Tested.
If not treated during pregnancy, it can be passed to an unborn child.

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

Adaptation of the Syphilis Poster
LINK: HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D5888E4B0830A0F1ED08B/T/5F8F3CA5D196F3101ABB2A-BE/1603222698816/2019+OVERDOSE+AWARENESS+DAY.PDF

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

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.”

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

The majority (83%) also felt more confident ‘meeting people where they are at, without expecting change related to their substance use’.
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.

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.

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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 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

HIV POSTERS: HTTPS://STATIC1.SQUARESPACE.COM/STATIC/561D5888E4B0830A0F1ED08B/T/5E6293BA7BED9958D2E45743/1583518653797/2019-MHRN-ICONS-CONCEPT-FIN-WEB.PDF
CAMPAIGNS

ONLINE STORE
NOW OPEN

CHECK IT OUT
WWW.MHRN.CA/STORE

WE LOVE PEOPLE WHO USE DRUGS

I <3 SOMEONE WHO USES DRUGS: TO PURCHASE A T-SHIRT 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.

It’s not about the drug - Whatever works best for you is fine

Most harms come from social context, not the substance

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 Manitoba

REGIONAL HEALTH AUTHORITIES
Southern Health Sante Sud
Interlake Eastern Regional Health Authority
Northern Regional Health Authority
Prairie Mountain Health
Winnipeg Regional Health Authority

2019/20 REVENUES

- 45% Government of Canada
- 7% Southern Health SanTE
- 9% Prairie Mountain RHA
- 3% Winnipeg RHA
- 9% Northern RHA
- 10% Interlake Eastern RHA
- 7% Province of Manitoba
- 9% Other
- 2% Other

2019/20 EXPENSES

- 68% Salaries & Benefits
- 23% Programming
- 9% Operating

2019/20 EXPENSES