

2022/23

ANNUAL REPORT

MANITOBA HARM
REDUCTION NETWORK





THOMPSON
SAFER CHOICES NORTHERN NETWORK

FLIN FLON
PLAY IT SAFER NETWORK

THE PAS
PLAY IT SAFER NETWORK

SWAN RIVER
H.E.L.P NETWORK

DAUPHIN
HARM REDUCTION NETWORK

ERIKSDALE / ASHERN
NORTHWEST INTERLAKE HR NETWORK

PORTAGE LA PRAIRIE
HARM REDUCTION NETWORK

POWerview-PINE FALLS / SAGKEENG
HARM REDUCTION NETWORK

SELKIRK
DO IT BETTER, DO IT SAFER NETWORK

WINNIPEG
MANITOBA HARM REDUCTION NETWORK
WINNIPEG HARM REDUCTION NETWORK

BRANDON
HARM REDUCTION NETWORK

The MHRN and all of our sites are located on Indigenous Land. Specifically, we are located on Anishinaabe, Inineew, Anish-Inineew, 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!



THIS YEAR WE DISTRIBUTED:

VIA OUR NETWORK

- 5,089 NALOXONE KITS
- 107,713 NEEDLES/SYRINGES
- 5907 SAFER CRACK KITS
- 25,963 BUBBLE PIPES
- 41,376 CONDOMS
- 882 FENTANYL TEST STRIPS
- 1139 SAFER SNORTING KITS

VIA OUR SATALITE SITES

- 1,338 NALOXONE KITS
- 233,293 NEEDLES/SYRINGES
- 1799 SAFER CRACK KITS
- 19,533 BUBBLE PIPES
- 15,996 USED SHARPS
RETRIEVED

**KEEPING
THINGS SAFE
FOR PEERS
AND LOVED ONES
IN OUR
COMMUNITY**

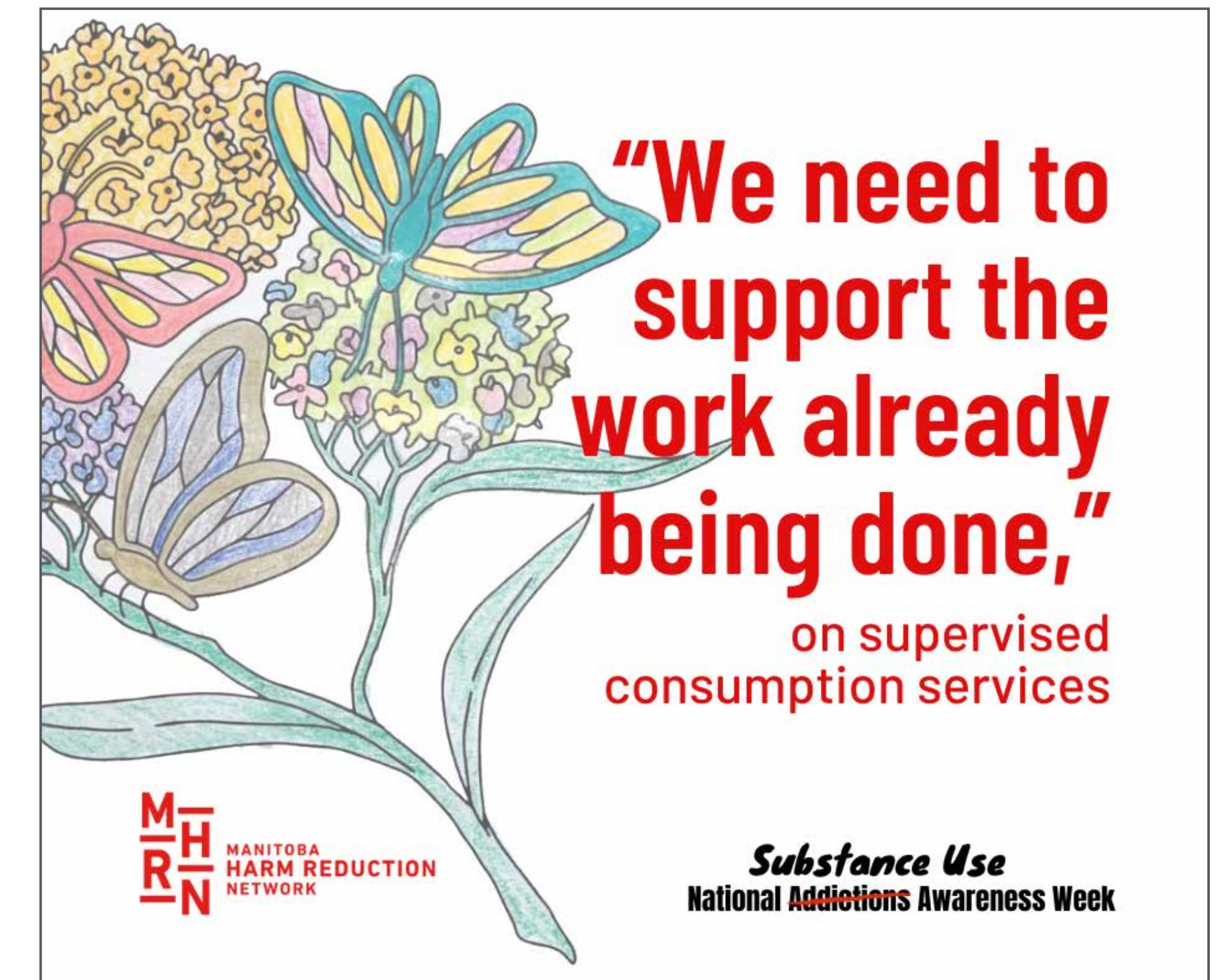
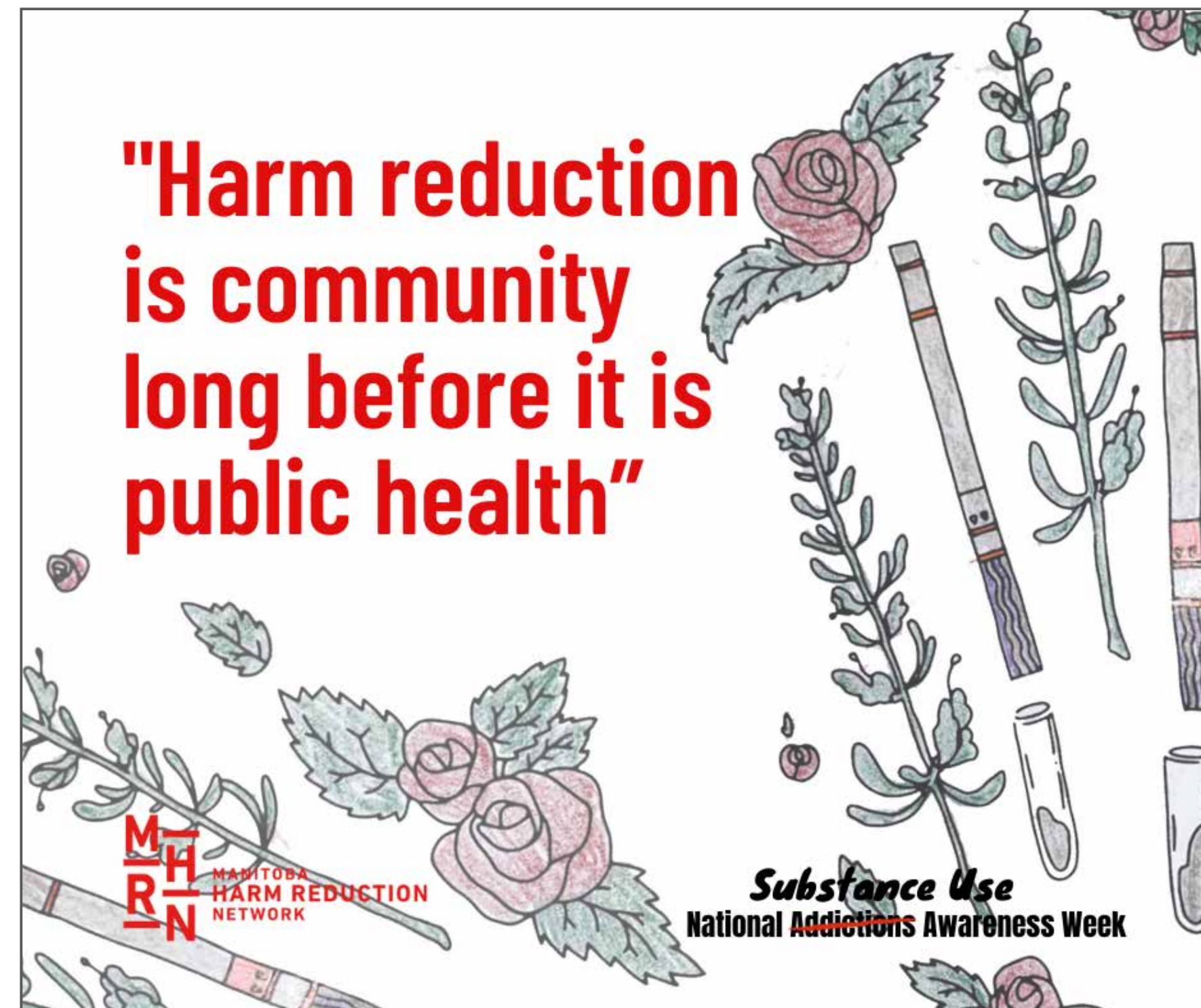
SUBSTANCE USE AWARENESS WEEK

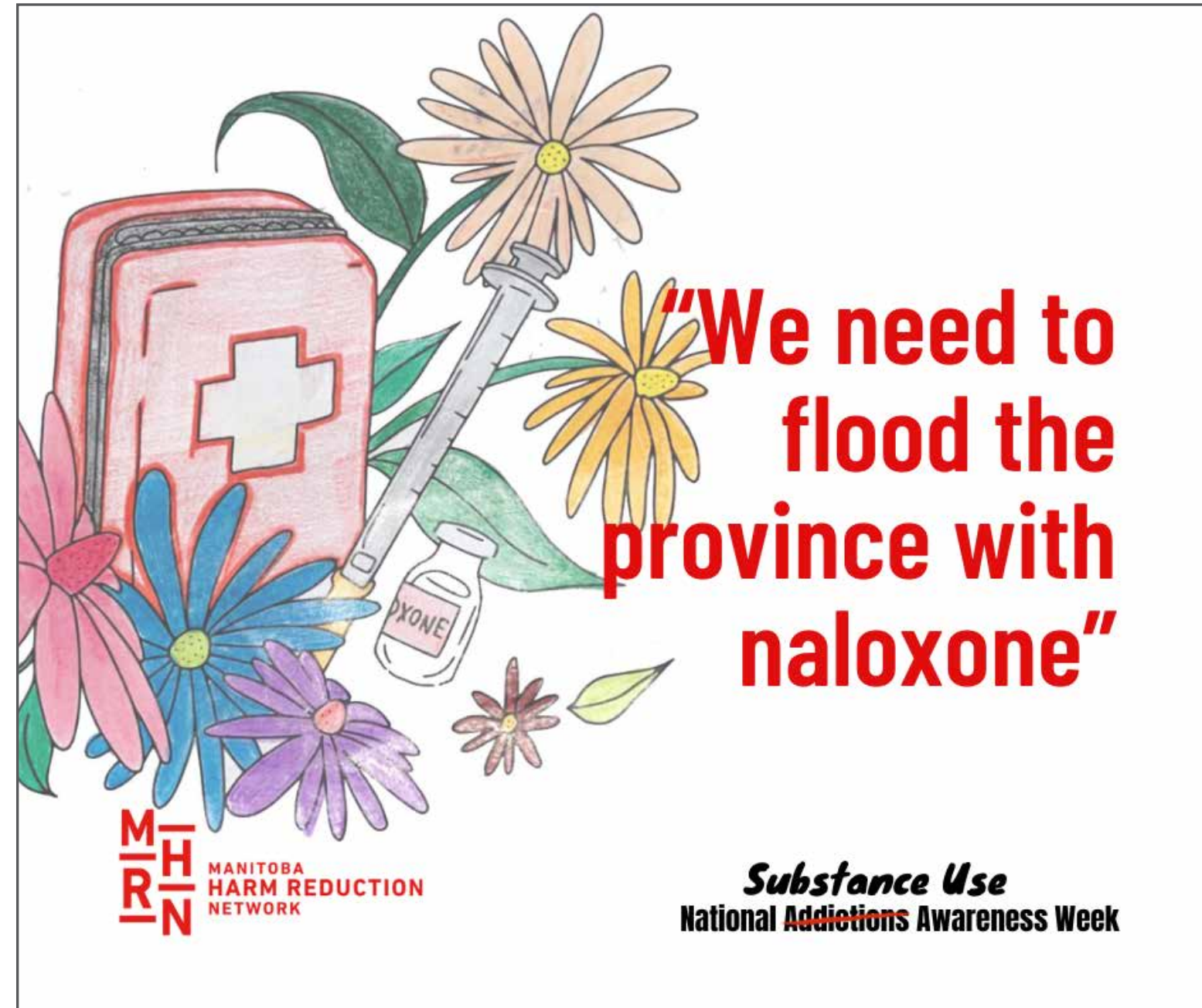
This year for substance use awareness week we are sharing quotes from community on key, evidence based and community based responses to substance use. These quotes were gathered during a series of dialogues called Getting to Tomorrow and took place virtually for both Winnipeg and Rural Manitoba.

SUPERVISED CONSUMPTION SITES/SERVICES

“We need to support the work already being done”

Supervised, supported and safer consumption is already happening already in Manitoba. Unfortunately these services don't have the funding, structural or legal support they need. People who use drugs are helping each other use safer, community agencies are hustling to make sure people don't die in their bathrooms, and folks are on the ground busting ass reversing overdoses. Safer consumption is not a new or novel idea in Manitoba. What would be new and novel is offering these folks the support





they need to do this important, life saving work and setting up official safer consumption sites to take the pressure off informal services.

NALOXONE

“We need to flood the province with naloxone”

Naloxone is a lifesaving drug that treats opioid overdose. Naloxone should be freely available anytime, anywhere. We need to eliminate limits on numbers of kits and who can get them or distribute them. We need more distribution by and for people who use drugs, who are more likely to be where overdoses are happening. We need to expand partnerships so naloxone is available 24/7 all over Manitoba.

SUPPLIES

“We need to be able to get supplies to where people are, not make people come to where the supplies are”

DRUG CHECKING

“Harm reduction is community long before it is public health”

Communities of people who use drugs are doing the work. Often un/der funded and un/der supported. Drug checking is a community based intervention that works. Currently Manitoba lacks even one community accessible drug checking machine. We need several to adequately offer this service. If you agree please donate to Sunshine House that is fundraising for Mbs first drug checking machine: <https://www.sunshinehousewpg.org/post/donate-now>

GRIEF AND LOSS SUPPORT

“I needed support about losing someone to overdose, and I needed support for losing my child.”

WITHDRAWAL MANAGEMENT (DETOX)

“Waitlists Kill”

SUPPLIES

“We need to be able to get supplies to where people are, not make people come to where the supplies are”



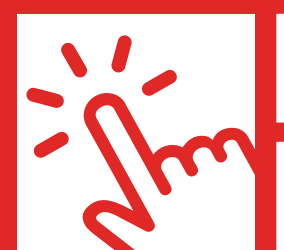
TREATMENT/RECOVERY SERVICES

“We don't have to feel shitty to feel better - we can feel joyful and have choices.”

We need to push back against the rock bottom narrative. The choice to move into a treatment or recovery relationship with substances can be positive, affirming, and relationship based. One size does not fit all– we need different kinds of programs and options so people who use drugs can choose what will help them the most. We also have to meet people where they are at and have options available for those who are not interested or able to do treatment or abstain from substances.

SATELLITE SITES

This year the MHRN supported 9 peer-run satellite sites! Located all over Manitoba, these sites provided information, harm reduction resources and peer support to 1275 unique individuals in 8000 contacts. A huge success of the project is how the satellite site operators were supported in their service to their community.



[CLICK HERE TO GET THE REPORT](#)

FUNDED BY:
HEALTH CANADA SUBSTANCE
USE AND ADDICTIONS
PROGRAM



“I WAS PROUD TO DO THIS WORK”

SATELLITE SITE OPERATOR

2022/23 REPORT

BRANDON'S CRISM PROJECT

The Brandon Peer Advisory council partnered with public health to host peer to peer knowledge exchange sessions (Peers in the park) over the summer. 10 Peers in the Park Sessions were held over 10 weeks of the summer. 48 peers attended the sessions where peers shared information about harm reduction, Hep C/HIV, safer sex, and peer support with food and drinks!



[CLICK HERE
TO READ MORE ABOUT IT](#)

FUNDED BY:
HEALTH CANADA SUBSTANCE
USE AND ADDICTIONS
PROGRAM



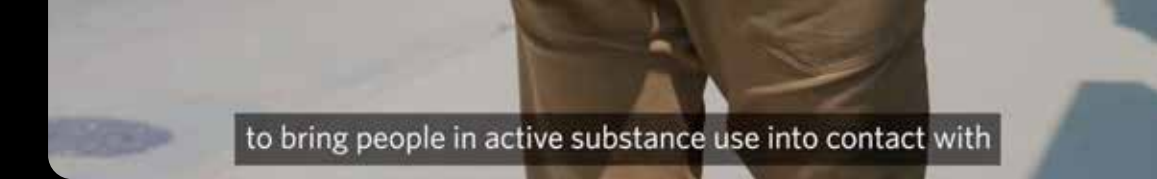
PEER VOICES

The MHRN partnered with local artists to create Peer Voices, a video highlighting the work and experiences of people who use drugs in Winnipeg and Selkirk.



 [CLICK HERE TO WATCH THE VIDEO](#)

FUNDED BY:
THE WINNIPEG FOUNDATION
AND MANITOBA ARTS
COUNCIL



GETTING TO TOMORROW

The MHRN partnered with the Canadian Drug Policy Coalition to facilitate a series of 4 virtual dialogues on the current state of harm reduction in Manitoba and what we can do next. You can find more information at gettingtotomorrow.ca.

The project also completed this video of Jessica Peltier, and the work she did in her community.



[CLICK HERE
TO WATCH JESSICA'S VIDEO](#)



OUR WORKSHOP OBJECTIVES:

- Increase knowledge of the role of anti-racism and anti-oppression in harm reduction
- Increase knowledge of how social structures, systems, policies and practices make substance use harmful including prohibition and colonization
- Increase knowledge of how social structures impact our substance use decisions
- Challenge understandings of substance use and “addiction”
- Increase knowledge of Harm Reduction: definition, examples, principles
- Challenge the concept of ‘non-judgmental care’ & how values and beliefs contextualize this work
- Increase our knowledge of risk-taking
- Review the CARES model (Person-Centred Care, Advocacy, Referrals, Education, Supply Distribution)

WHERE ALL OUTCOMES HAVE BEEN MEASURED PARTICIPANTS HAVE BEEN SUPPORTED IN MEETING AND EXCEEDING THESE OBJECTIVES.

HARM REDUCTION SAVES LIVES

HIGHLIGHTS FROM OUR EVALUATION:

84% of respondents answered “definitely yes” when asked if this workshop will change their approach to working with people who use substances.

81% of respondents answered “definitely yes” when asked if they will advocate for systems change in new ways because of this workshop.

When asked “Did the workshop increase your knowledge of harm reduction principles, strategies, & approaches”, 87% of respondents answered “completely 100%”

The same number of respondents answered “completely 100%” when asked “Did the workshop increase your knowledge of how social structures, systems, policies and practices make substance use harmful”

To book a workshop for your organization follow this link: mhrn.ca/available-workshops

INCREDIBLE FEEDBACK FROM PARTICIPANTS

“I have had my doubts about the Harm Reduction approach, having been indoctrinated in the AA system, ie total abstinence is the only way to go. This workshop opened my mind to Harm Reduction as an important choice to offer.”

“Hands down one of the most engaging, thought-provoking and just amazing trainings I've attended. you've done a beautiful job challenging us all to do the work in a better way. I truly hope that this helps change things... I have hopes for that.”

417 PEERS WORKED WITH US TO PLAN PEER-LED EVENTS THAT SUPPORTED SUPPLY DISTRIBUTION, STBBI TESTING, AND CONNECTING COMMUNITIES OF PEOPLE WHO USE DRUGS TO RESOURCES AND SERVICES

“One of the best workshops, felt like I could have many many more days in discussion”

WORKSHOP STATISTICS

- Number of trainings conducted: 52
- Harm Reduction 2.0, Beyond the Needle: 24
- Introduction to Harm Reduction: 22
- Examining How Systems Create Harms: 6
- **Total Participants: 1089**

It was a successful year for the education program at MHRN. We conducted a total of 52 workshops and worked with over 1000 participants. We reached social service providers, health care providers and community members across the province!

25% of trainings were held for rural and remote communities. Highlights include The Pas, Peguis First Nation, Brokenhead First Nation, First Nations across Treaty 3, Brandon, Churchill, Bunibonbee, Selkirk and Sagkeeng First Nation.

CLICK HERE TO BOOK A WORKSHOP OR TO JOIN OUR EMAIL LIST

BEING A SHIT DISTURBER IS AN ACT OF LOVE

2022

MANITOBA HARM REDUCTION CONFERENCE

November 15 - 17, 2022

The Fort Garry Hotel, Winnipeg MB.

PARTNERS:



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Ka Ni Kanichihk Inc
"those who lead"



Keewatinohk Inniniw
Minoayawin Inc.
Northern Peoples' Wellness



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg

SPONSORS:

Indigenous Services Canada

Public Health Agency of Canada

Main Street Project

KEYNOTE PRESENTATIONS:

Being a Shit Disturber is an Act of Love; Dr. Marcia Anderson

Harm Reduction in Medicine, Dr. Barry Lavallee

High Price: A Neuroscientist's Journey of Self-Discovery that challenges everything you know about drugs and society; Dr. Carl Hart

Drug policy reform and decriminalization; Sandra Ka Hon Chu

CEREMONIES:

Pipe Ceremony - Leslie Spillett

Cedar bath - Candace, Mel, Angie



MASTER OF CEREMONIES:

Cake (She/her), Prairie Sky (She/Her), Local Honey (He/Him They/Them)

PANELS:

- Improving Access to Harm Reduction Services for Youth
- Improving Access to Services for 2SLGBTQ+* Relatives
- Community Responses to the drug poisonings & overdoses
- Community Based Responses to STBBIs
- We Take Care of Each Other; Vikki Reynolds
- Have you talked to your Kookum about drugs?
- Making ceremony inclusive for PWUD
- Podcast 101; Garth Mullins
- Emerging Evidence on Prescribing a Safe Supply; Gillian Kolla
- Gigii-Bapiimin: The Impacts of COVID-19 Pandemic on The Health and Wellbeing of Indigenous People
- Living with HIV; Melissa Morris & Ann Favel
- HIV in the Context of Harm Reduction; Shelley Taylor & Melissa Morris
- Parents who use drugs have a right to parent their children
- Everyone deserves a safe supply of substances
- Indigenous Harm Reduction Panel
- Disrupting harms and strengthening sex workers' rights; Sex Workers of Winnipeg Action Coalition
- Healing Inner Voices: A peer-led Indignous film collaborative; Martin Morberg
- Hepatitis C in the Context of Harm Reduction; Shelley Taylor & Melissa Morris

ATTENDEES: 510

INDIGENOUS COMMUNITIES AND ORGANIZATIONS:

- Lake Manitoba FN
- Cross Lake Sagkeeng
- Sioux Valley Dakota Nation
- Mi'kmaw FN
- Ebb and Flow Nelson House
- Battle River Treaty 6 Opaskwayak
- Bunibonabee Cree Nation
- Sioux Look-out First Nation
- St. Theresa Point First Nation
- Kenora Chiefs Advisory
- Windigo First Nations Council
- West Region Treaty 2 & 4 Health Services
- Swampy Cree Tribal Council
- KTC
- Matawa First Nations Education Authority
- Keewatinohk Inniniw Minoayawin
- 2Spirit Manitoba Inc.
- Aboriginal Health and Wellness Center
- Four Arrows Regional Health Authority Inc
- SERDC
- First Nations Health and Social Secretariat of Manitoba
- Sioux Lookout First Nations Health Authority

DEMOGRAPHICS BY PROVINCE:

BC: 9 SK: 6 NS: 5
 ON: 21 MB: 454 YK: 2
 AB: 10 QC: 2 USA: 1



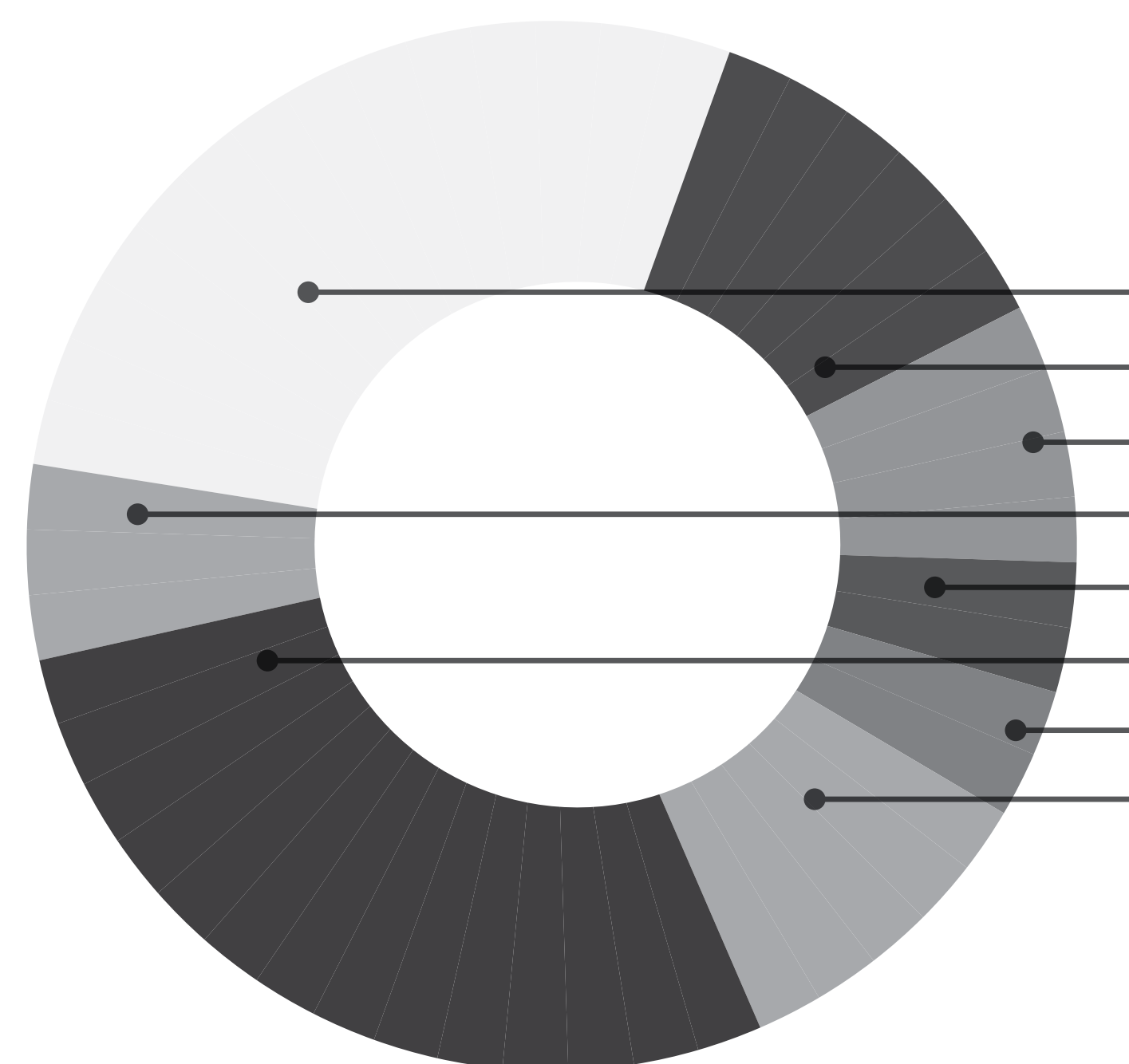
AS A RESULT OF THIS CONFERENCE, I PLAN TO CHANGE MY PRACTICES, WORKING STYLE, OR BEHAVIORS REGARDING STI'S, HIV, AND HEPATITIS C PREVENTION, TREATMENT, AND CARE.

THIS CONFERENCE HAS CHALLENGED ME TO STOP BEING PASSIVE AND START BEING AN ACTIVE SHIT DISTURBER USING MY POWER AND PRIVILEGE

BEING A SHIT DISTURBER IS AN ACT OF LOVE

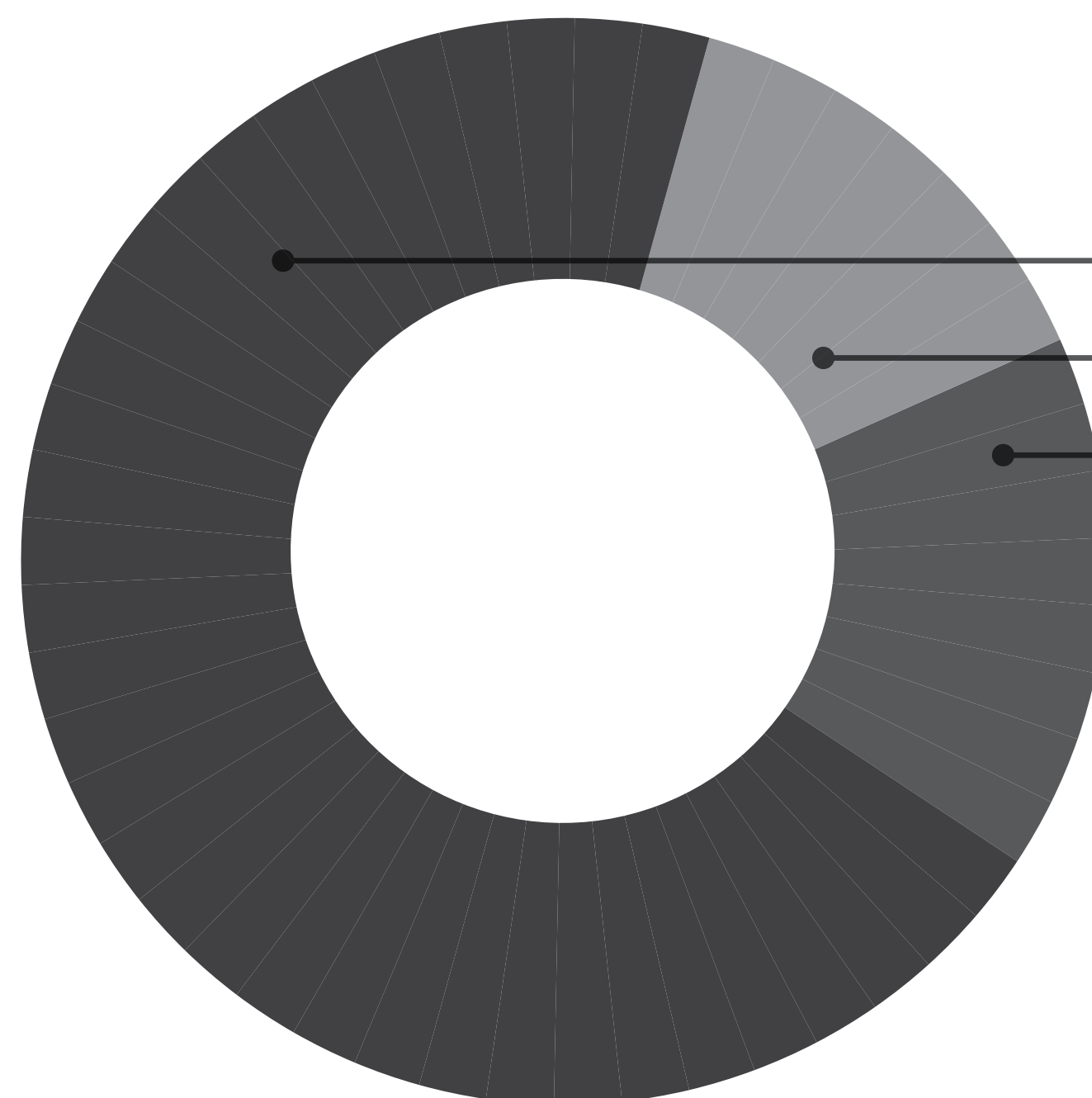
FUNDERS

Public Health Agency of Canada
 Health 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
 City of Winnipeg
 Province of Manitoba Mental Health, Wellness, and Recovery
 Brandon University
 Simon Fraser University - CDCP
 CATIE
 National Collaborating Centre for Infectious Disease
 Survivor's Hope
 Interlake-Eastern Health Foundation
 Other revenues



2022/23 REVENUE

29% GOVERNMENT OF CANADA
 12% PRAIRIE MOUNTAIN RHA
 8% INTERLAKE- EASTERN RHA
 6% WINNIPEG RHA
 4% SOUTHERN RHA
 28% OTHER
 4% PROVINCE OF MB - MHCW
 9% NORTHERN RHA



2022/23 EXPENSES

69% SALARIES & BENEFITS
 14% PROGRAMMING
 17% OPERATING

VISIT THE MHRN STORE

WWW.MHRN.CA/STORE



2022/23 REPORT