



National Substance Use Awareness Week

November 24 - 30, 2019

HARM REDUCTION IS NO JUDGMENT
HARM REDUCTION IS CHANGING OLD SYSTEMS
HARM REDUCTION IS KEEPING PEOPLE ALIVE
HARM REDUCTION IS MEETING PEOPLE WHERE THEY ARE
HARM REDUCTION IS CHECKING PERSONAL BIAS
HARM REDUCTION IS SAFE INJECTION
HARM REDUCTION IS NO JUDGMENT
HARM REDUCTION IS CHANGING OLD SYSTEMS

Please join us in spreading the word about National Substance Use Awareness Week!

National Addictions Awareness Week is an event held in November each year and highlights issues and solutions to help address alcohol- and other drug-related harm.

Starting in 2017, we decided it was time to change the conversation. We know that many of the harms associated with substance use are a direct result of stigma, discrimination and criminalization. Rather than focus on addiction and harms, we want to celebrate people who use drugs, highlight what they are doing to reduce harms, keep themselves and their communities safe, and reduce stigma. Part of changing the conversation was changing the name.

The Manitoba Harm Reduction Network works toward equitable access, systemic change, and reducing the transmission STBBI through advocacy, policy work, education, research and relationships. More about us can be found on our website www.mhrn.ca!

Substance Use
National ~~Addictions~~ Awareness Week

There are several ways you can participate in National Substance Use Awareness Week! Share posts on social media, participate or share our “I ♥ Someone Who Uses Drugs” campaign or plan an event of your very own! We compiled some information to make it easy!

Social Media

Starting November 25, MHRN will be sharing social media posts about Substance Use Awareness Week. Please visit the MHRN’s social media sites to share our posts!

Facebook: <https://www.facebook.com/ManitobaHarmReductionNetwork/>

Twitter: <https://twitter.com/mbhrn>

I ♥ Someone Who Uses Drugs

We ALL love someone who uses drugs. In 2017 MHRN launched the I ♥ Someone Who Uses Drugs Campaign. This campaign is aimed at reducing the stigma associated with people who use drugs and is integrated into our training materials, events, and organizational messaging.

The idea is that anyone could participate in this campaign, because we all love someone who uses drugs. To date, over 500 t-shirts and thousands of buttons, stickers and other items have been distributed to peers, service providers, and anyone who loves folks that use drugs!

Participate in the campaign by promoting the message that we all love someone who uses drugs!



Get Some Buttons & Stickers

“I ♥ someone who uses drugs” buttons and stickers are available for your organization and events, talk to your regional MHRN coordinator/facilitator. They will have limited amounts available for pickup.

Pick up locations and contacts:

Winnipeg: jenn@mhrn.ca

Selkirk rune@mhrn.ca

Powerview-Pine Falls/Sagkeeng: heather@mhrn.ca

Thompson: sharon@mhrn.ca

Flin Flon: tieryn@mhrn.ca

Swan River: delores@mhrn.ca

North Interlake: mikayla@mhrn.ca

Portage la Prairie: amber@mhrn.ca



If you live too far from one of these sites to pick up, contact our Winnipeg office at jenn@mhrn.ca, and we may be able to send some in the mail!

Planning an Event

Want to plan an event? Consult people who use drugs in your community to see what kind of event they would most appreciate! Some ideas include celebrations, educational events, and direct action and advocacy.

Plan a Free Movie Screening

The movie *Flood: The Overdose Epidemic In Canada* has just been released and its an excellent time to organize a free movie screening in your community. Check out their website for more info or connect with your local MHRN staff to find a screening near you!

<https://caughtintheflood.com/>

Support Events Planned by People Who Use Drugs

Direct Action

Organize an effort to create change! Ideas include:

- Organize a letter writing campaign to your local officials calling for an end to substance use

related criminalization

- Write a harm reduction policy for your organization
- Rally! Get people together to rally for an issue that is important in your community

Outreach

Plan an outreach event to provide supplies and let people know about supply distribution. This could be a table in a public space, at an organization that provides services, or one-to-one outreach in areas where people who use drugs are.

Educational events

Host a workshop or lunch and learn. Some topics include:

- Criminalization
- Good Samaritan Drug Overdose Law
- Naloxone and overdose response training
- Safer partying
- Harm reduction

Talk to people who use drugs in your community to find out what they want to know, and what they want community members, service providers, and law enforcement to know.

Organizing a Naloxone Distribution Event

Partner with the a health authority or pharmacy in your region to host a naloxone training and distribute kits to the people that need them most! Sessions can be closed and targeted at peers, open to the public, or for specific service providers.

To find your local distribution partner to help you out with this event check out this list of distribution sites for the Manitoba take home naloxone program:

http://streetconnections.ca/content.php?navigation_id=2294

If you have health care professionals on staff, you may be eligible to become a naloxone distribution site. Download the site criteria here:

<http://www.manitoba.ca/fentanyl/service-providers.html>

Attend an Event

Visit our Facebook page to find an MHRN event near you:

<https://www.facebook.com/ManitobaHarmReductionNetwork/>