



# main street project



Welcome to Main Street Project!

building **stability**

# Main Street Project: a community health centre



Main Street Project is a community health centre in Winnipeg.

We work with folks who are experiencing physical and mental health issues, substance use issues and homelessness.

We provide a number of services including emergency shelter, food and nutrition services including a weekly food bank, housing support services, withdrawal management services, mobile community outreach, casework and peer support, and COVID-19 isolation space for folks experiencing homelessness.

We've been around since 1972!



## Our Mission

To provide safe and welcoming places of respite and healing with services that aim to reduce harm for people experiencing homelessness, substance use and/or mental health challenges, while working collaboratively to achieve measurable success in the journey to end homelessness.

## Our Vision

A community in which everyone has access to a safe space where dignity, respect and self-determination are supported.

## Our Values

We have identified four core, essential values to guide the organization throughout the next five years. Those values are: reducing harm, Truth and Reconciliation, anti-oppression, and being trauma-informed.



## MAIN STREET PROJECT VALUES

We have identified four core, essential values to guide the organization throughout the next five years in implementing this strategic planning. Those values are: reducing harm, reconciliation, anti-oppression, and being trauma-informed.

### REDUCING HARM

We believe in evidence-informed policies and programs that help decrease the harmful impacts of homelessness, substance use, mental health and trauma, and promote person-centred, strengths-based, and self-determined wellness.

### RECONCILIATION

We believe in actively engaging in amending historical relationships with Indigenous Peoples and Indigenous organizations, creating safe spaces for healing, integrating culturally appropriate perspectives, programming and staffing, and promoting access to culturally appropriate resources.

### ANTI-OPPRESSION

We believe in actively working against oppression, so that we can create safe spaces for all population groups served that are historically marginalized, “otherized”, or oppressed.

### TRAUMA-INFORMED

We believe that given the widespread nature of trauma, and the daily impacts of historical traumas on the people served, that embracing a trauma-informed approach is critically necessary to create feelings of emotional and physical safety, support mutuality and collaboration, build trust through transparency, leverage the expertise of peers with lived experience, empower people to make decisions about their own care and life, and appreciate the impacts of historical, cultural and gender issues on people’s experience(s) of trauma.



# MSP Programs and Services

- Emergency Shelter
- Complex Case Management
- Mainstay Transitional Housing
- Bell Hotel Permanent Supportive Housing
- Men's, Women's Non binary Withdrawal Management Services (2 locations)
- Protective Care- Intoxicated Person's Detention Area
- 24/7 Community Outreach
- COVID Isolation Units

# 5-Year Strategic Plan (Autumn 2021 – Summer 2026)

The Main Street Project 5 Year Strategic Plan was developed with considerable internal and external input. It identifies a renewed mission and vision, and identifies core values to guide our work over the next five years. It further identifies specific objectives and goals that we are committed to acting upon during this period. **The entire plan can be found on our website.**

To create the strategic plan, engagement occurred with:

- 28 people with living experience, currently using Main Street Project services, using a structured interview guide;
- 18 key informants from other service providers, non-profits, government and business interests using a semi-structured interview guide;
- 99 respondents to an external SWOT survey;
- 34 respondents to an internal SWOT survey;
- Participants in six focus groups;
- Engagement with the Indigenous Leadership Circle formed to help inform the work on culturally appropriate practice, reconciliation and de-colonization;
- The Main Street Project Board of Directors, led by the strategic planning committee





# **OBJECTIVE ONE: ADVANCE THE IMPLEMENTATION OF HARM REDUCTION**

- 1. Continue low-barrier services, with an eye to continuous improvement**
- 2. Continue peer-led services with an eye to continuous improvement**
- 3. Develop training materials, educate and implement standardized harm reduction resources and materials across all Main Street Project service areas, and continue to train and reinforce harm reduction theory and practice with staff teams**
- 4. Develop training materials, educate and implement Motivational Interviewing, Trauma-informed Care, and Strengths-Based Approach across all Main Street Project service areas, to assist with life changes associated with reducing harm.**
- 5. Expand access to primary care services**
- 6. Work with community stakeholders to transform and reimagine safer sobering**
- 7. Support or lead the design of an approach to safer consumption, request permission to implement a safer consumption site from all**
- 8. orders of government, and implement if possible**
- 9. Support or lead the development, approval and implementation of a Managed Alcohol Program**
- 10. Make people experiencing homelessness the prioritized population to be served through voluntary withdrawal management**
- 11. Consult, train and implement culturally appropriate modifications to services and supports**
- 12. Decrease demands on emergency services and provide an alternative to emergency services whenever possible**
- 13. Support legal, community access to safer drug supply, and implement if possible**

# Harm Reduction What is Working?

- Shelters are the front lines of the Toxic Drug Supply and Overdose Crisis
  - Adapted training for staff- overdose reversal drills
  - Peer led Naloxone distribution
  - Drug alerts
- Outreach supports
  - 24/7 Harm reduction supply distribution- including naloxone and training
  - Peer led Outreach