



**INTERACT
FOR HEALTH**

Your trusted source of health information

Harm Reduction with Emma Roberts

Tuesday, December 8, 2020
1:00 p.m. to 2:00 p.m.



**INTERACT FOR HEALTH PROMOTES
HEALTH EQUITY TO IMPROVE THE
HEALTH OF ALL PEOPLE IN OUR REGION.**

GRANTS

Education

Research

Policy

Engagement

Grants
EDUCATION
Research
Policy
Engagement

Grants
Education
RESEARCH
Policy
Engagement

Grants
Education
Research
POLICY
Engagement

Grants
Education
Research
Policy
ENGAGEMENT

REDUCING TOBACCO USE

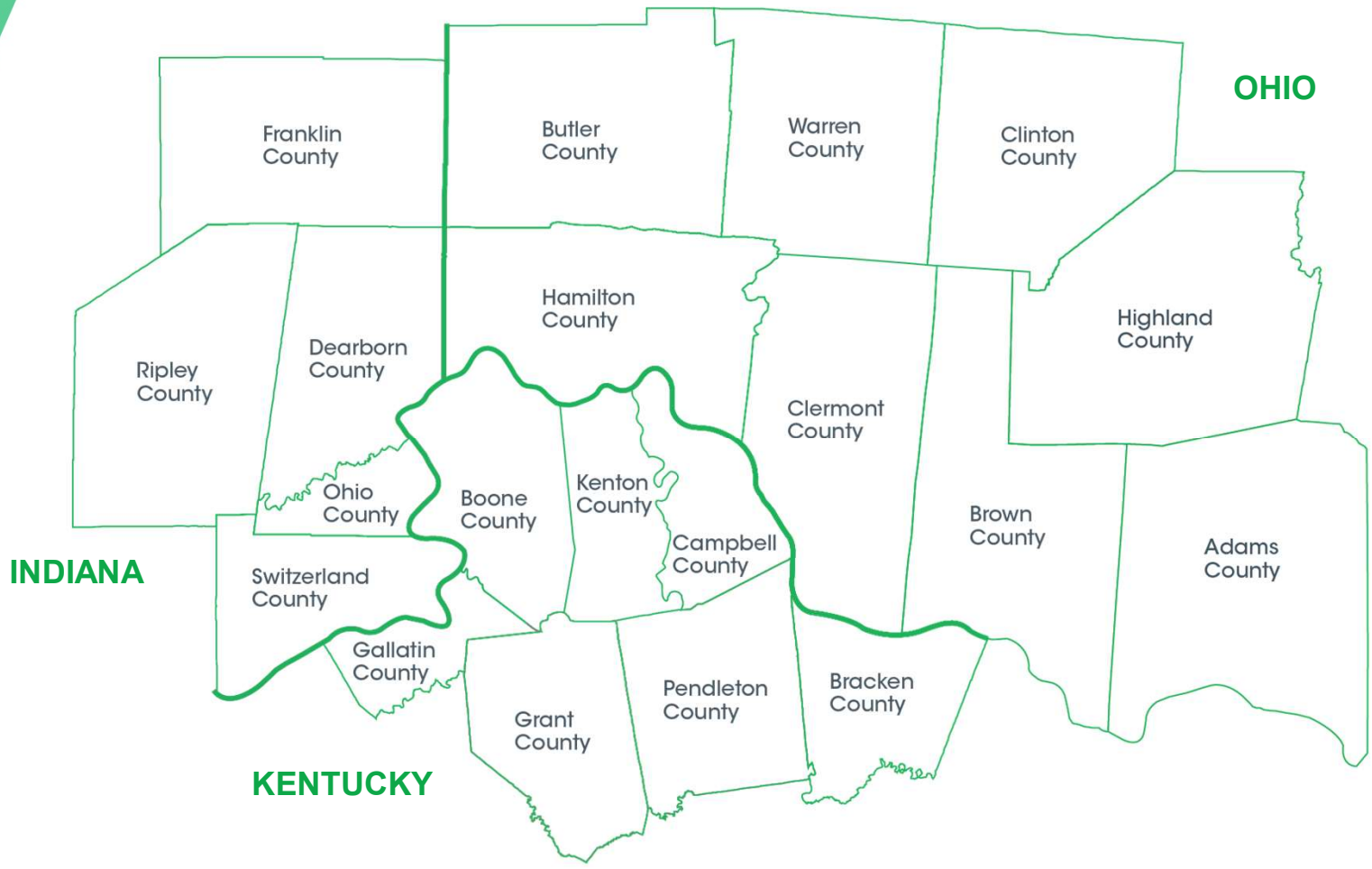


SCHOOL-BASED HEALTH CENTERS





**ADDRESSING
THE OPIOID
EPIDEMIC**





Sonya
Carrico



Lisa
Myers



Michelle
Lydenberg



Mary
Francis



Goal: Reverse the trend of overdoses and deaths from opioids





Key Elements of Harm Reduction Program Development

Emma Roberts
Interact for Health
12/08/2020

NATIONAL
HARM REDUCTION
COALITION

National Harm Reduction Coalition creates spaces
for **dialogue and action** that help heal the harms caused
by racialized drug policies.



Policy &
Advocacy



National &
Regional
Conferences



Trainings &
Technical
Assistance



Overdose
Prevention



Resources &
Publications

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**NATIONAL
HARM REDUCTION
COALITION**

Workshop Overview

Introductions and Agenda
Housing Keeping

Understanding Drug Related Stigma

What is Stigma, its elements and functions?
How does stigma show up in our work? How
can we challenge stigma in harm reduction
programming

Harm Reduction Programing best practice

Exploring the key elements that make up
effective harm reduction programming and
the impact of COVID 19

Closing & Q&A

EVOLVING DEFINITIONS OF HARM REDUCTION

(H)arm (R)eduction	(h)arm (r)eduction
A movement based in a political liberatory framework that shifts power and resources to people vulnerable to structural violence	The interventions and practices

**A spectrum of strategies from
*safer use to managed use to abstinence***

More tools in your toolkit

**NATIONAL
HARM REDUCTION
COALITION**

THE HARM REDUCTION MOVEMENT

- Pursues a model of public health as social justice
- Combats the forms of racism, stigma, marginalization, and criminalization that place people in harm's way
- Understands the interlocking struggles against inequality and oppression central to both health and liberation
- Affirms the wisdom, dignity, and leadership of those most impacted by these harms as the keys to transformative change.

**NATIONAL
HARM REDUCTION
COALITION**

Stigma

**Stereotypes
(Ideas)**

**“People with
(_____) are
incapable,
fragile,
dangerous,
and cannot
recover.”**

**Prejudice
(Beliefs)**

**“They are scary,
shameful, and
less than”**

**I don’t want
them to live
next door, be a
coworker, or
marry into the
family**

**Discrimination
(Actions)**

Social

Structural

**Employers do not
hire/support,
recovery
education lacks
effective
supports, health
insurance doesn’t
provide equal
coverage**

Key Elements of Stigma

Blame and Moral Judgement

Criminalize

Pathologize and Patronize

Fear and Isolation

In the chat can you share

How does stigma show up in your work?

How does it impact your ability to connect with participants?

Functions of Stigma

Difference

Keep People Out

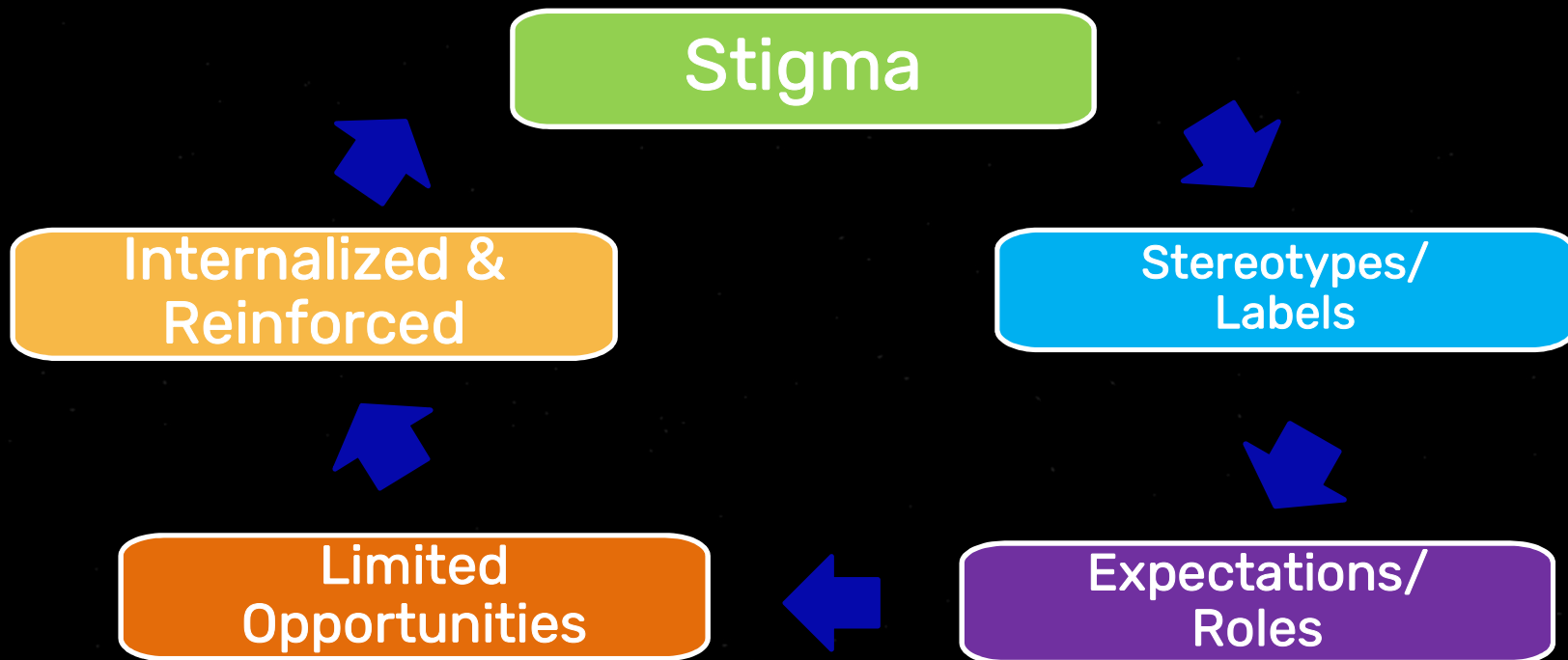
Danger

Keep People Away

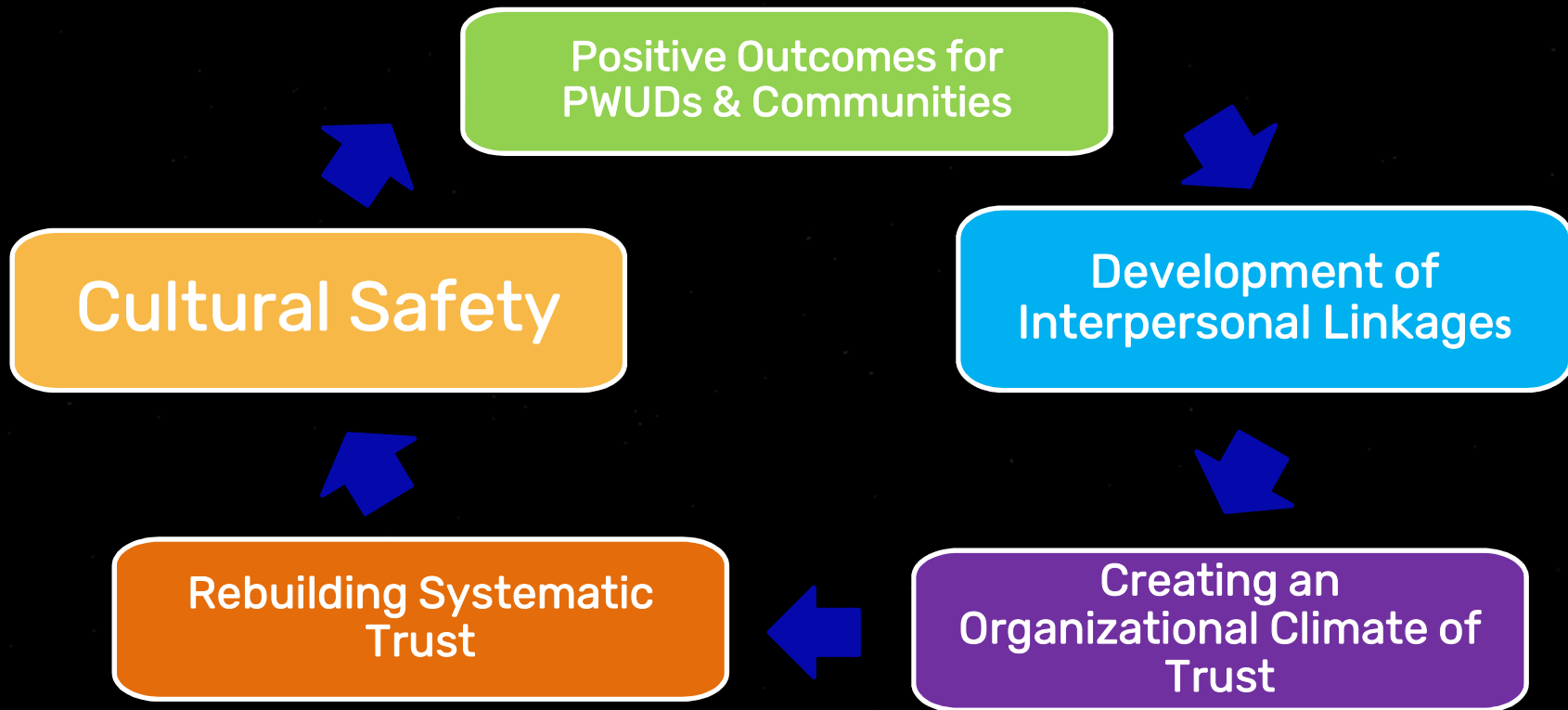
Discrimination


Keep People Down

Cycle of Drug-Related Stigma



***Virtuous* Cycle: Climate of Trust**





Creating Change:
Dismantling stigma at the individual,
organizational and community levels

Individual Level



- Language
- Relationships, honesty and authenticity
- Disclosure and dialogue
- Education and personal development

Organizational Level



- Training and education
- Outlets for feedback
- Assessment of practices
- Hiring people that use drugs

Community Level



- Participant Advisory Boards
- Awareness campaigns
- Policy and advocacy
- Events and collaboration with partners

SHARE IN THE CHAT: Ways to address stigma in your programs

Ways you are currently address stigma in your organizations

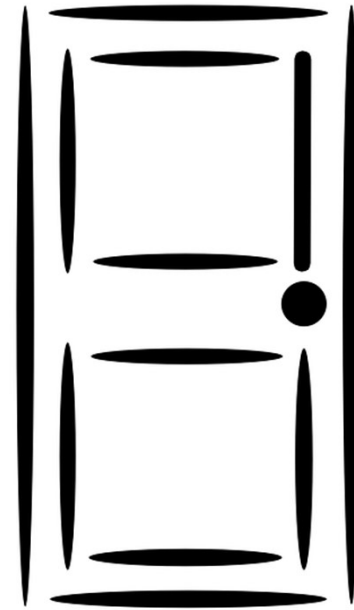
Any other ways you could address stigma in your organizations?

Impact of COVID 19 protocols while not exacerbating stigma?



From the front door to the
back door:

You are welcome here!



PRINCIPLES OF HARM REDUCTION

Health and
Dignity

Participant
Centered
Services

Participant
Involvement

Participant
Autonomy

Sociocultural
Factors

Pragmatism
and Realism

Interventions without principles ≠ harm reduction

REDEFINING RECOVERY

“recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential”

SAMHSA working definition of recovery, 2012

Harm Reduction Services



**Syringe
Access**



**Syringe
Disposal**



**Safer Drug
Use**



Naloxone



**Medication
Assisted
Treatment**



**Supervised
Consumption
Services**



**Drop-In
Centers**



**Housing
First**



**Pharmacy
Access**



Referrals

RISK, SET, SETTING MODEL: not hinged on abstinence

The risk itself (e.g. related to drug use or sex work) that you're discussing

The "mindset" that someone brings to the situation, including thoughts, mood, and expectations



The physical and social environment of where the person is, and their perception of how that can promote/reduce risk

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VIDEO [Orlando Part 1](#)

The individual is the expert in their own life.

The individual is responsible for the timing and type of their own behavior change.

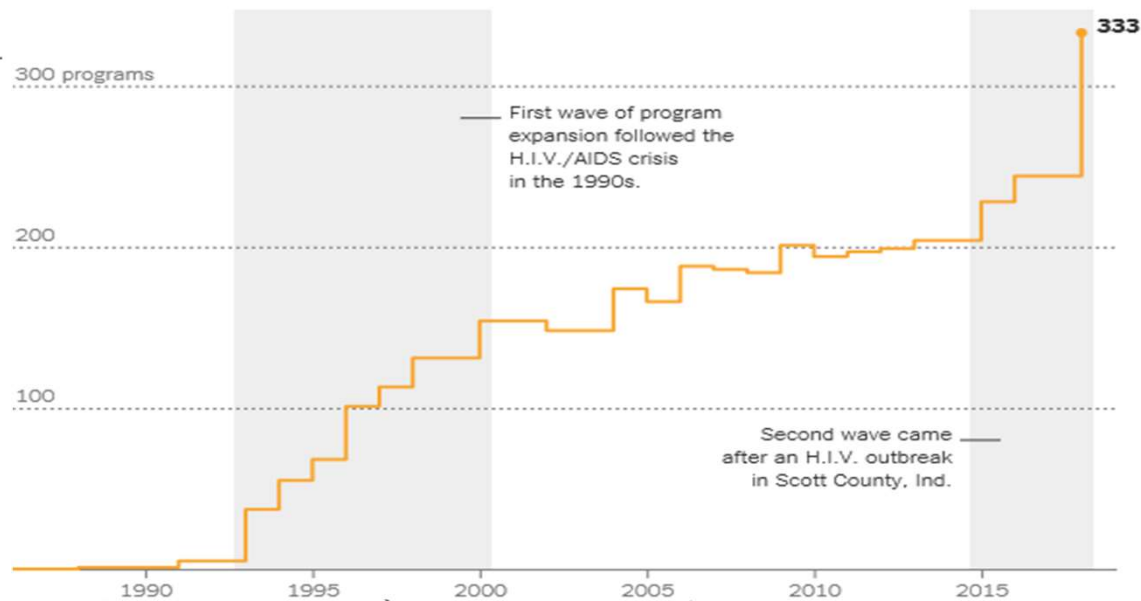
***“I know what I need, when I need it, and in order in which I need it.
Once you dictate my hierarchy of needs to me, I’m out”
Orlando Chavez on the value of a harm reduction approach to services***

SYRINGE SERVICE Programs



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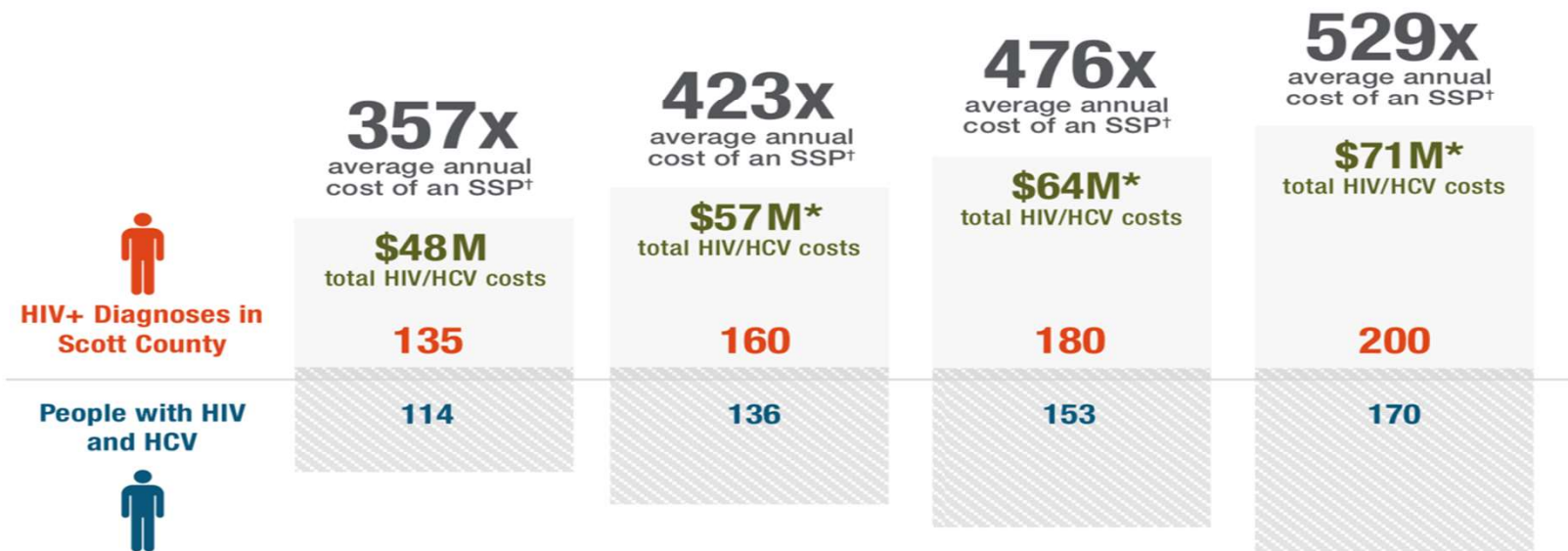
SSPs in the United States



Sources: Centers for Disease Control and Prevention, Harm Reduction International, North American Syringe Exchange Network. Figure created by New York Times, April 27, 2018.

Confidential — For Internal Use Only

THE SCOTT COUNTY OUTBREAK TREATMENT COSTS VS. COST OF SSPs



† \$135,000

* Costs estimated based on potential rise in new HIV/HCV diagnoses in Scott County

Confidential — For Internal Use Only

SYRINGE SERVICE PROGRAMS

- Science-based intervention
- Do not increase drug use
- Prevent HIV & Hep C
- Increase the likelihood for participants to seek treatment
- Do not increase unsafe syringe disposal
- Impacted by a partial federal ban

(Blumenthal, 2007, Drug & Alcohol Dependence)

Distribution models:

- Needs based = access versus exchange (best practice)
- Negotiation based on usage and supplies available:
 - 1 for 10 or 20 (compromise)
 - 1 for 1 (not best practice)

Benefits of HR/SSP's:

Not just about syringes...

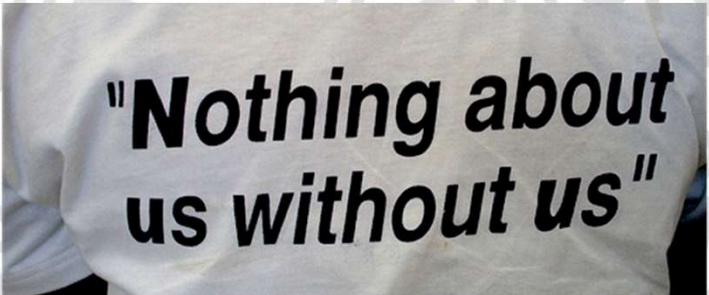
- Detox and drug treatment programs
- Medical, dental & mental health services
- Bad Date Sheet
- Hep A + B Vaccinations
- HIV/Hep C services
- Housing services
- Safer injection demonstration & information
- Safer sex supplies & education
- Overdose prevention/ Naloxone/ Fentanyl awareness
- Prevention for non-injectors & not just opioids
- Leadership of PWUD



Genuine involvement of PWUD in program design & delivery

How? Range of options and levels:

- Treat them as the experts. Promote them as the leaders.
- Trainings and support to be those leaders (no lip service).
- Program design (needs assessments).
- Program delivery (hiring PWUD).
- Program evaluation (focus groups/train PWUD in research & evaluation).



**"Nothing about
us without us"**

MODELS OF HARM REDUCTION PROGRAMS

- Options for rural non-rural areas?
- Options for health department and CBO partnerships?
- Impact of COVID - 19 - lessons learned?

Storefront

Street-Based
Mobile Outreach
Van/Backpack

Secondary or
Peer-Delivered
(PDSE)

Pharmacy

INTERVENTIONS AT HARM REDUCTION PROGRAMS

How does your agency support participants in reducing harm or risk behaviors utilizing these four intervention categories already, even without syringe access?

COVID 19 impacts?

Education

Access

Support

Linkages

For more visit our website : harmreduction.org

- Online modules
- COVID 19 specific resources
- Recently launched pregnancy and harm reduction toolkit
- New naloxone finder tool
- Downloadable materials and archive webinars
- Resource center
- Sign up for emails including latest online events including HarmRed Now

**BUY
AND
PEO**



RESOURCE CENTER >

Get practical resources to support people affected by drug use.

HARM REDUCTION RESOURCES NEAR YOU

HARM REDUCTION ISSUES

- Syringe Access
- Overdose Prevention
- Safer Drug Use
- Fentanyl
- Medication for Opioid Use Disorder
- Hepatitis C
- Sex Work
- Supervised Consumption Services

HARM REDUCTION INTERSECTS



THANK YOU FOR ATTENDING THIS
WORKSHOP

ANY QUESTIONS?

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harmreduction.org

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