

The background features a light gray gradient with numerous realistic water droplets of various sizes scattered across the surface. In the center, there is a faint, circular logo or watermark that is not clearly legible.

HARM REDUCTION

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First Responder ECHO

LEARNING OBJECTIVES

- DEFINE HARM REDUCTION AND RECOGNIZE ITS PRINCIPLES AND GOALS
- EXPLAIN HARM REDUCTION STRATEGIES RELATED TO SUBSTANCE USE, ESPECIALLY SYRINGE SERVICE PROGRAMS AND NALOXONE
- DESCRIBE WAYS TO INTEGRATE HARM REDUCTION
- ENCOURAGE THE USE OF NON-STIGMATIZING LANGUAGE



Strategy to reduce the harms associated with a high-risk behavior



Meet people where they are at



SAMHSA: “A proactive approach to reduce the negative personal and public health impacts of behavior associated with alcohol and other substances use at both the individual and community levels”

WHAT IS HARM REDUCTION?

STAGES OF CHANGE

Precontemplation

Contemplation

Preparation

Action

Maintenance

NATIONAL HARM REDUCTION COALITION

Established in 1993

A group that advocates and allies for people who use drugs

Mission:

- Promote health and dignity of individuals and communities affected by drug use

Defining Harm Reduction:

- Set of practical strategies and ideas aimed at reducing negative consequences associated with drug use
- It also is a movement for social justice built on the respect for the rights of people who use drugs (PWUD)

PRINCIPLES OF HARM REDUCTION

Accepts that licit and illicit drugs are a part of the world and works to minimize the harmful effects rather than ignore or condemn

Establishes that quality of life and well-being to be the criteria for successful interventions and policies (not stopping drug use)

Ensures people who use drugs to have a voice in the programs and policies that are created to serve them

Recognizes social inequalities affect people's vulnerability to and capacity for dealing with drug-related harm

PRINCIPLES OF HARM REDUCTION (CONTINUED)

Understands drug use as something complex and recognizes that some ways of using drugs are clearly safer than others

Calls for non-judgmental, non-coercive services and resources to people and the community

Affirms people who use drugs and the major player in reducing harm in their drug use and empowers them to share and support the resources with others

Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use

Humanism

Pragmatism

Individualism

Autonomy

Incrementalism

Accountability
without
termination

**SIX
PRINCIPLES
OF HARM
REDUCTION
FOR
HEALTHCARE**

PREVENTION GOALS

Reduce overdose deaths and other early deaths

Reduce sharing of injection equipment

Reduce spread of sexually transmitted and bloodborne infections

Reduce stigma

Increase access to health services

Increase referrals to support programs and health and social services

EXAMPLES OF RISKY BEHAVIORS



ENJOYING THE SUN



DRIVING CARS



USING ILLICIT DRUGS

POTENTIAL HARMS OF SUBSTANCE USE



Substance Use
Disorders



Skin and Soft Tissue
Infections



Bacteremia and
Endocarditis



Bloodborne
Disease: HIV &
Hepatitis C



STIs: HIV



Overdose

Harm Reduction as we know it...

- Sun Screen
- Condoms
- Seat belts
- Bicycle Helmets
- Designated driver
- Blood alcohol levels
- Nicotine patches/gum
- Needle Exchange



HARM REDUCTION: AN APPROACH TO REDUCING RISKY BEHAVIOURS IN ADOLESCENTS.
PAEDIATR CHILD HEALTH 2008;13:53-60.

SAMHSA. HARM REDUCTION. ACCESSED APRIL 10, 2022.
[HTTPS://WWW.SAMHSA.GOV/FIND-HELP/HARM-REDUCTION.](https://www.samhsa.gov/find-help/harm-reduction)

HARM REDUCTION STRATEGIES FOR SUBSTANCE USE

Syringe Service Programs

Naloxone

Fentanyl and Xylazine testing strips

Medications for Opioid Use Disorder (MOUD)

Supervised consumption sites

Motivational Interviewing

Peer Support Specialists

Case Managers

GOALS OF SYRINGE SERVICE PROGRAMS (SSPS)

Goals:

- Prevent the spread of HIV, hepatitis C, and other bloodborne pathogens
- Support participants in the pursuit of recovery through linkage to community and medical resources (not necessarily stopping substance use)
- Prevent overdose deaths
- Reduce publicly discarded needles
- Increase treatment for HIV, hepatitis C, and sexually transmitted infections

SSPs SUPPORT participants at wherever they are without judgment or assumption (think stages of change)



SAFE INJECTION SUPPLIES

- HANDWASHING
- CLEAN SURFACE
- ALCOHOL SWABS
- TOURNIQUET
- "COOKER"
- STERILE WATER
- SYRINGES
- ANTIBACTERIAL OINTMENT
- BAND-AIDS

Myths

- Promote illicit drug use
- Increase in crime and law enforcement intervention
- Prevent people from getting into treatment
- Increase in bloodborne pathogens

Facts

- Encourage safer use; do not increase drug use
- Decrease improperly discarded syringes
- No increase in crime rates
- Reduction in bloodborne pathogens
- Increase access to and retention in treatment services

MYTHS AND FACTS OF SSPS

Indiana
Counties and
Cities
Approved
Locally to
Provide
Syringe
Service
Programming

Last Updated:
January 2022

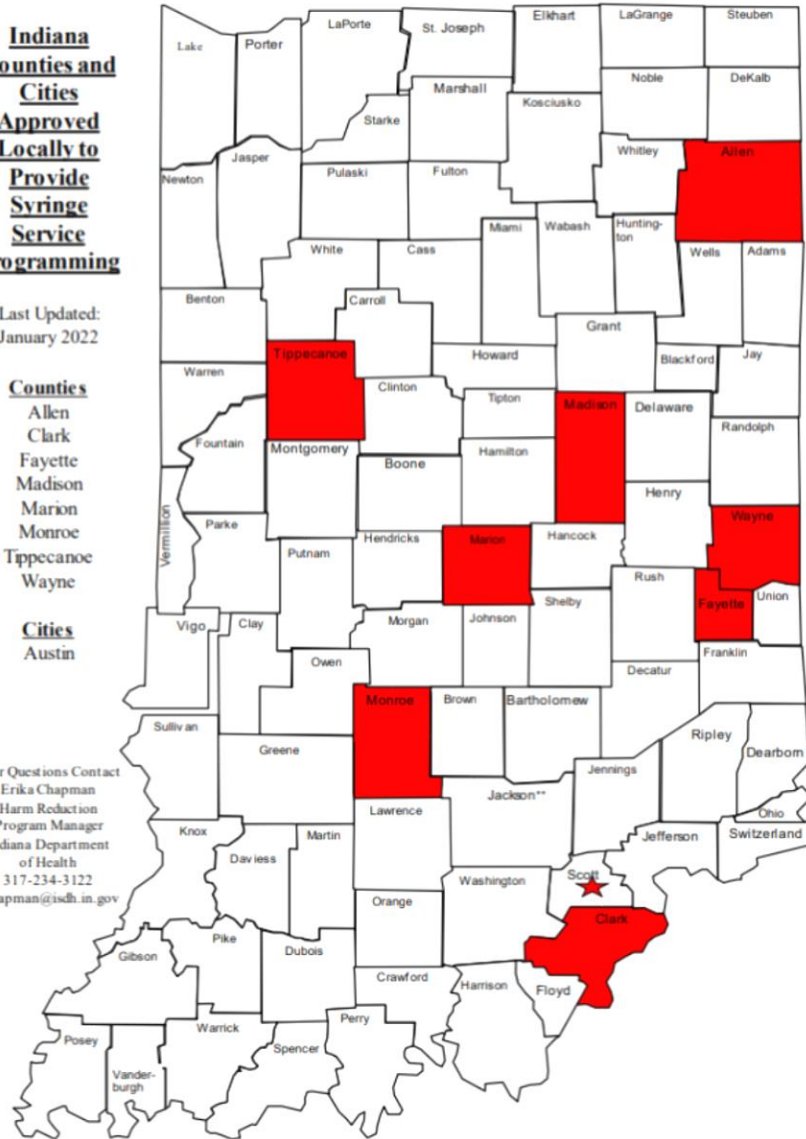
Counties

Allen
Clark
Fayette
Madison
Marion
Monroe
Tippecanoe
Wayne

Cities

Austin

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NALOXONE

- ANTIDOTE FOR OPIOID OVERDOSE
- IT REPLACES THE OPIOID THAT IS ALREADY BOUND TO THE RECEPTOR, SO THAT THE OPIOID COMES OFF AND TEMPORARILY STOPS RESPIRATORY DEPRESSION
- SAFE, EVEN IF USED IN PATIENTS NOT SUFFERING FROM AN OPIOID OVERDOSE
- NASAL SPRAY
- NALOXBOX BY OVERDOSE LIFELINE



AARON'S LAW

- ALLOWS HOOSIERS TO OBTAIN NALOXONE THROUGH A STANDING ORDER IF THEY BELIEVE SOMEONE THAT THEY KNOW IS AT RISK OF AN OPIOID OVERDOSE
- NALOXONE (NARCAN 4 MG NASAL) WAS APPROVED BY THE FDA FOR OVER-THE-COUNTER USE IN LATE MARCH 2023



GOOD SAMARITAN LAW

- PROTECTS THOSE WHO ASSIST AND ADMINISTER NALOXONE IN AN OVERDOSE SITUATION
- ENCOURAGES PEOPLE TO ASSIST IN A DRUG OVERDOSE AND CALL 911
- CHALLENGES RELATED TO THE POSSIBILITY OF CHARGES RELATED TO PARAPHERNALIA
- BUDDY SYSTEM ENCOURAGED BY SYRINGE SERVICE PROGRAMS AND CARRYING NALOXONE

HOW TO INTEGRATE HARM REDUCTION INTO YOUR PRACTICE



SAY THIS	NOT THIS
Person with opioid use disorder (or PWUD)	Addict, user, druggie, junkie, abuser
Disease	Drug habit
Person living in recovery	Ex-addict
Person arrested for a drug violation	Drug offender
Substance dependent	Hooked
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery; substance-free	Stayed clean
Negative drug screen	Clean drug screen
Positive drug screen	Dirty drug screen

AVOID STIGMATIZING LANGUAGE

[HTTPS://WWW.IN.GOV/RECOVERY/KNOW-THE-FACTS/STIGMA.HTML](https://www.in.gov/recovery/known-the-facts/stigma.html)