



Great Lakes (HHS Region 5)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

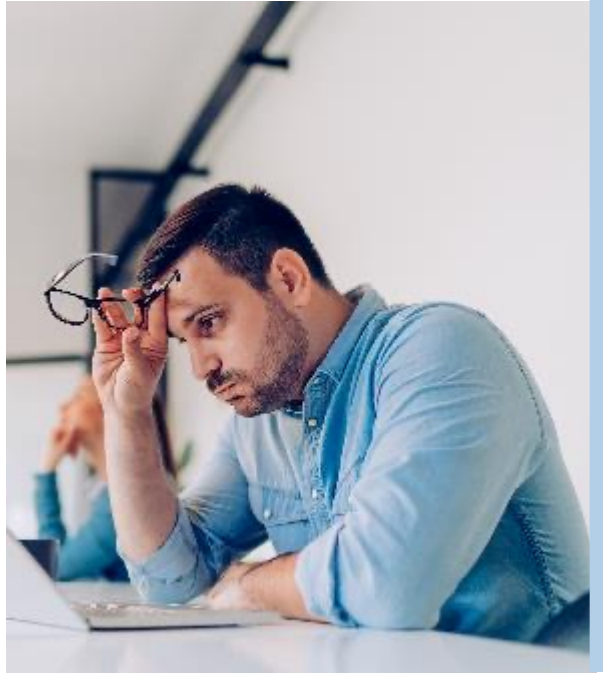
Substance Misuse Prevention's Role in Harm Reduction



Kris Gabrielsen and Chuck Klevgaard

February 17, 2022

Poll: Harm Reduction



How much knowledge and experience do you have with the field of harm reduction?

- A. A lot
- B. Some
- C. A little
- D. None

Learning Objectives

By the end of this training, participants will be able to:

1. Define harm reduction
2. Identify the role that harm reduction plays in a comprehensive approach
3. Name strategies prevention can implement to enhance harm reduction efforts



**What emotion arises for you
when you hear the term
"harm reduction"?**



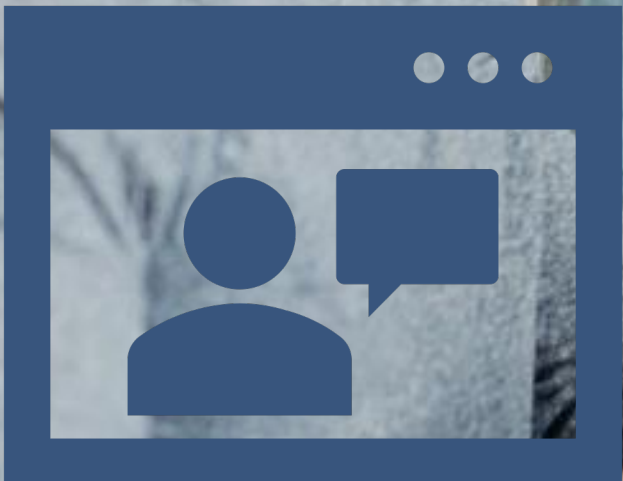
Harm Reduction Exists in All Facets of Our Lives

*Listen in the video for
examples of harm reduction
you have experienced.*



HARM REDUCTION 101

Video: Harm Reduction 101



Video Debrief - 1

Type in the chat harm reduction strategies in the video that you have experienced.

Harm Reduction Defined

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

Harm reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

- harmreduction.org

All life activities carry some risk to engage in them and a society or community we have created lots of ways to provide guard rails, safety nets, and services to rescue people.



The complete elimination of risky behavior is rarely attainable or desirable for everyone.

Understanding the Roles for Harm Reduction

- A. Focus on those actively using drugs
- B. A brief history
- C. Grounded in 8 principles
- D. A range of strategies



Understanding Harm Reduction

A. Focus Population

People actively using substances including alcohol

Harm Reduction

A



Understanding Harm Reduction

B. Brief History

In the Early Years

- Barriers to obtaining funding
- Demonization of drugs and stigmatized groups
- Political resistance and criminalization of services
- Decades of activists cooperating with researchers

Currently

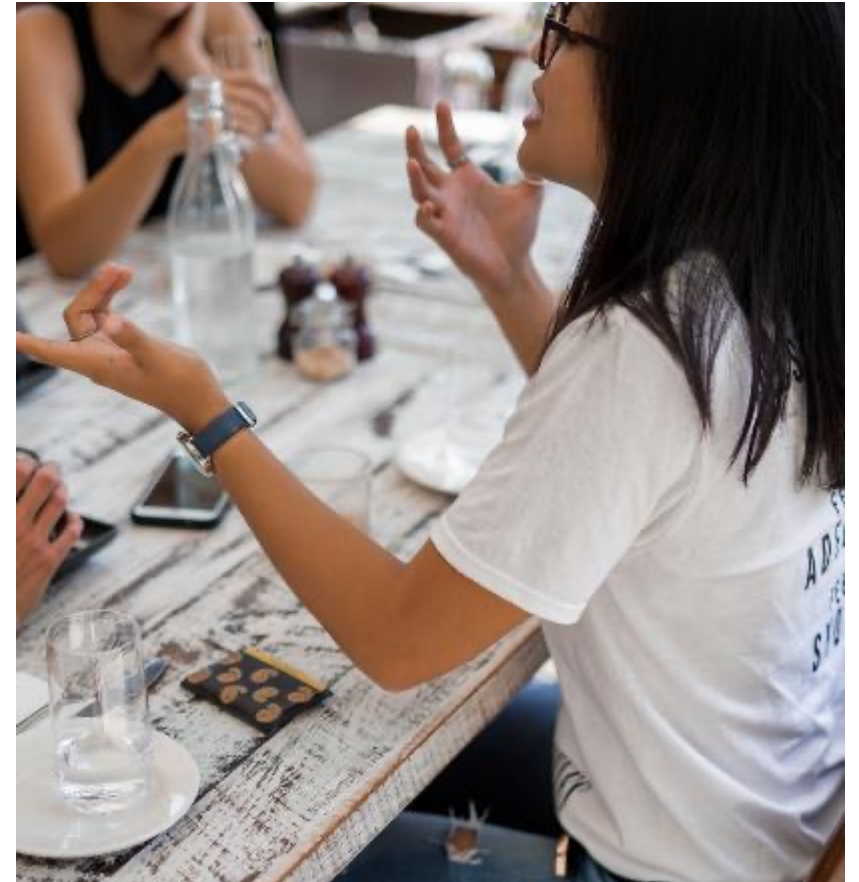
- AMA proclaimed that harm reduction organizations provide “essential services”
- Institutional endorsements and federal funding continue to grow
- SAMHSA announced a \$30 Million harm reduction grant
- National Harm Reduction Technical Assistance Center



Understanding Harm Reduction

C. Grounded in 8 Guiding Principles

1. A non-judgmental approach
2. Evidence-based, feasible, and cost-effective practices
3. Acceptance of behavior change as an incremental process
4. Meaningful participation of drug users, former drug users, and stakeholders in shaping drug use policies and practices



Understanding Harm Reduction

C. Grounded in 8 Guiding Principles, continued

5. Focus on enhancing quality of life not abstinence
6. Recognition of complex social factors
7. Empowerment of drug users in reducing the harms of their drug use
8. Commitment to defending universal human rights



Understanding Harm Reduction

D. Range of Strategies

Sterile syringes

Safe smoking supplies

Masks/vaccines

Counseling

Motivational interviewing

Low threshold medication

Naloxone

Overdose education kits

Peer support specialists

Case managers

Fentanyl test strips

Access to condoms

Sex education

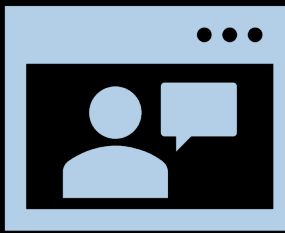
Harm Reduction Strategies and Principles

We defined 8 guiding principles and a range of strategies

Listen for examples of strategies linked to one or more of these principles



What is Harm Reduction Video



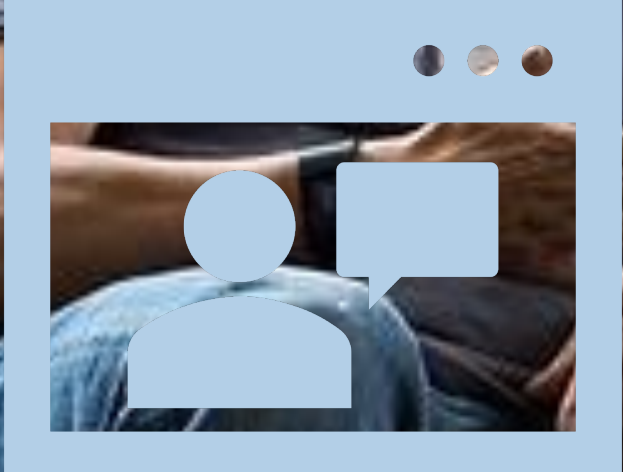
NIH National Institutes of Health

What is Harm Reduction?

Watch later Share Info

What is Harm Reduction?

The video player interface features a dark blue background with a white grid pattern. The NIH logo is in the top left corner. The title 'What is Harm Reduction?' is displayed in white text. In the top right corner, there are three icons: a clock for 'Watch later', a share icon for 'Share', and an information icon for 'Info'. The main title 'What is Harm Reduction?' is centered in a large, bold, white font.



Video Debrief - 2

Type in the chat an action you heard linked to a harm reduction principle.

Prevention Focus

People who are not misusing substances

Prevention



Prevention Defined

Substance misuse prevention efforts work to... prevent the use and misuse of drugs and the development of substance use disorders.

- Substance Abuse and Mental Health Services Administration




In Short...

Prevention

- Prevent the behavior

Harm reduction

- Prevent the consequences



A Comprehensive Approach

Prevention and Harm Reduction

A Socio-Ecological Approach

[Substance]

[Population]

[Consequences]



Society

Influences: Stigma, Policy

Community

Influences: Environment, Neighborhood

Interpersonal

Influences: Social & Network, Norms, Settings, Situational Factors

Individual

Influences: Biological Knowledge, Skills

Prevention Strategies

Harm Reduction Strategies

A Socio-Ecological Approach

Binge Drinking

Young Adults
(Age 18-22)

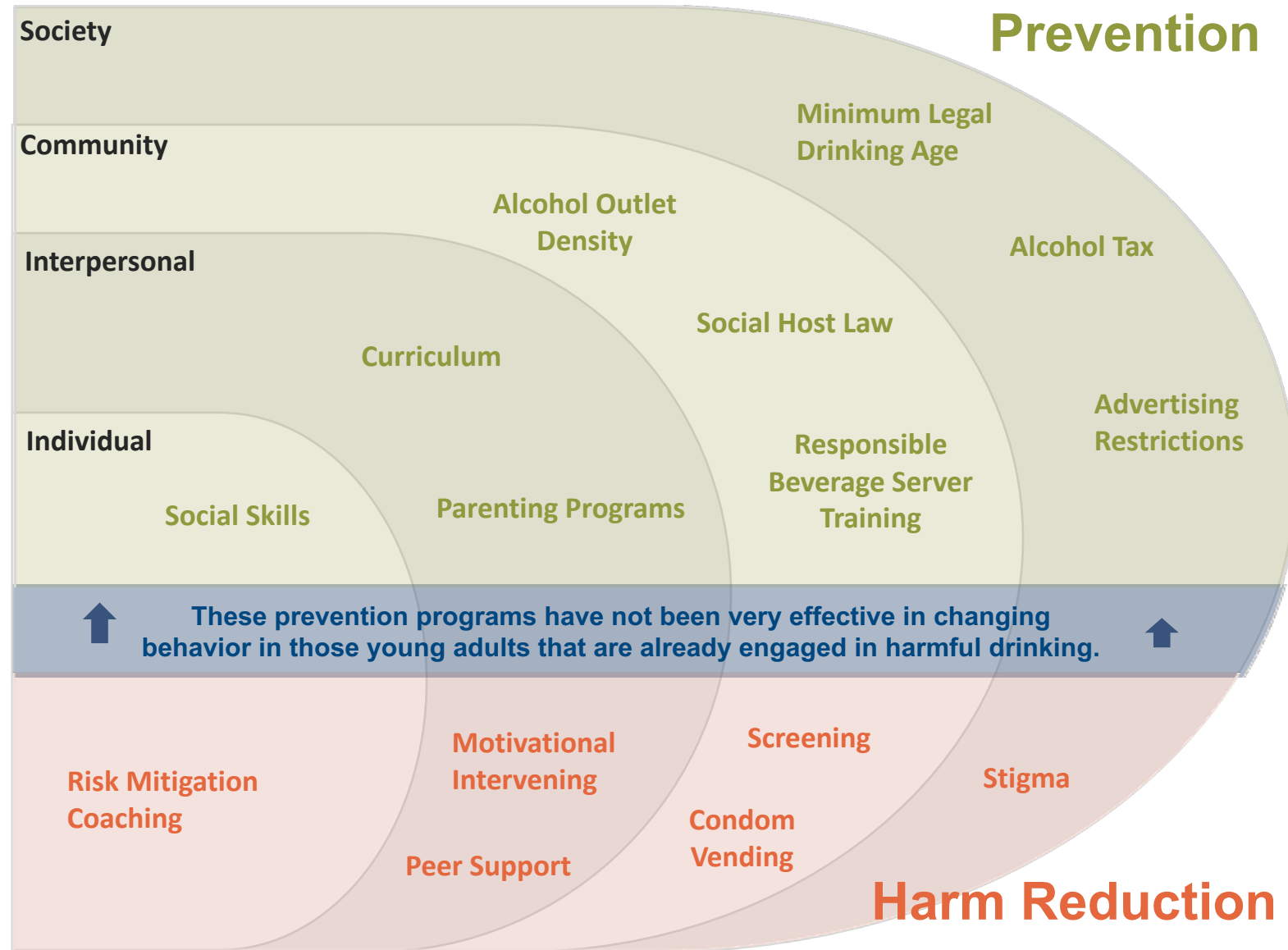
27.7 of this age group report binge drinking in the last month.

Drinking any amount of alcohol can carry certain risks

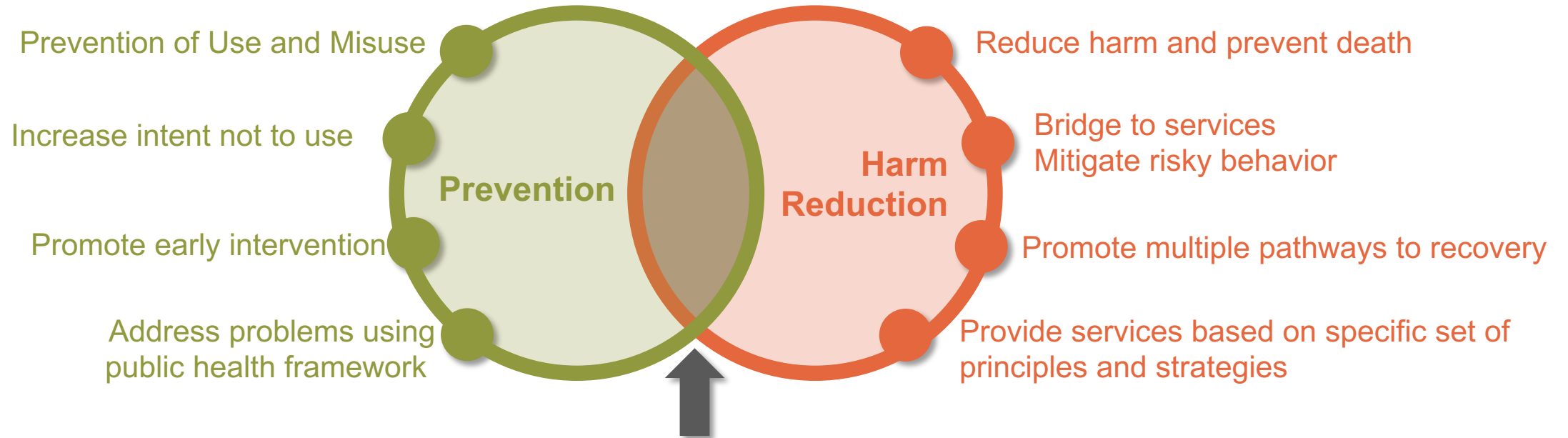
Binge use increases the risk of acute harm, such as **blackouts** and **overdoses**.

Binge drinking also increases the likelihood of unsafe sexual behavior and the **risk of sexually transmitted infections** and **unintentional pregnancy**.

Potentially deadly consequences, including **falls, burns, drownings, and car crashes**.



Opportunities for Collaboration: The Overlap



The Intersection

- Improve the health of the community
- Improve systems of care by addressing gaps in services
- Promote the awareness of complex behavioral health problems
- Reduce stigma
- Improve equity and social justice

Prevention's Role In Enhancing Harm Reduction Efforts

1. Promote community readiness for harm reduction
2. Address stigma of substance misuse and substance use disorders
3. Provide education and resources
4. Coordinate strategy implementation
5. Link harm reduction to “upstream” strategies



Prevention's Role

1. Promote Community Readiness

- Build readiness to support harm reduction approaches
- Correct misperceptions about harm reduction
- Help build necessary support among stakeholders for harm reduction approaches



Prevention's Role

2. Address Stigma

- Educate stakeholders and others about the nature of addiction and the recovery process
- Educate community about substance use disorder (SUD)-related stigma:
 - ✓ Promote use of non-stigmatizing language
 - ✓ Raise awareness of SUDs as treatable diseases
 - ✓ Encourage treating those who suffer from SUDs with dignity and respect



The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.

Prevention's Role

3. Provide Education and Resources

- Develop messaging designed to build awareness and support for harm reduction efforts
- Create pamphlets, tip card, instruction sheets, tips sheets, etc.
- Educate on topics including:
 - ✓ How to identify an overdose
 - ✓ How to use naloxone
 - ✓ How to reduce post-overdose risk
 - ✓ How to access recovery supports



Prevention's Role

4. Coordinate Strategy Implementation

- Identify existing harm reduction efforts (e.g., first responder teams, task force on overdose prevention)
- Assist harm reduction efforts in creating collaborative opportunities
- Help bring various sectors together to coordinate and merge efforts, when possible
- Help partners work through potential barriers



Prevention's Role

5. Link Harm Reduction to “Upstream” Efforts

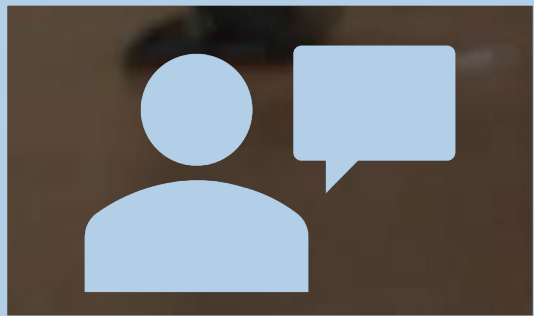
Create links with harm reduction approaches such as:

- ✓ Provide prevention services for the children of people who use drugs
- ✓ Work on policies that will address both harm reduction and prevention issues



PREVENTION CONVERSATIONS

Finding the Hook: Changing Perceptions of Harm Reduction Strategies



Video Debrief - 3

Type in the chat examples of how prevention has engaged in harm reduction in your community.

VALERY SHUMAN

Senior Director, Heartland Center for Systems Change

Next Steps for Prevention Professionals

Learn

About harm reduction strategies, programs, and populations served

Familiarize

Yourself with harm reduction organizations serving your community

Identify

Public health goals you have in common

**Collaborate /
Leverage**

Each other's strengths and ask to partner

Plan / Implement

Cross-training on the link between prevention and harm reduction

Evaluate

Using process and outcome data to make the case



Tools and Resources

“Portal” on Great Lakes PTTC website:

- Videos
- PowerPoint slide deck
- Learning opportunities
- Action guide
- “Understanding Prevention’s Role in Harm Reduction” handout

Circling Back

Post in the chat any shifts that have happened today or in recent days in the emotions that arise when you think about harm reduction





Keep in Mind...Moving Forward

- Coordinating efforts across prevention, treatment, recovery, and harm reduction will enhance ALL our efforts
- Prevention practitioners have skills, experience, and access to strategies that can assist and augment harm reduction efforts
- Together we can have a greater impact!








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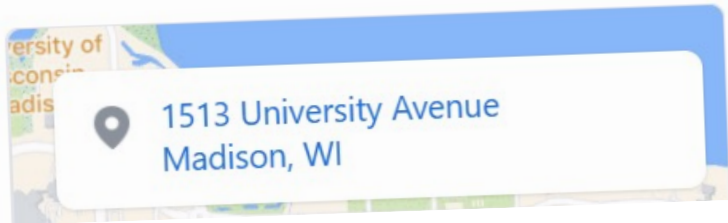
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Upcoming Trainings

- NIATx Virtual Change Leader Academy for Prevention Specialists (limited slots)
 - Feb. 24, March 3, 10, and 17, 10-11:30 CT
- Examining Data for Disparities – Part 4 of Health Equity series
 - Feb. 24, 1-2:30 CT
- Foundations in Prevention Intensive Training Course (limited slots)
 - March 21, 24, 28, 31, April 4, 7, 11, & 14 from 10:00-11:30 CT
- What Does NOT Work in Prevention
 - March 2, 10-11:30 CT
- Five C's (Not D's) of Data
 - March 9, 10-11:30 CT

To register: <https://tinyurl.com/GLPTTCevents>

Post-Training Feedback

<https://ttc-gpra.org/P?s=807872>



**WE WANT
YOUR FEEDBACK**



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Thank you!