



## Prevention's Role in Harm Reduction Webinar – February 17, 2022

### Harm Reduction 101 Video

[https://www.youtube.com/watch?v=fXJJj\\_jgFmE](https://www.youtube.com/watch?v=fXJJj_jgFmE)

Write examples of harm reduction strategies share in the video that you have experienced:

### Harm Reduction

#### Definition

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.

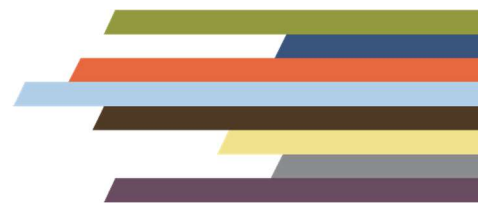
- harmreduction.org

**Focus Population:** People actively using substances, including alcohol

#### Guiding Principles

From [https://www.hrw.org/sites/default/files/related\\_material/us0911brochurewebwcover\\_0.pdf](https://www.hrw.org/sites/default/files/related_material/us0911brochurewebwcover_0.pdf)

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
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



## Harm Reduction Strategies and Intended Outcomes

Incorporating harm reduction can reduce negative effects on health and social wellbeing due to use of alcohol, other drugs, and related behaviors.

Harm Reduction Activities*	Intended Outcomes
<ul style="list-style-type: none"> <li>• Access to PrEP</li> <li>• Access to HIV and viral hepatitis testing and treatment</li> <li>• Access to condoms</li> <li>• Comprehensive sex education</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce the spread of sexually transmitted and other blood-borne infections, including HIV and viral hepatitis</li> <li>• Increase knowledge around safer sex and sexual health</li> </ul>
<ul style="list-style-type: none"> <li>• Syringe service programs</li> <li>• Fentanyl test strips</li> <li>• Naloxone and overdose education kits</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce overdose deaths and other early deaths among people who use substances, including alcohol</li> <li>• Increase knowledge around safer substance use</li> </ul>
<ul style="list-style-type: none"> <li>• Sterile syringes and other injection equipment to prevent and control the spread of infectious diseases</li> <li>• Syringe Service Programs</li> <li>• Safe smoking supplies</li> <li>• Medical care including wound care</li> <li>• Use of masks, social distancing, and vaccines</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce sharing of substance use equipment</li> <li>• Improve physical health</li> <li>• Reduce the spread of infectious diseases</li> </ul>
<ul style="list-style-type: none"> <li>• Counseling</li> <li>• Motivational interviewing</li> <li>• Low threshold medication for opioid use disorder</li> <li>• Fentanyl test strips</li> <li>• Naloxone and overdose education kits</li> <li>• Peer support specialists</li> <li>• Case managers</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce stigma and increase access to health services</li> <li>• Increase referrals to support programs and health and social services (including treatment and recovery support services)</li> </ul>

*\*Note: Sample harm reduction activities can meet multiple goals.*

Excerpt from: <https://www.samhsa.gov/find-help/harm-reduction>

## What is Harm Reduction Video

<https://www.drugabuse.gov/videos/what-harm-reduction>

Write examples of strategies linked to one or more harm reduction strategies that you hear in the video:

## Prevention

### Definition

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

**Prevention = Prevent the Behavior**  
**Harm Reduction = Prevent the Consequence**

# A Socio-Ecological Approach

## Binge Drinking

### Young Adults (Age 18-22)

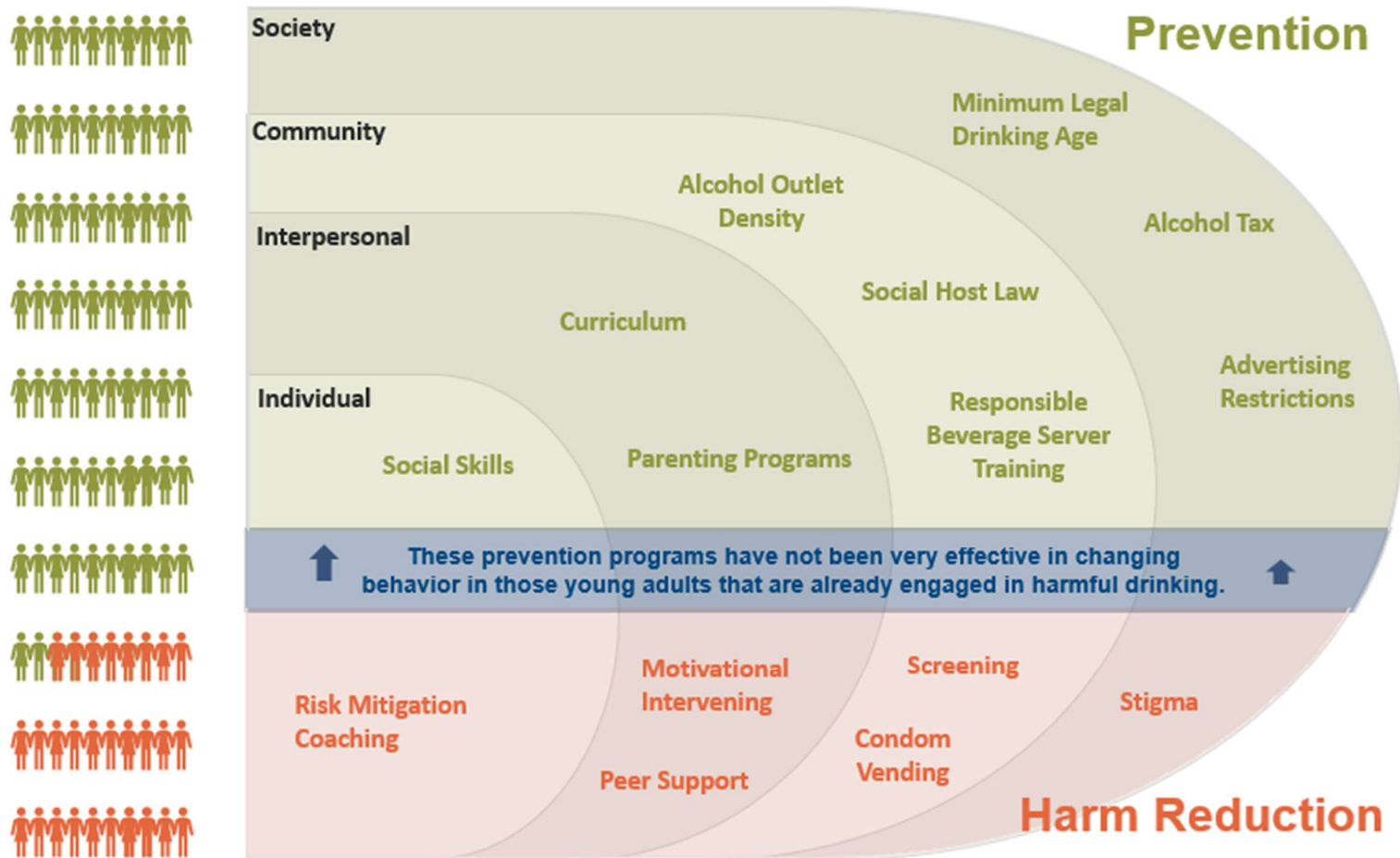
**27.7 of this age group report binge drinking in the last month.**

Drinking any amount of alcohol can carry certain risks

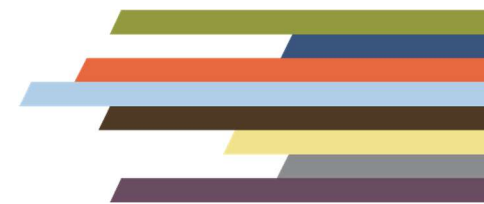
Binge use increases the risk of acute harm, such as **blackouts** and **overdoses**.

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**.



Great Lakes Prevention Technology Transfer Center (PTTC)



## Prevention's Role in Harm Reduction Efforts

### 1. Promote community readiness for harm reduction

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

### 2. Address stigma of substance misuse and substance use disorders

- 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

### 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

### 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

### 5. Link harm reduction to “upstream” strategies

- 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

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## Prevention Conversation Video

[https://www.youtube.com/watch?v=tMF9Cfn\\_SRk](https://www.youtube.com/watch?v=tMF9Cfn_SRk)

Write examples of how prevention has engaged in harm reduction in your community.

## 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
- Leverage each other's strengths and ask to partner
- Plan and implement cross-training on the link between the two
- Use process and outcome data to evaluate and make the case

## Tools and Resources on Prevention's Role in Harm Reduction

Access tools and resources to assist you in taking action on prevention's role in harm reduction from the Great Lakes Prevention Technology Transfer Center:

<https://pttcnetwork.org/centers/great-lakes-pttc/product/role-prevention-harm-reduction-efforts>

## Upcoming Trainings

- **NIATx Virtual Change Leader Academy for Prevention Specialists** - February 24, March 3, 10, and 17 from 10-11:30 CT
- **Examining Data for Disparities** - February 24, 1-2:30 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
- **Foundations in Prevention Intensive Training Course** - March 21, 24, 28, 31, April 4, 7, 11, & 14 from 10-11:30 CT
- **Taking Action on Stigma: A Training Series for Substance Misuse Prevention Professionals** - March 30 and April 6 from 9:00-11:00 CT

**Register Here:** <https://pttcnetwork.org/centers/global-pttc/training-and-events-calendar?center=35>