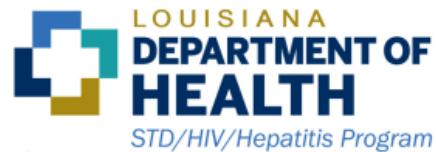


Hep C/HHARM ECHO

Presented: Friday, November 8, 2024



Principles of Harm Reduction

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Acronyms

- PWUD – People Who Use Drugs
- PWID – People Who Inject Drugs
- PLHCV – People Living With HCV
- SSP – Syringe Service Program

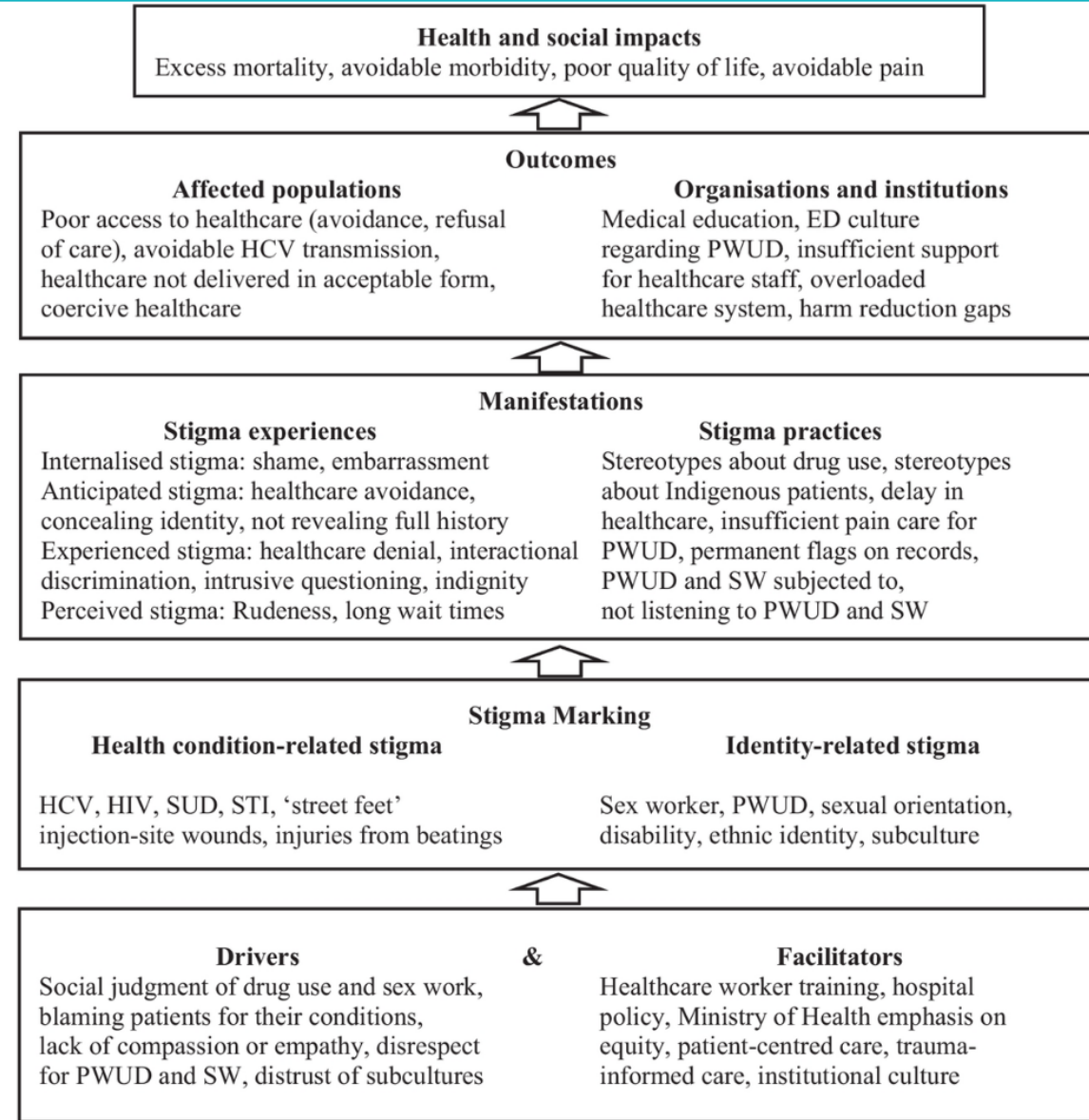
Harm reduction

- **Risk Reduction:** Tools and services to reduce potential harm associated with drug use
- **(h)arm (r)eduction:** The approach and fundamentals to reduce potential harm
- **(H)arm (R)eduction:** A philosophical and political movement focused on shifting power and resources to people most vulnerable to structural violence, built on a belief in, and respect for, the rights of people who use drugs.

How do we define harm?

- Risks and negative consequences associated with drug use
- Stigma
- Discrimination
- Criminalization

Health Stigma & Discrimination Framework



(Cunningham et al., 2024)

Foundations of Harm Reduction

**Health and
Dignity**

**Participant-
Centered
Services**

**Participant
Involvement**

**Participant
Autonomy**

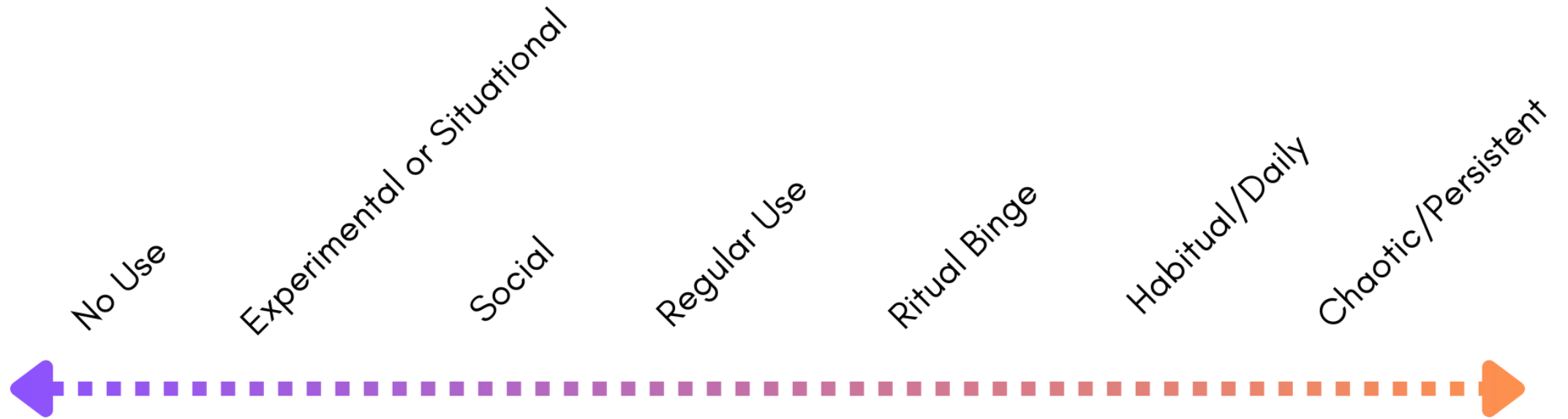
**Sociocultural
Factors**

**Pragmatism
& Realism**



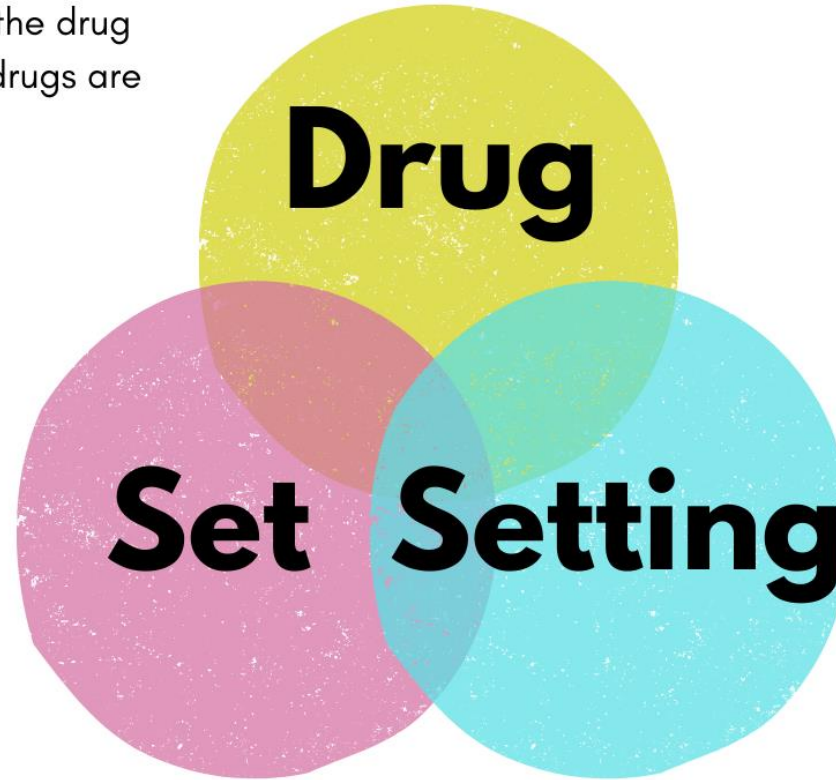
Any Positive Change

Continuum of Use



● **DRUG:** all factors related to the **drug** consumed. Quantity consumed, the potency, the purity, the way the drug is taken, and whether other drugs are consumed at the same time.

● **SET:** all factors related to the **individual** consuming the drug. Mental and physical state, genetic predispositions, gender, sleep, physique, nutrition, and any medications the individual is currently taking.



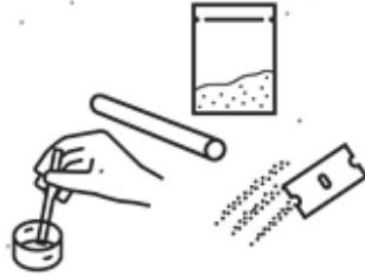
● **SETTING:** all factors related to the **environment** a drug is consumed in. The people or friends around you, the weather, presence of law enforcement, and dangerous environmental hazards.

(Zinberg, 1984)

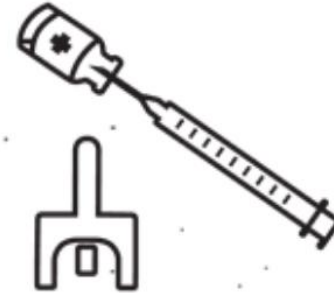
Examples of harm reduction services



**Syringe Access
and Disposal**



**Safer Drug Use
Supplies**



**Overdose
Prevention**



**Safer Sex
Materials**



**Medication for
Opioid Use
Disorder**



**Safer Consumption
Services**



**Drop-in
Centers**



**Housing
First**

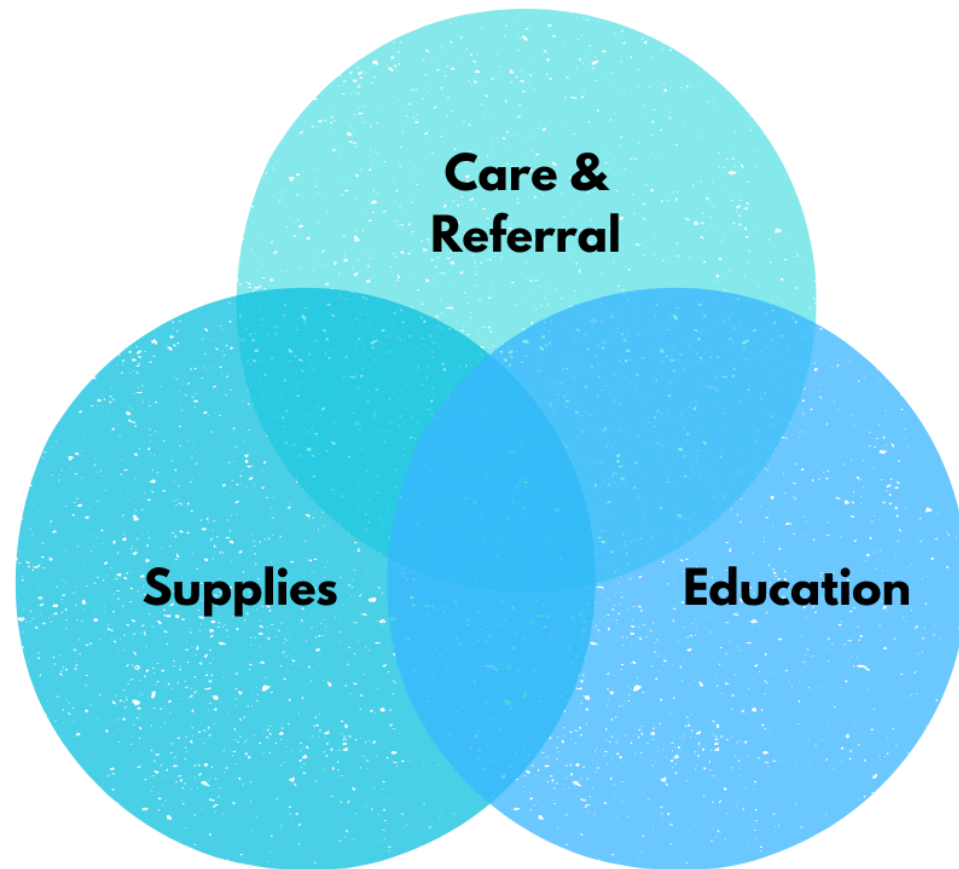


Referrals

**NATIONAL
HARM REDUCTION
COALITION**

(Roberts, 2021)

Syringe service programs



Community-based public health programs that provide comprehensive harm reduction services such as

- Sterile needles, syringes, and other injection equipment
- Safe disposal containers for needles and syringes
- Naloxone and drug testing equipment like fentanyl test strips
- HIV and HCV testing and linkage to treatment
- Education about overdose prevention and safer injection practices
- Referral to substance use disorder treatment, including medication-assisted treatment (MAT)
- Referral to medical, mental health, and social services
- Tools to prevent HIV, STIs, and viral hepatitis including counseling, condoms, PrEP, PEP, and vaccinations

SSP PARTICIPANTS ARE ...



x3

more likely to
report a reduction
in injection
frequency



x5

more likely to enter
a drug treatment
program



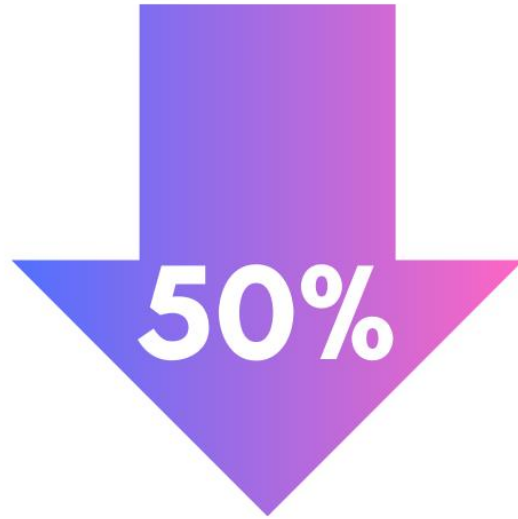
x3

more likely to stop
using drugs

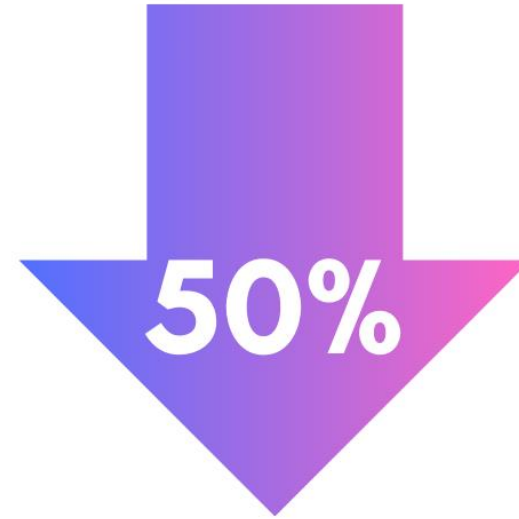
THAN NON-PARTICIPANT PWID

 (CDC, 2024)

SSPs associated with



reduction in HIV
incidence



reduction in HCV
incidence

among PWID

[\(Substance Abuse and Mental Health Services Administration, 2023\)](#)

SHHP supported SSPs in Louisiana

- ★ The Philidelphia Center (Shreveport)
- ★ F.R.E.S.H. Works, CLASS (Alexandria)
- ★ Be Safe, CARP (Baton Rouge)
- ★ Women With a Vision (New Orleans)
N.O.S.A.P., CrescentCare (New Orleans)



**Incorporating harm
reduction into your practice**



Individual

1. Person-first language
2. Practices with clients who use drugs



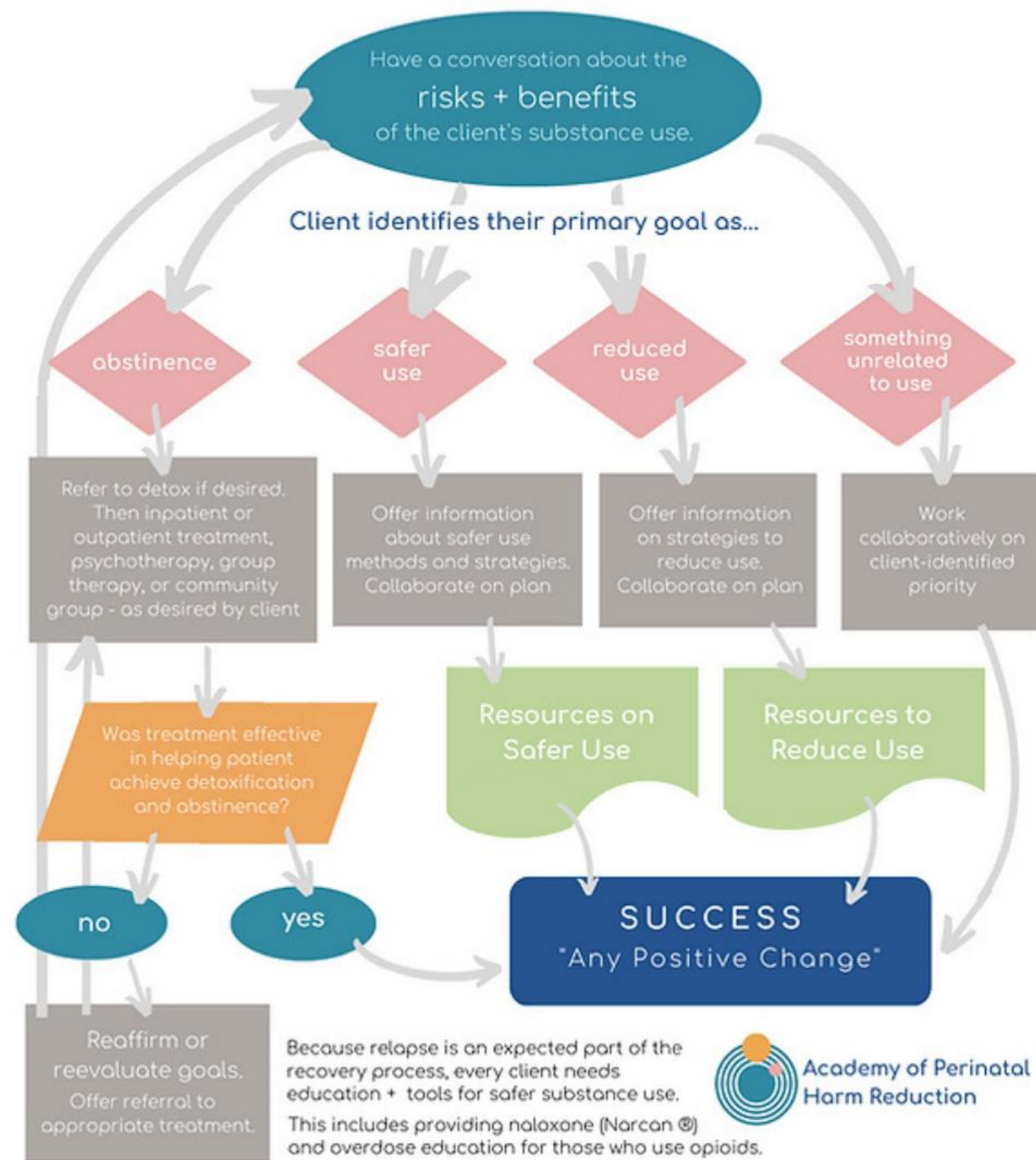


Person First Language

 Words to Use	 Words to Avoid
<p>[person] who [behavior]</p> <p>people who use drugs</p> <p>person who injects drugs</p> <p>person who smokes stimulants</p> <p>person experiencing a period of chaotic use</p>	<p>addict</p> <p>junkie</p> <p>drug abuser</p> <p>suffering from addiction</p>
<p>drug use</p> <p>sterile or new [supplies]</p> <p>used [supplies]</p>	<p>drug abuse; drug misuse; problem use</p> <p>clean</p> <p>dirty</p>
<p>person in recovery</p> <p>person experiencing drug dependence</p> <p>person who is not actively using drugs</p>	<p>recovering/reformed/former/ex-addict; sober; drug-free; stayed clean</p>

2

Practices with clients who use drugs



Organization

1. Feedback from clients who use drugs
2. Updating workflow and organizational policies and procedures
3. Expanding harm reduction services



1 Feedback from clients who use drugs

- Surveys
- Comment cards
- Kiosk questions
- Text messaging questions
- Online ratings
- Public meetings
- In-depth interviews
- Focus groups/panels
- Patient stories
- Ward rounds/observations
- Complaints/compliments

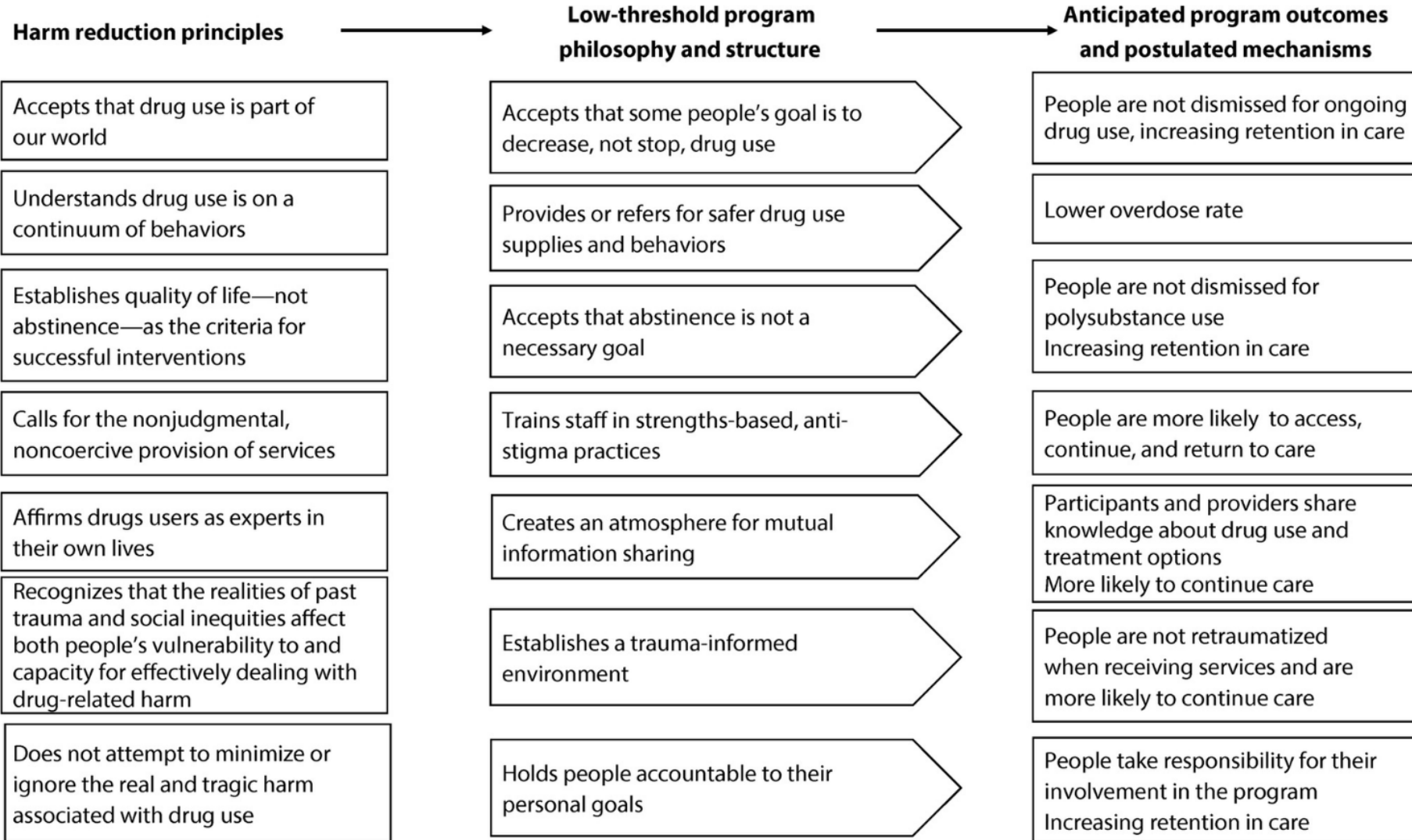
2 Updating workflow, policies & procedures

Workflow and programmatic considerations

- Consolidate appointments
- Point of Care testing
- Mobile outreach
- Transportation assistance
- Incentives

Policy and procedure considerations

- Internal human resources practices
- Required trainings for staff
- Requirements of clients to start or continue care
- On-site overdose safety planning



3 Expanding harm reduction services

- Offer MOUD
- Start a bridge program
- Naloxone distribution and overdose education
- Offer affirming primary care and medical services

Community

- Know the resources you have (and where your community has room to grow)
- Start conversations and build relationships with other organizations serving people who use drugs
- Support the creation and sustainability of harm reduction services in your area





RESOURCE COLLECTIONS

- National Harm Reduction Coalition Resource Center
- NEXT DISTRO Resource Library
- CDC's SSP resources
- Academy of Perinatal Harm Reduction
- NYS Department of Health AIDS Institute – HIV Education and Training Programs

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