Harm Reduction

presented by

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Objectives

1. Preparedness for Outreach
2. Harm reduction techniques during “in-depth” outreach.
3. Harm reduction for specified populations
4. Referrals and follow ups
5. Self care
Harm Reduction

• A set of practical strategies and ideas aimed at reducing negative consequences associated with drug use....

• Incorporates a spectrum of strategies from safer use, to managed use, to abstinence to meet people who use drugs and alcohol “where they’re at”

• Addressing conditions of use along with the use itself.
Street Outreach Efforts

- Emphasize safety and reduce harm.
- Utilize harm reduction principles, including nonjudgmental, non-coercive provision of services and resources.
- Accept that some individuals may not initially accept offers of emergency shelter, medical health or any referral offered.
Outreach team must have a plan and be prepared at all times.
Harm Reduction Techniques

• By increasing referrals the goal is to reduce stigma and encourage health care and social services.
• Reduce sharing of substance use and equipment.
• Reduces overdose deaths and other early deaths among people who use substance and alcohol.
• Increase knowledge around safer substance use.
• Increase knowledge around safer sex and sexual health and increase condom use. Reduce disease such as HIV and HCV.
Could harm reduction activities encourage people to substance use?

- Research shows that harm reduction activities do not encourage substance use. In fact, they can encourage people who use to seek treatment and recovery support services.

- Harm reduction is evidence based and person-centered approach.
Person-centered values include:

- individuality
- rights
- privacy
- choice
- independence
- dignity
- respect partnership
MYTHS ABOUT SELF-CARE

Self-care is an indulgence
×
Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.
√

Self-care is selfish
×
When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.
√

Self-care is a one-time experience
×
Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.
√

Self-care is time consuming
×
Self-care does not require you to take out a huge chunk of time from your busy day.
√

www.mymindsoasis.com
References

- www.harmreduction.org
- www.drugpolicy.org
- www.americanaddictioncenters.org
- www.samsha.gov
- Oxford American
THIS IS WHO WE ARE.

FACES & VOICES OF RECOVERY

ADVOCATE. ACT. ADVANCE.
About Us

We are a group of recovery allies taking action to help improve the quality of life for those facing substance use disorders.

1201 Yandell, El Paso, Texas, 79902/24hr Hotline 915-479-3152
Adan Dominguez
Program Manager

- 25 Years of recovery
- Bachelor’s degree in Social Work
- 40 Years in community service administration
- 5 Years in substance use disorder services
Networking

• Assess Peer Needs: Shelter, food, health care, detox, employment, MAT, etc. (Public and Private)

• Assess Program Needs: City County Elected Officials, Police Chief, Sheriff, Mental Health, State Protective Services, First Responders, Judges, Local Collaboratives, Local Philanthropies

• Memorandums of Understanding

• Educate: services, stigma awareness, engage

• Ambassadors: personal contact, frequent visits, talk about special needs in modifications of accessing services, mutual support
Neighborhood Relations

• All Are Welcome
• Community Information and Referral For All
• Community Events!
  • Sidewalk Cookouts
  • Food Distribution
  • Health care Registrations
  • Support Group Meetings
  • On site Health care Mobile Unit
  • Community Education
  • Movies
Trauma Informed Environment

• Warm Welcome, Comfortable Setting, Clean
• Coffee, Water, Food,
• hygiene kits, Harm Reduction kits, NARCAN, Fentanyl Test Strips
• Warm Tones, decorated walls
• Activities: Chalk Board Wall, coloring, reading

• Laundry, Free Clothing
• Walk In Access to Peer Ally
• Information Racks
• Socializing
• Music
Staff Training

- Peer Coaching Academy
- Motivational Interviewing
- De-Escalation
- Suicide Prevention
- Outreach Training
- Trauma Informed
- Harm Reduction
- MAT to MARS
- Community Resources
- Mental Health First Aid
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Thank You

presented by

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