



THIS IS WHO WE ARE.



FACES & VOICES OF RECOVERY

ADVOCATE. ACT. ADVANCE.

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

Self Care

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.mymindoasis.com



References

- www.harmreduction.org
- www.drugpolicy.org
- www.americanaddictioncenters.org
- www.samsha.gov
- [Oxford American](#)



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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

Our Impact !!!!

Cumulative through May of 2020

Walk ins and Participants	3,577
Referrals to agencies	256
Referred from agencies	191
Outreach contacts	755
Liaison assignments	28



Thank You

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