



FACEBOOK

Out of Harm's Reach

INSTAGRAM

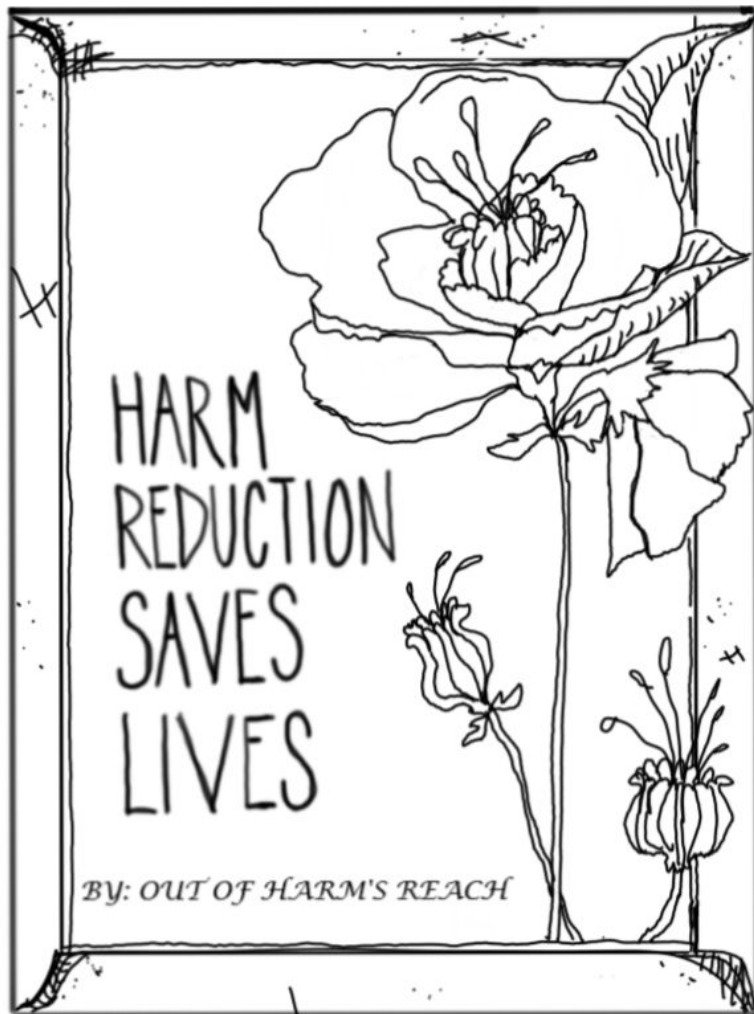
OutOfHarmsReach_GNV

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WHAT ARE THE BENEFITS OF HARM REDUCTION?

- Increase of referrals to support programs and health & social services
- Reduces stigma and increases access to health services
- Reduces sharing of substance use equipment
- Reduces rates of hepatitis and HIV
- Reduces overdose deaths and other early deaths
- Increases knowledge about safer substance use

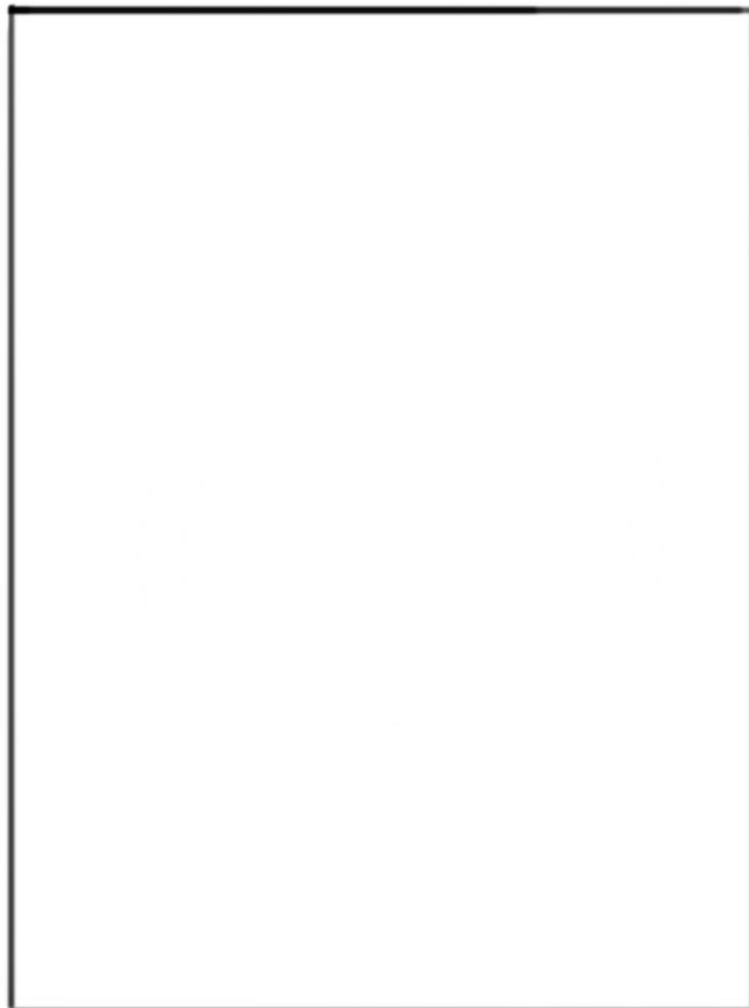
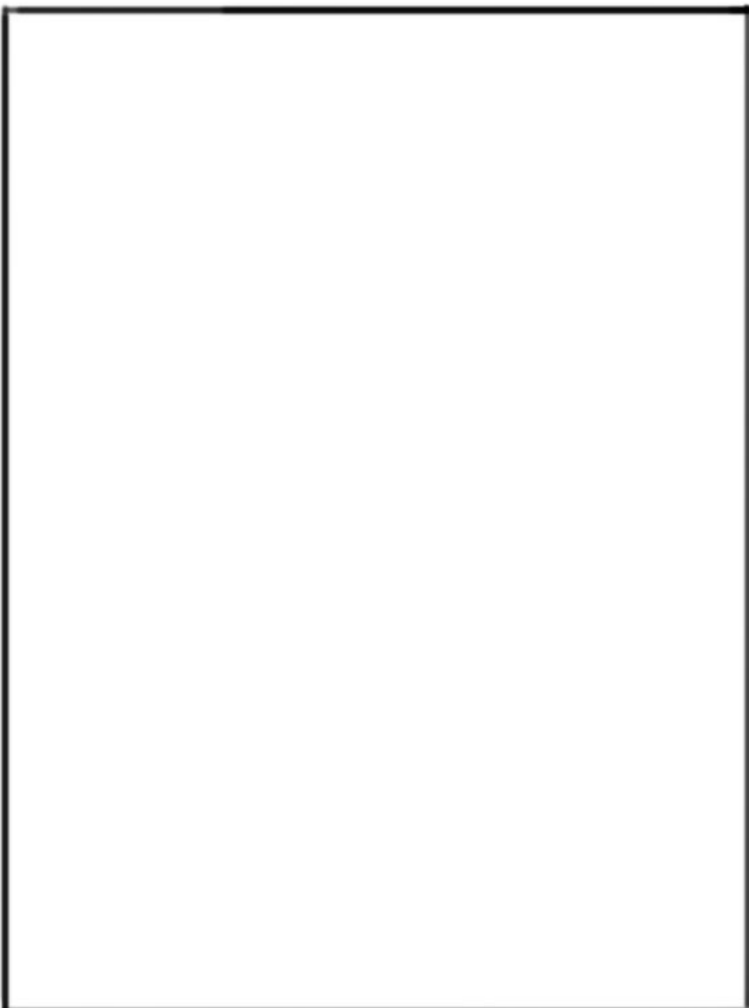


WHAT IS HARM REDUCTION?

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



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



Harm reduction principles and activities were developed to improve the health of people who use drugs.

The model recognizes the many reasons why people use drugs and that some people cannot or may not wish to discontinue using.

In this context, harm reduction aims to limit possible negative impacts of drug use, including the spread of infectious diseases, such as Hepatitis C and HIV. Research has shown it to be an effective intervention in this regard.



Medication Assisted Treatment (MAT)

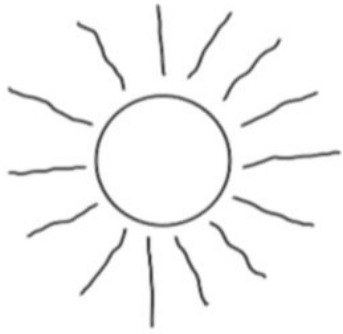
The use of medications in combination with counseling and behavioral therapies which is effective in the treatment of opioid use disorders and can help some people sustain recovery.



- Methadone -
- Suboxone -
- Buprenorphine -



Improves survival rates, increases retention in treatment, and decreases illicit opioid use.



The Sunscreen Analogy

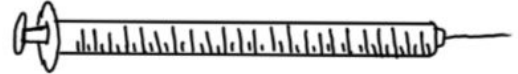
Exposure to the sun is damaging to all humans and has long term effects on physical health. This varies from person to person based on melanin levels, length and degree of exposure, etc.

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Access to sterile supplies

Includes syringes, cookers, cottons, and water.

- reduces rates of hepatitis + HIV
- lowers risk of infection



Injection alternatives

Includes smoking, snorting, and boofing.

- greatly reduces the chance of overdose by allowing more of an opportunity for moderation
- reduces the risk of HIV



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Harm reduction service providers help people identify their options and build their ability to adopt and maintain certain activities.

This principle recognizes a need for a holistic approach to harm reduction. The presence, or absence, of environmental factors such as social support, steady income, and shelter in a person's life can make harm reduction practices easier or harder to sustain.

While it is difficult for one organization to provide assistance around all of these issues, harm reduction programs can be an entry point for linking individuals with other social and health services.



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FORMS OF HARM REDUCTION

Naloxone

Fentanyl test strips

Access to sterile supplies

Outreach and support programs

Injection alternatives



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Outreach and support programs

- mental wellness and healing support programs
- peer support programs run and attended by people with experience using substances

Gives a voice to people who use drugs in programs designed to serve them.

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Harm reduction is about meeting the individual where they are at, from a place of non-judgment, in terms of ability and willingness to alter behaviors.

In doing so, it recognizes changing behavior as a cooperative process, and a process that differs from one person to the next.



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Naloxone

Naloxone hydrochloride (Narcan) is a drug that can temporarily stop the effects of an opioid overdose.

Narcan is available as a nasal spray, intermuscular injection, or as an intravenous injection.

Fentanyl test strips

Fentanyl test strips can identify the presence of fentanyl in unregulated drugs.

They can be used to test injectable drugs, powders, and pills.

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Studies provided evidence proving the harmful effects of the sun and with that knowledge sunscreen was created as a form of harm reduction.

Much like harm reduction related to substance use the amount and type of sunscreen is different for each individual dependent on a variety of factors.



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Judgment leads to the isolation of individuals and communities, discourages people from accessing care, and intensifies the harms associated with substance use.



Harm reduction provides services in a manner that is not coercive or stigmatizing and uses neutral language to describe behaviors and choices.

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Ensures that people who use drugs and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them.



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Accepts, for better or worse, that drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them.

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Understands drug use as a complex, multi-faceted phenomenon that encompasses a range of behaviors from severe use to total abstinence and acknowledges that some ways of using drugs are clearly safer than others.



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Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use.

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HARM REDUCTION MEANS

Compassion,

Dignity,

Respect.



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Establishes quality of individual and community life and well-being - not necessarily cessation of all drug use - as the criteria for successful interventions and policies.

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FOUNDATIONAL
PRINCIPLES
CENTRAL TO
HARM REDUCTION

*from the
National Harm Reduction Coalition*

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