



FOUNDATIONS OF HARM REDUCTION

12.3.2020

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NATIONAL
HARM REDUCTION
COALITION

National Harm Reduction Coalition creates spaces for **dialogue and action** that help heal the harms caused by racialized drug policies.



Policy &
Advocacy



National &
Regional
Conferences



Trainings &
Technical
Assistance



Overdose
Prevention



Resources &
Publications

TABLE OF CONTENTS

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Defining Harm Reduction

Why do people use drugs?
Continuum of Drug Use
Drug, Set, Setting

Principles of Harm Reduction

Review Principles

Strategies for Harm Reduction

Harm Reduction Services
Practicing Harm Reduction

Questions?



DEFINING HARM REDUCTION

WHY DO PEOPLE USE DRUGS?

It feels good!

Uncomfortable in own skin

Feel connected

Escape from reality

Expand consciousness

Because people around them are using

Sometimes, no reason

Pain Management

Addiction

Letting go

Heat/to stay awake/safety

curiosity

Prescribed

Improved productivity

Self-medication
(Depression, Anxiety)
habit

WHY DON'T PEOPLE STOP USING DRUGS?

Chasing the first high
Trying to get back to
baseline

Addiction
Social pressure
structures/supports
havent changed

Because their
situation seems
overwhelming.

It's enjoyable
It doesn't affect their
life negatively
They work / serves
purpose

Because it feels
good!
Unable to take the
first step

Physical addiction
Cannot get anything done
without them

School doesn't stop
Social connection

Withdrawal
Helps to cope
Why should I stop?

A vertical decorative border on the left side of the slide, consisting of a black and white maze pattern.

WHAT IS HARM REDUCTION?

THE HARM REDUCTION **APPROACH**

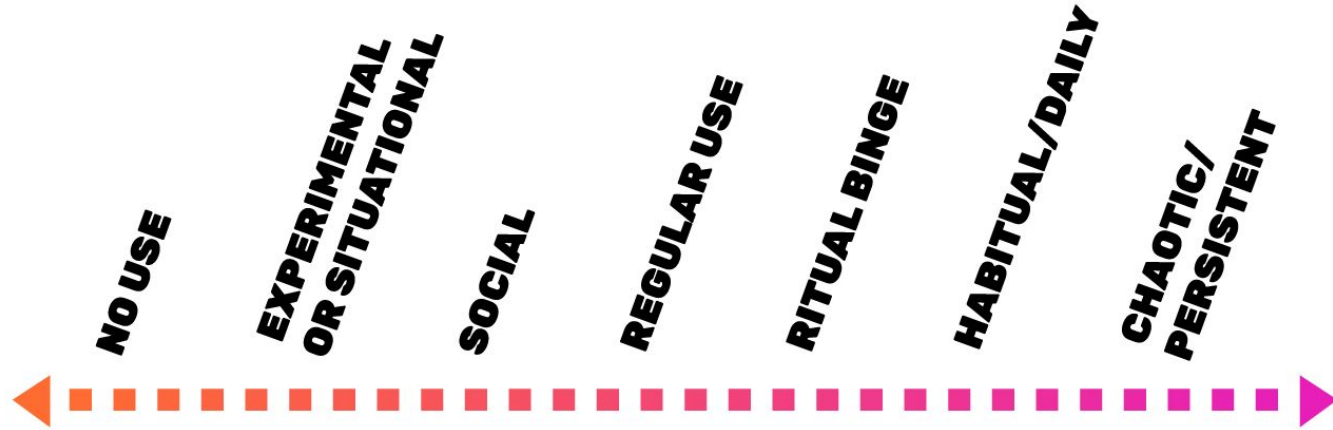
Harm reduction utilizes a spectrum of strategies to reduce the negative consequences associated with drug use, sex work, and other behaviors.

**SAFER
TECHNIQUES**

**MANAGED
USE**

ABSTINENCE

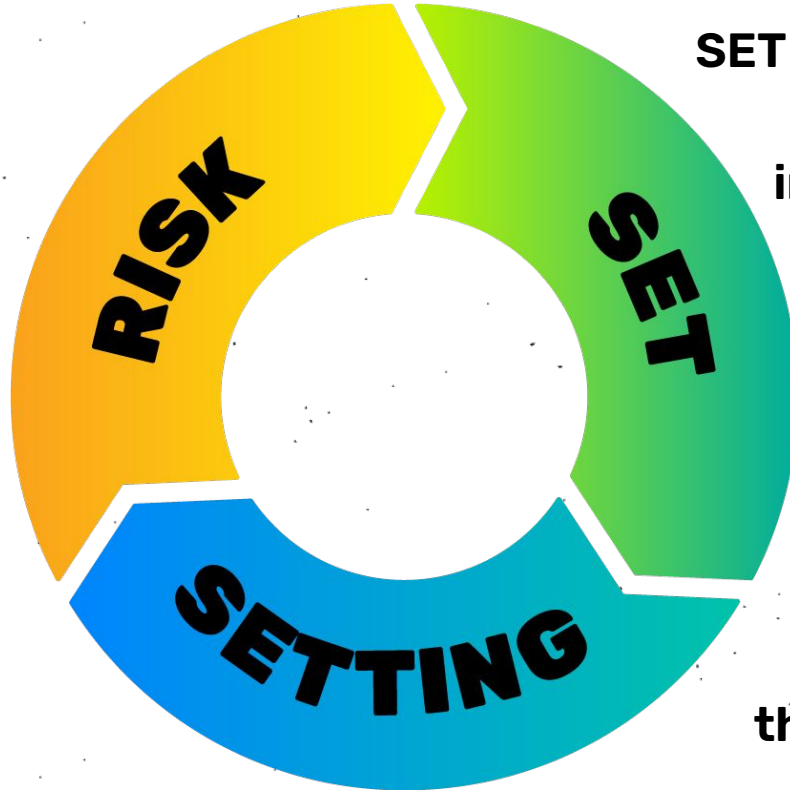
CONTINUUM OF DRUG USE



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DRUG, SET, SETTING MODEL

Drug - The drug itself you're discussing - how it is used, how frequently, prescribed or street...



SET - The "mindset" someone brings to the situation, including thoughts, mood, and expectations

SETTING - The physical and social environment where the person is, and their perception of how that can promote or reduce risk

THE HARM REDUCTION **MOVEMENT**

- Pursues a model of public health as **social justice**
- Combats the forms of racism, stigma, marginalization, and criminalization that **place people in harm's way**
- Understands the **interlocking struggles** against inequality and oppression central to both health and liberation
- Affirms the wisdom, dignity, and leadership of **those most impacted by these harms** as the keys to transformative change.



PRINCIPLES OF HARM REDUCTION

PRINCIPLES OF HARM REDUCTION

**Health and
Dignity**

**Participant
Centered
Services**

**Participant
Involvement**

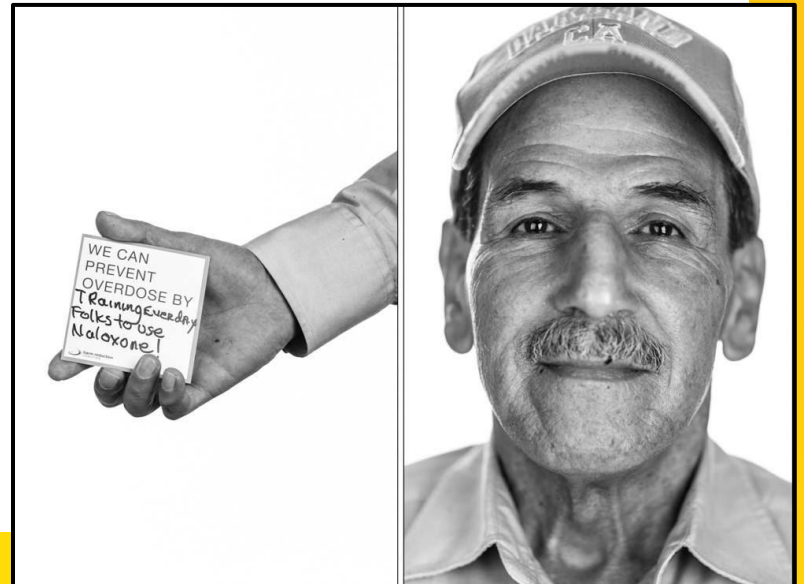
**Participant
Autonomy**

**Sociocultural
Factors**

**Pragmatism
and Realism**

HEALTH AND DIGNITY

Establishes **quality of individual and community life and well-being** as the criteria for successful interventions and policies.



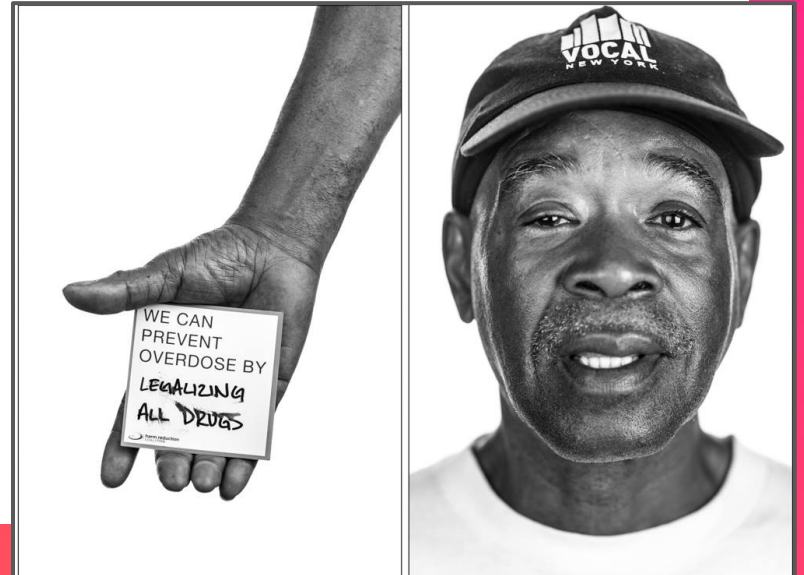
PARTICIPANT-CENTERED SERVICES

Calls for the **non-judgmental, non-coercive** provision of services and resources to people who use drugs and the communities in which they live in order to assist them in reducing attendant harm.



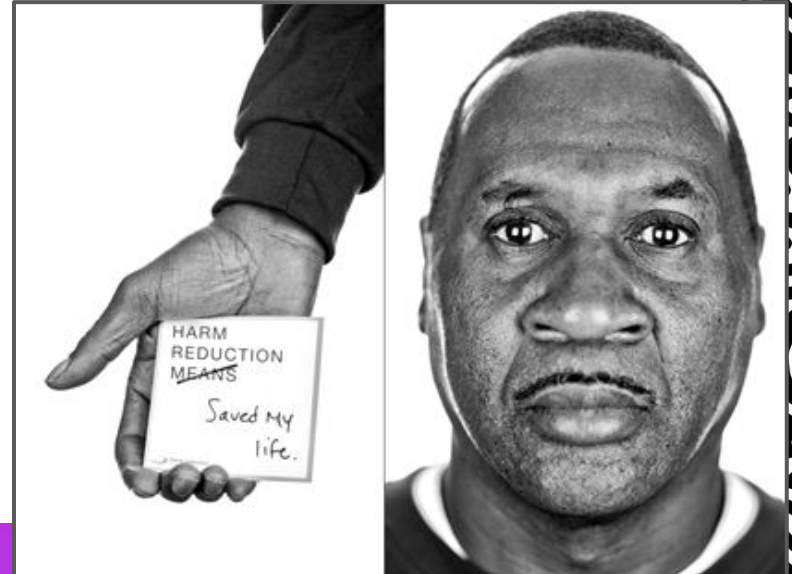
PARTICIPANT INVOLVEMENT

Ensures participants and communities impacted have a **real voice in the creation of programs and policies** designed to serve them.



PARTICIPANT AUTONOMY

Affirms participants themselves as the **primary agents of change**, and seeks to **empower** participants to share information and support each other in strategies which meet their actual conditions of harm.



SOCIOCULTURAL FACTORS

Recognizes that the realities of various **social inequalities** affect both people's **vulnerability to and capacity for** effectively dealing with potential harm.



PRAGMATIC AND REALISTIC

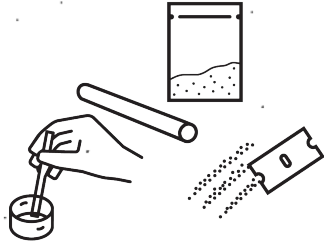
Does **not** attempt to minimize or ignore the **real and tragic harm and danger** associated with licit and illicit drug use or other risk behaviors.



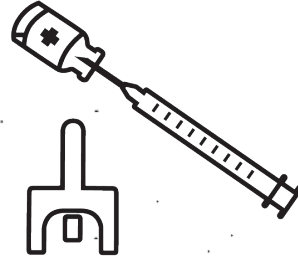
HARM REDUCTION SERVICES



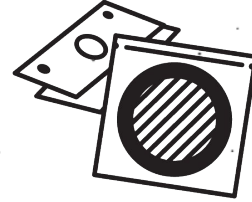
**Syringe Access
and Disposal**



**Safer Drug Use
Supplies**



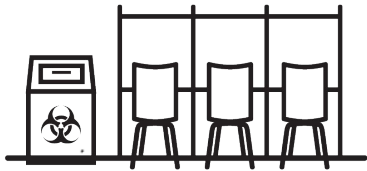
**Overdose
Prevention**



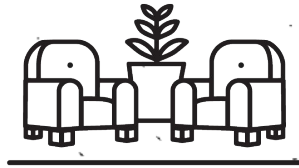
**Safer Sex
Materials**



**Medication for
Opioid Use
Disorder**



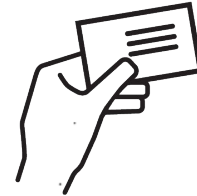
**Safer Consumption
Services**



**Drop-in
Centers**



Housing First



Referrals



PRINCIPLES OF HARM REDUCTION

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TOOLS AND SERVICES

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PRACTICING HARM REDUCTION



THANK YOU FOR ATTENDING **THIS WORKSHOP**

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harmreduction.org

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