



NALOXONE AND HARM REDUCTION

WHAT IS HARM REDUCTION?

- Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.
- Harm reduction incorporates a spectrum of strategies that includes safer use, managed use, abstinence, and meeting people “where they’re at.”
- Harm reduction celebrates “any positive change.”
- There is no universal definition or formula, because harm reduction strategies are based on needs of each community.

(Harmreduction.org)

PRINCIPLES OF HARM REDUCTION

- Respect: Calls for non-judgmental and non-coercive provision of services and resources for people who use drugs
- Person centered: Persons served are seen as the primary agents of reducing the harms of drug use. Harm reduction efforts are aimed at empowering and sharing information in order to reduce negative outcomes.
- Non-discriminatory: Recognizes that the realities of poverty, class, racism, social isolation, past trauma, gender-based discrimination, and other social inequalities affect people's capacity for effectively dealing with drug-related harm.
- Avoidance of stigma: utilizing non-stigmatizing language in order to remove barriers to services

WHAT IS STIGMA?

- Stigma is a social process linked to power and control, which leads to creating stereotypes and assigning labels to those that are considered to deviate from the norm or to behave “badly.”
- Stigma creates the social conditions that make people who use drugs believe they are not deserving of being treated with dignity and respect, perpetuating feelings of fear and isolation.
- Stigma limits a person’s ability to access services they need because they feel unworthy of receiving or requesting services

WHAT IS STIGMA?

- Pathologizing drug use and patronizing people who use drugs: Implying that people who use drugs are diseased, don't have control over themselves, or can't be trusted
- Blaming people who use drugs and imposing our own moral judgements: Telling people who use drugs that they don't care about themselves or their community
- Criminalizing people who use drugs
- Creating fear around people who use drugs, which serves to isolate them: Believing people who use drugs are morally corrupt, untrustworthy, dangerous to children and the community

HOW HARM REDUCTION PRINCIPLES HELP COMBAT STIGMA

- Actively including people who use drugs and experience marginalization for their expertise when developing new programming or evaluating a current one
- Understanding and accepting that there are multiple pathways of recovery
- Consider how past histories of trauma, violence, layers of disadvantage and stigma may affect a person's ability to engage with providers
- Ensure services are grounded in an understanding of how people's health, priorities, and experiences are shaped by criminalization of drug use
- Review documents and materials to ensure we are using people-first language/non-stigmatizing language and change if necessary

STIGMATIZING LANGUAGE

- Person-first language is proven to reduce stigma and improve treatment: It is not about being sensitive, polite, or politically correct. It's about ensuring access to quality treatment and care
- Examples of person-first language:

Stigmatizing	Non-stigmatizing
Addict, Abuser, Junkie	Person with substance use disorder
Alcoholic	Person with alcohol use disorder
Relapse, lapse, slip	Recurrence
Drug abuse, habit,	Substance use disorder
Clean/dirty	Positive/Negative
Replacement/Substitution treatment	Medicated Assisted Recovery
Former addict	Person in recovery from substance use disorder

EXAMPLES OF HARM REDUCTION STRATEGIES

- Naloxone (Narcan)
- Fentanyl testing strips
- Harm reduction kits-Vigo County Health Department has a non-syringe harm reduction program. Kits can be obtained with sterile supplies for using drugs.
- Syringe Service Programs
- Good Samaritan Laws (Aaron's Law Indiana)
- Moderation management

BENEFITS TO HARM REDUCTION STRATEGIES

- Over 81,000 opioid overdose deaths occurred in the US in 2020. This is the highest number of overdose deaths ever recorded in a 12-month period. (cdc.gov)
- Naloxone saves lives-In 2019, 19,621 naloxone kits were distributed in Indiana (OptIn.in.gov)
- According to the CDC, Syringe Service Programs are associated with an estimated 50% reduction in HIV and HCV incidence.
 - SSP's also provide linkage to SUD treatment/recovery options

AARON'S LAW

- Named after Aaron Sims, who lost his life to a heroin overdose at age 20
- Allows individuals to access naloxone without a prescription
- Provides certain civil and criminal protection:
 - Persons using naloxone in good faith AND who call 911, wait and comply with EMS/Law enforcement are protected
 - Drug possession charges
 - Practicing medicine without a license
 - Being sued by the person to who naloxone was administered

WHAT IS NALOXONE (NARCAN)?



Naloxone is an opiate antidote (antagonist) that reverses an opioid overdose.



During an opioid overdose, the respiratory and central nervous systems are depressed. Breathing slows or stops.



Naloxone blocks the effects of opioids and reverses an overdose. Allowing a person to breathe



Naloxone will not get a person high. Is not addictive. Will not harm a person if opioids are absent.

WAYS TO OBTAIN NALOXONE

- Can be obtained at most pharmacies without a prescription and is covered by most insurance plans
- Overdose Lifeline-Can receive training and request free naloxone at overdoselifeline.org
- ShipHappens: A zero barrier access point to naloxone on facebook. Online training and referrals provided, and naloxone kits shipped anywhere in the state free of charge
- Wabash Valley Recovery Center: Locally anyone can contact to receive training and free naloxone kits