

# HARM REDUCTION

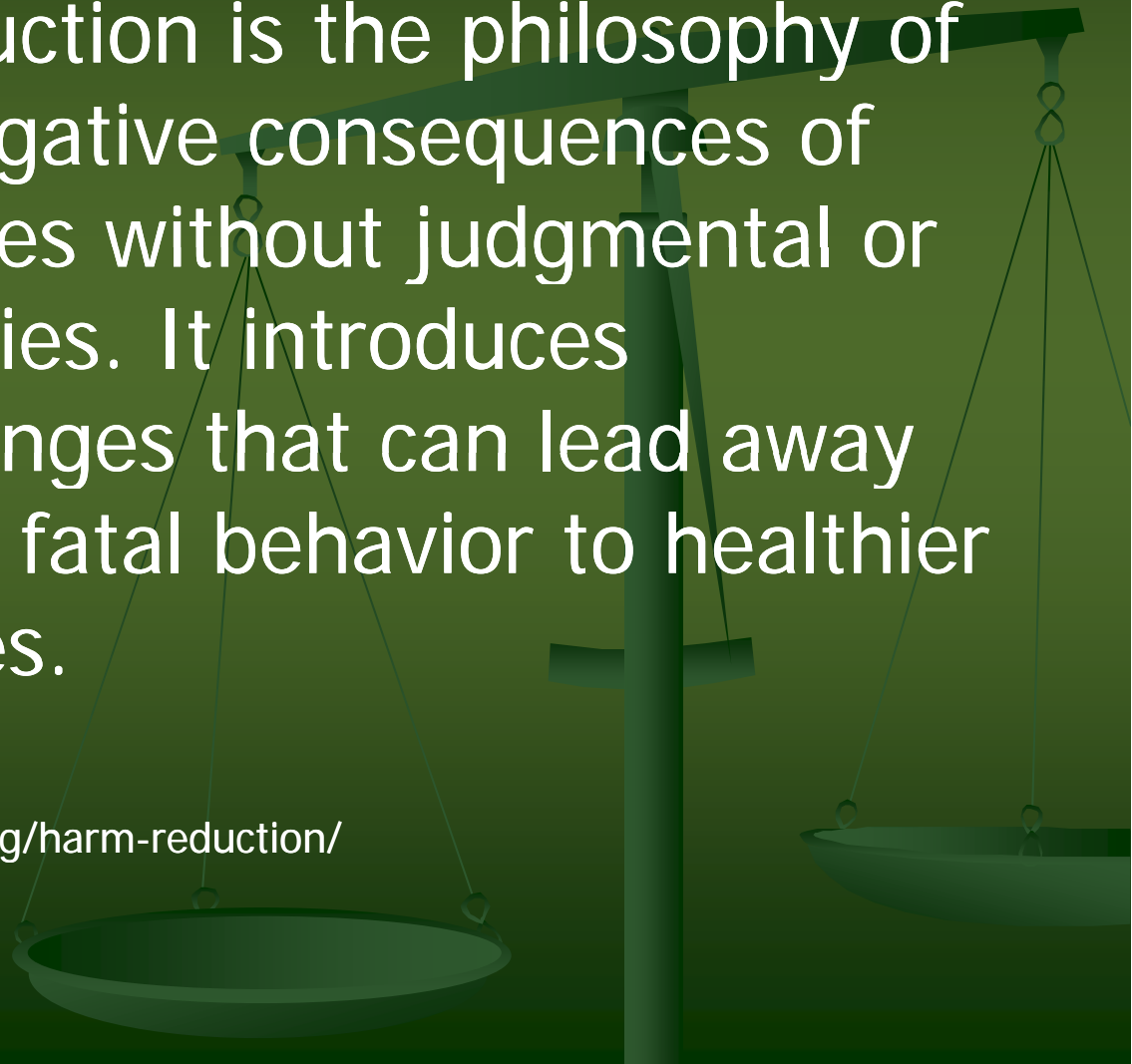


A Common Sense Approach

# What is Harm Reduction

- Harm / risk reduction is the philosophy of reducing the negative consequences of high-risk activities without judgmental or coercive strategies. It introduces incremental changes that can lead away from potentially fatal behavior to healthier lifestyle practices.

<http://blog.nfb.ca/playing-it-safe/tag/harm-reduction/>



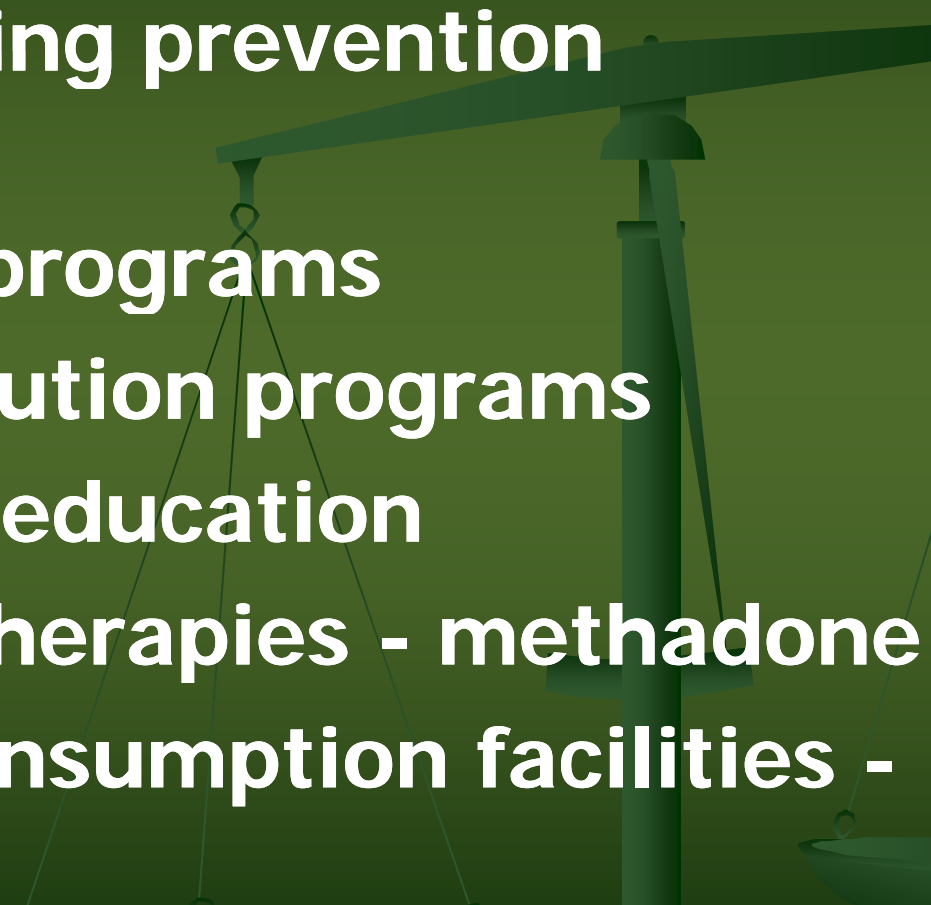
# HARM REDUCTION...

## SOCIAL DETERMINANTS OF HEALTH PERSPECTIVE

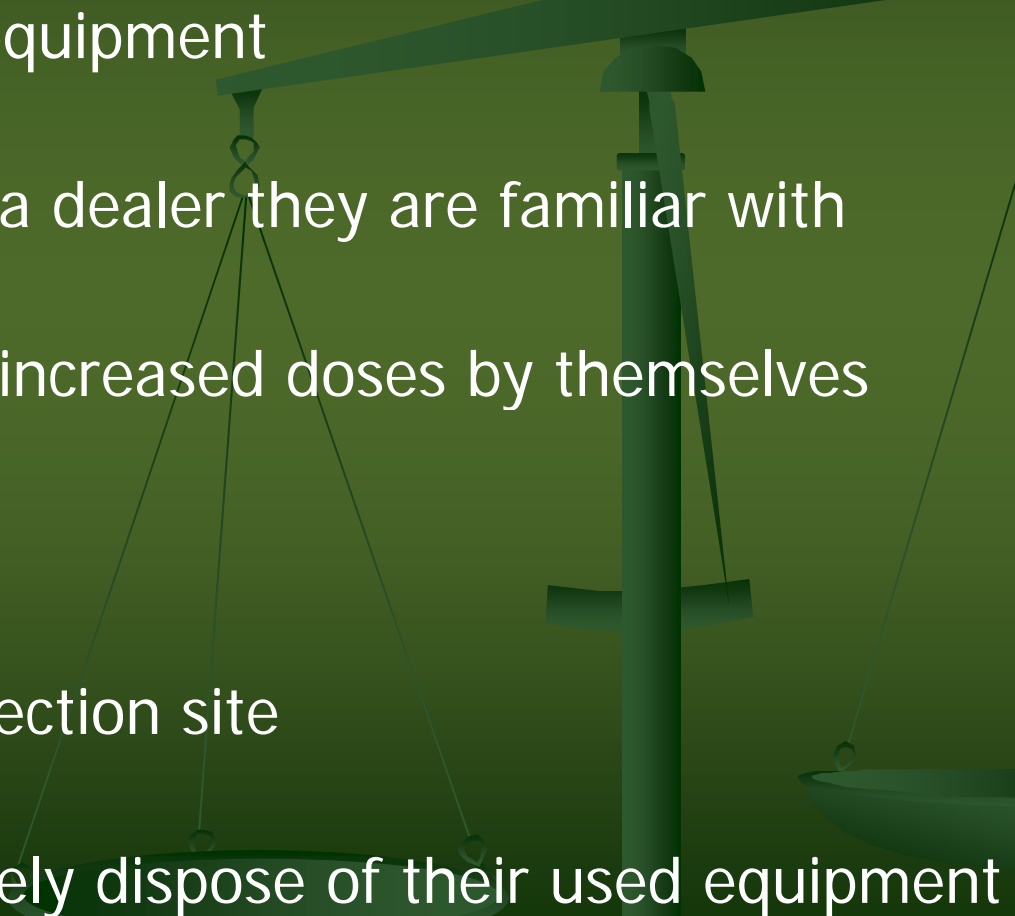
- POVERTY
- ISOLATION
- EDUCATIONAL OPPORTUNITIES
- WORK ENVIRONMENT
- STIGMA AND OPPRESSION



# HARM REDUCTION EXAMPLES

- Impaired driving prevention campaigns
  - Peer support programs
  - Needle distribution programs
  - Outreach and education
  - Substitution therapies - methadone
  - Supervised consumption facilities - Insight
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# INDIVIDUAL HARM REDUCTION

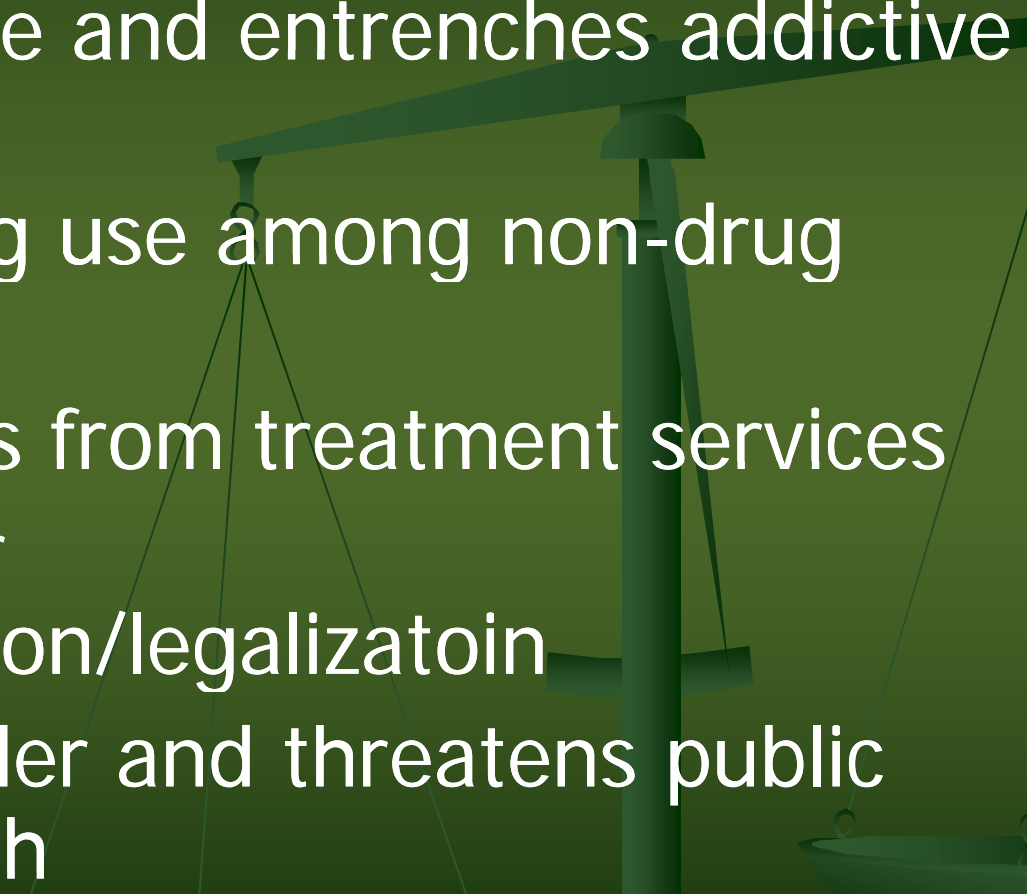
- use their own clean equipment
  - buy their drugs from a dealer they are familiar with
  - not try new drugs or increased doses by themselves
  - access counselling
  - always clean their injection site
  - safely and appropriately dispose of their used equipment
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# Principles of Harm Reduction

- PRAGMATISM
- HUMAN RIGHTS
- FOCUS ON HARMS
- MAXIMIZE INTERVENTION OPTIONS
- PRIORITY OF IMMEDIATE GOALS
- DRUG USER INVOLVEMENT



# COMMON CONCERNS

- Enables drug use and entrenches addictive behaviour
  - Encourages drug use among non-drug users
  - Drains resources from treatment services
  - Trojan horse for decriminalization/legalization
  - Increases disorder and threatens public safety and health
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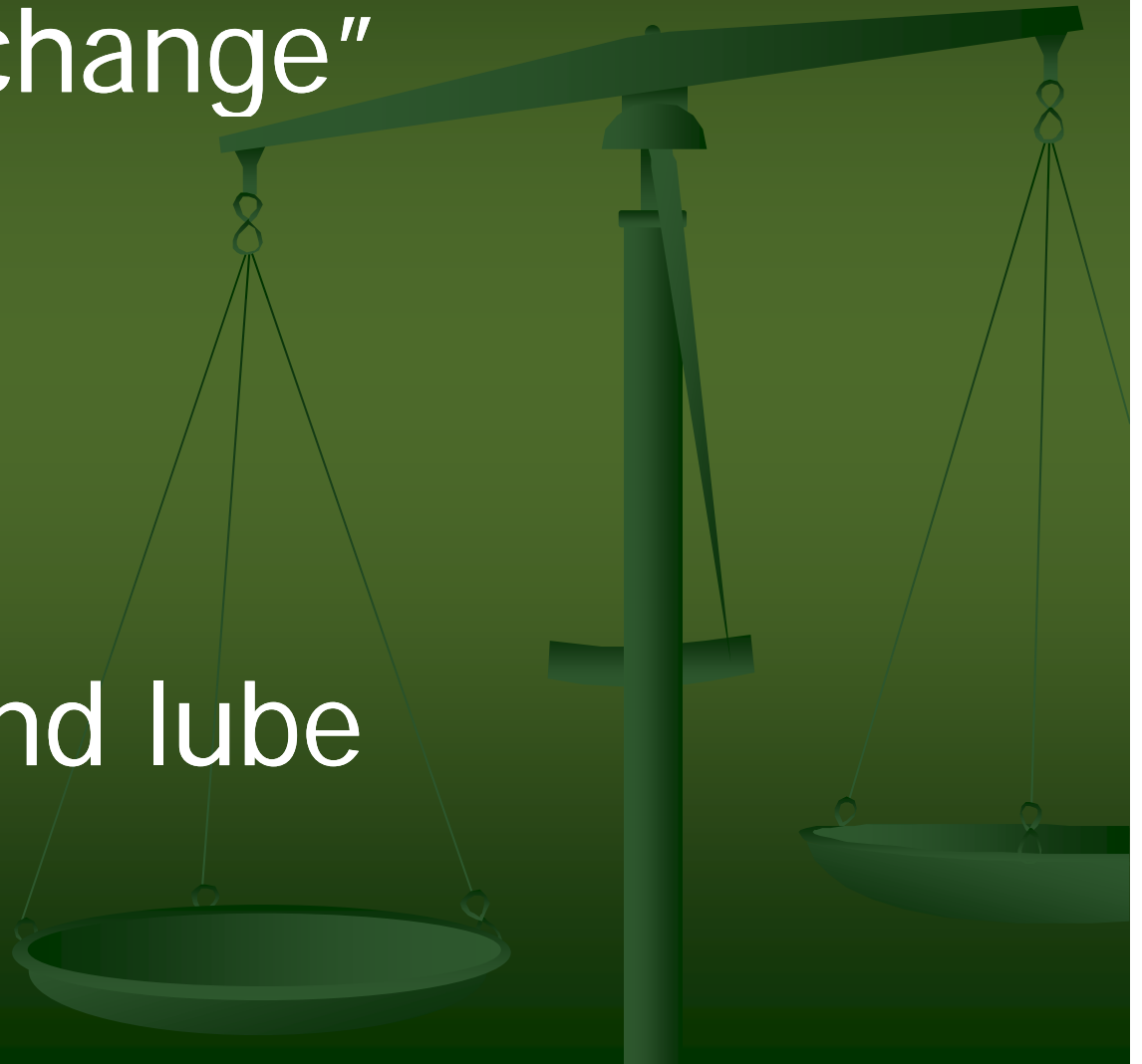
# BENEFITS



- Reduce HIV infection and hepatitis
- Reduce overdose deaths and other early deaths among people who use substances
- Reduce injection substance use in public places, and reduce the number of used needles in public
- Reduce the sharing of needles and other substance use equipment
- Educate about safer injecting and reduce injecting frequency
- Educate about safer sex and sexual health and increase condom use
- Reduce crime and increase employment among people who use substances Increase referrals to treatment programs and health and social services

# PRACTICALITIES

- Needle “exchange”
- Crack Kits
- Condoms and lube



# REFERENCES

- <http://www.bccdc.ca/prevention/HarmReduction/default.htm>
- <http://canadianharmreduction.com/readmore/SPHRP+Training+Manual+-+Master+Copy+zip.pdf>
- <http://www.bccdc.ca/NR/rdonlyres/C8829750-9DEC-4AE9-8D00-84DCD0DF0716/0/CompleteHRTRAININGMANUALJanuary282011.pdf>