

REDUCING HARM, IMPROVING HEALTH IN HOWARD COUNTY

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Promote. Preserve. Protect.

WHAT IS HARM REDUCTION?

Providing services to people who are actively using drugs, without the expectation that they stop using drugs; and,
 Engaging people who use drugs in a non-judgmental, non-stigmatizing manner.

HARM REDUCTION.
THE INTERVENTIONS
HARM reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.





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WHAT IS HARM REDUCTION? A PARABLE

- A parable: Millions of Marylanders like to play in the water in the summer at the beach, in lakes, ponds and pools. But over the last five years in Maryland, each year an average of almost 8 children under 18 drowned!
- Historically, one response to such tragedies was to pass a criminal law. You
 can imagine a politician saying, "If my law to make swimming and wading a
 crime saves the life of just one innocent child, it will be worth it!"
- And because providing lifeguards would "enable" dangerous behavior in the
 water, that needs to be banned. Such a prohibition almost certainly would
 reduce the number of persons who go in the water. But it would also make
 swimming more dangerous. The number of drownings might actually
 increase.



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HOW DOES HARM REDUCTION WORK (FOR SWIMMING)?

- . Harm Reduction responses we have used for decades that reduce drownings:
 - +Teach swimming and educate about risky and safer types of swimming.
 - +When storms and lightning are forecast, warn to stay off beaches and out of pools.
 - +Fund flotation devices and life rings to disseminate where people swim.
 - +Post warning signs about dangerous swimming locations.
 - +Establish safe swimming spaces. Station trained, paid lifeguards at safer beaches and pools to increase the speed of rescues if necessary.
- Society routinely uses Harm Reduction with risky activities.
- Most of us know that "Just saying no" doesn't prevent exciting or fun (but risky) behavior. <u>Most of us know that criminalizing a behavior does not make a behavior safer for those who do it</u>. Data shows that criminalizing drug use, sex work and homelessness has put people at greater risk of harm. Harm reduction saves lives for those activities, just as it does for those who swim.



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HARM REDUCTION FOR PEOPLE WHO USE DRUGS

- . Harm Reduction works for people who go in the water, and it works for people use drugs!
- . People take risks, especially young people, and harm reduction is the best way to protect them.
- Drug-related Harm Reduction will save lives in the opioid epidemic through these techniques:
 - + Educate people about drug use and risks and connect people with the right healthcare.
 - + Provide Naloxone to people who are at risk of overdosing and teach them how to use it.
 - + To prevent the spread of viruses like HIV and Hepatitis, provide sterile safer drug use equipment and safe sex supplies.
 - +Help people who use drugs access services and treatment by removing barriers.
 - +Meet people on their path to wellness. Promote setting wellness goals and promote choice over habit. Celebrate any positive change.
 - +Respect people who use drugs by enabling them to help create polices and programs that affect their lives.
- A Harm Reduction program connects people who use drugs to healthcare services and recovery. It supports people if they choose and when they choose.

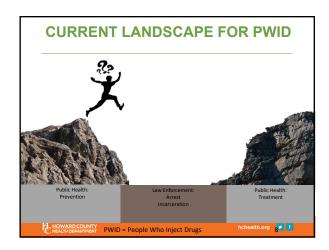


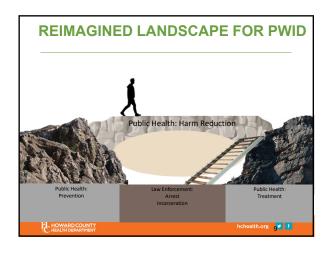
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RISING OPIOID USE AND OVERDOSE DEATHS IN MARYLAND Terres: Total Number of Drug- and Alcohol-Related® Intoxication Deaths by Selected Substances¹, Maryland, 2007-2017. Tentanyl Fentanyl Fentanyl Fentanyl Fentanyl Fentanyl Acoholy Fentanyl Department of Health MARYLAND Department of Health

WITHOUT HARM REDUCTION, HOW DO WE CURRENTLY ENGAGE WITH PEOPLE WHO INJECT DRUGS (PWID)?





KEYS TO HARM REDUCTION

- Work with populations who may not be ready to stop substance use offering individuals strategies to reduce risks while still using substances. Strategies include outreach and education programs, needle/syringe exchange programs, overdose prevention education, and access to naloxone to reverse potentially lethal opioid overdose.
 These strategies are designed to reduce substance misuse and its negative consequences for the users and those around them, such as transmission of HIV and other infectious diseases. They also seek to help individuals engage in treatments to reduce, manage, and stop their substance use when appropriate.
- Harm Reduction:
- . "Meeting people where they're at"
- Compassionate/Non-judgmental
- Reducing stigma
- Inclusive and culturally competent-race, religion, nationality, LGBTQ+
- Utilizing Peer Support Staff
- Improving Health/Reducing Costs: there's compelling evidence that syringe services programs are
 a cost-effective means of reducing HIV/HCV transmissions and other negative health
 consequences without increasing existing drug use; some cost-effectiveness analyses have
 estimated that syringe access programs can save thousands of dollars per client.





PRINCIPLES OF HARM REDUCTION

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

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

-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.

-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.

(1 of 2)





PRINCIPLES OF HARM REDUCTION

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

-Affirms drugs users themselves as the primary agents of reducing the harms of their drug use, and seeks to empower users to share information and support each other in strategies which meet their actual conditions of use.

-Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm.

-Does not attempt to minimize or ignore the real and tragic harm and danger associated with licit and illicit drug use. $(2\ of\ 2)$

Source: harmreduction.org/about-us/principles-of-harm-reduction



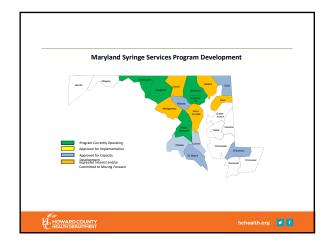


THE PRINCIPLES OF TRAUMA INFORMED CARE & THE GUIDING PRINCIPLES OF RECOVERY 6 Principles of Trauma Informed Care 10 Guiding Principles of Recovery 1. Safety 1. Hope Trustworthiness and transparency 2. Person-Driven 3. Many Pathways Peer support and mutual self-4. Holistic 5. Peer Support 4. Collaboration and mutuality 6. Relational 5. Empowerment, voice, and choice 7. Culture 6. Cultural, historical, and gender 8. Addresses Trauma issues 9. Strengths/Responsibility 10. Respect

Infectious Disease Prevention and Health Services Bureau IENT https://slore.eambea.gov/ship/content/PEP12 RECDEF/PEP12-RECDEF.pdf hchealth.org

SYRINGE SERVICES/NEEDLE EXCHANGE ***PARTITION OF THE PROPERTY OF THE PROPERTY

EXAMPLES OF SERVICES	SSPS CAN OFFER:
Hypodermic needles and syringes;	Direct provision, direct linkage or referrals to:
 Personal sharps disposal containers/syringe collection and disposal; 	 Substance use disorder treatment services, including Medication Assisted Treatment (MAT) using Screening-Brief Intervention- Referral to Treatment (SBIRT);
Fentanyl test strips;	
Harm reduction supplies including, but not limited to, safer injection and wound care supplies; Condoms and other safer sex supplies; Naloxone & Overdose Response and Prevention Training.	Wound care;
	Safer sex education.
	 Family planning services; Screening for HIV, HCV and sexually transmitted infections;
Overdose prevention and response training;	HIV and HCV care and treatment;
Safer injection education;	Hepatitis A and hepatitis B vaccination; and
Education about proper sharps disposal and prevention of needle-stick injuries; and	Housing and other social services.
HOWARD COUNTY HEALTH DEPARTMENT	hchealth.org



NEXT STEPS FOR HOWARD COUNTY Currently: Capacity Development; Information will be used to develop the County's application to MDH, proposal for operations Approved application = funding, authorization to operate SSP in Howard County Training staff, offering initial services, potential expansion

