



# Harm Reduction with Monique Tula

Thursday, December 16, 2021  
1:30 p.m. to 3:00 p.m.

**WELCOME.**

We're glad  
you are here.



- All participants are in listen-only mode
- We encourage frequent use of the chat box to participate and ask questions
- Say hello now using the chat box to tell us your **name and organization**
- Please complete the three question survey towards the end of the webinar. We value your feedback!



**INTERACT FOR HEALTH PROMOTES  
HEALTH EQUITY TO IMPROVE THE  
HEALTH OF ALL PEOPLE IN OUR REGION.**

**GRANTS**

Education

Research

Policy

Engagement

Grants

**EDUCATION**

Research

Policy

Engagement

Grants  
Education  
**RESEARCH**  
Policy  
Engagement

Grants  
Education  
Research  
**POLICY**  
Engagement

Grants

Education

Research

Policy

**ENGAGEMENT**

# REDUCING TOBACCO USE



The image shows a signpost at a park. The main sign is white with a green border and rounded corners. It features the text 'HEALTHY LUNGS AT PLAY!' in large green letters at the top. Below this is a red circle with a diagonal slash over a black cigarette icon. Underneath the icon, it says 'THIS IS A SMOKE & VAPE FREE PARK'. To the right of the text is a cartoon illustration of two children, a boy and a girl, running happily on a green grassy area. At the bottom of the sign, it says 'WE APPRECIATE YOUR COOPERATION' in small letters, followed by the Miami Township logo and name, and a QR code. The sign is mounted on a metal post. Above it is another sign with a red border and a white background, featuring a red arrow pointing left and the text 'KLEEM INC'.

**HEALTHY  
LUNGS AT  
PLAY!**



**THIS IS A  
SMOKE & VAPE  
FREE PARK**

WE APPRECIATE YOUR COOPERATION



**Miami Township**



KLEEM INC



# SCHOOL-BASED HEALTH CENTERS

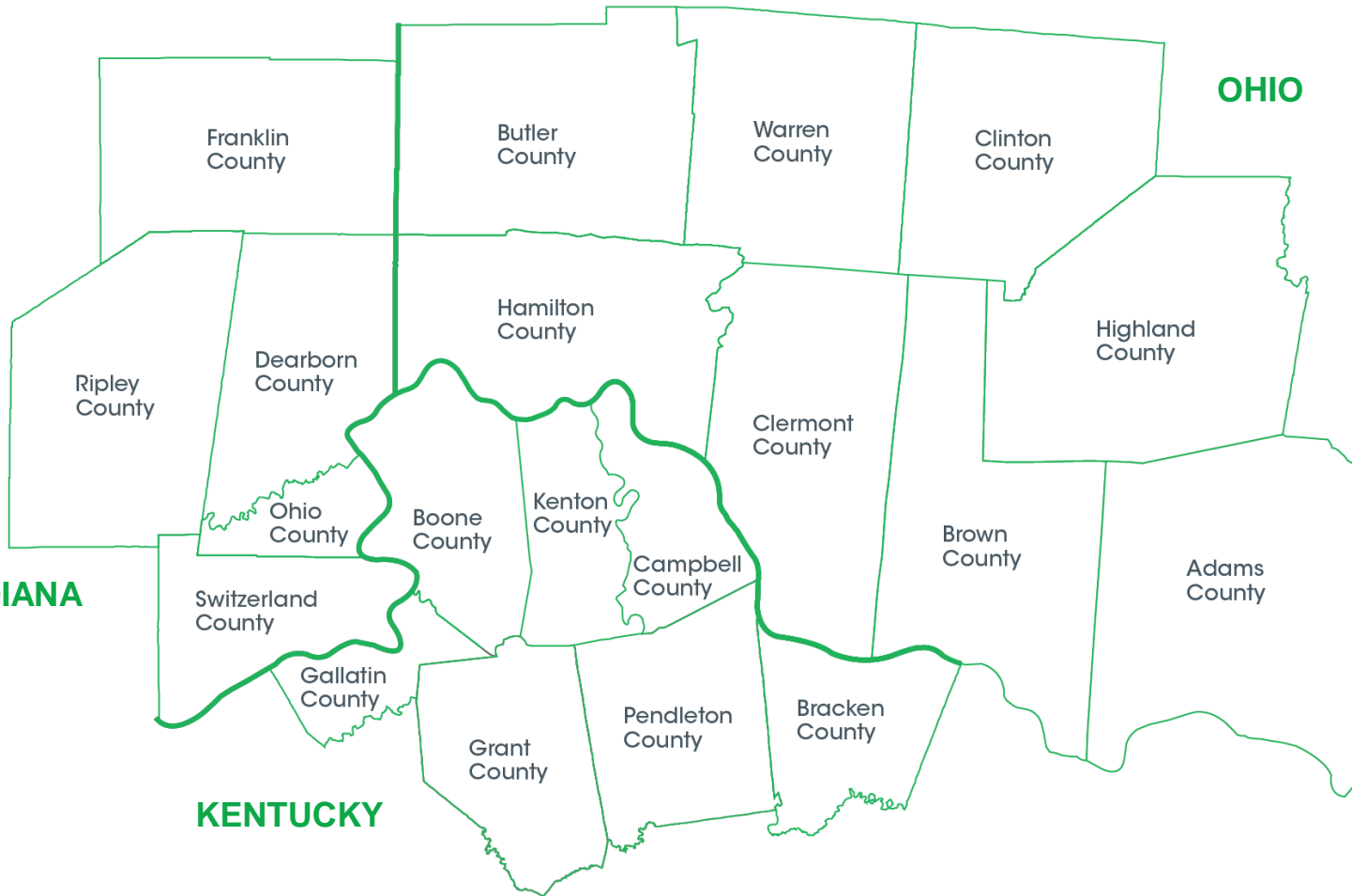


A photograph showing a woman with blonde hair and glasses placing her hand on the shoulder of a man in a blue shirt. The woman is looking towards the man. In the background, another woman is blurred. A large green diagonal shape is overlaid on the left side of the image.

**ADDRESSING  
THE OPIOID  
EPIDEMIC**



**INDIANA**



**OHIO**

**KENTUCKY**



Sonya Carrico  
Senior Program Officer



Lisa Myers  
Program Officer

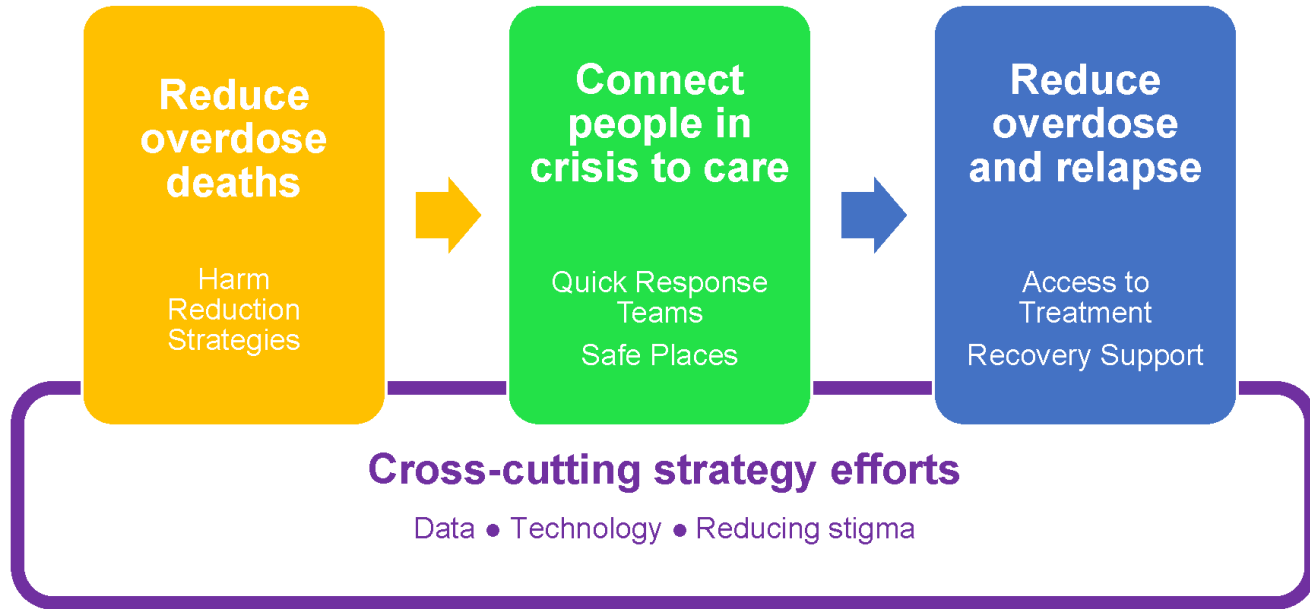


Michelle Lydenberg  
Evaluation Officer

[www.interactforhealth.org/addressing-the-opioid-epidemic](http://www.interactforhealth.org/addressing-the-opioid-epidemic)



# Goal: Reverse the trend of overdoses and deaths from opioids





# Request for Proposals

**INTERACT  
FOR HEALTH**  
Your trusted source of health information

**Opioid Harm Reduction**  
Request for Proposals  
March 2021

**INTERACT  
FOR HEALTH**  
Your trusted source of health information

**Improving Access to Treatment  
for Opioid Use Disorder**  
Request for Proposals  
March 2021

[www.interactforhealth.org/funding-opportunities](http://www.interactforhealth.org/funding-opportunities)



# The Evolution of Harm Reduction

Interact for Health Conference  
December 16, 2021

Monique Tula  
Executive Director

**NATIONAL**  
**HARM REDUCTION**  
**COALITION**



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



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Policy &  
Advocacy



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National &  
Regional  
Conferences



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Trainings &  
Technical  
Assistance



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Overdose  
Prevention



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Resources &  
Publications



# Today's **THEMES**

NATIONAL  
HARM REDUCTION  
COALITION



**History and evolution of the harm reduction movement**

**Stigma that surrounds substance use and harm reduction interventions**

**How harm reduction is a pathway for hope, connection, and healing**



Why does the evolution of  
**Harm Reduction** matter?

# MMASS

## INCARCERATION



WITH ONLY **5%** OF THE WORLD'S POPULATION, THE



U.S. HAS **25%** OF THE WORLD'S PRISON POPULATION. **1**

★ World Population

★ U.S.'s % of Overall Population

★ U.S.'s % of Prisoner Population

# Offenses

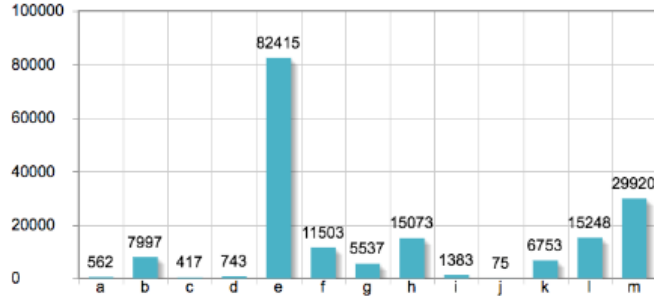


Chart Label	Offense	# of Inmates	% of Inmates
a	Banking and Insurance, Counterfeit, Embezzlement	562	0.3%
b	Burglary, Larceny, Property Offenses	7,997	4.5%
c	Continuing Criminal Enterprise	417	0.2%
d	Courts or Corrections	743	0.4%
e	Drug Offenses	82,415	46.4%
f	Extortion, Fraud, Bribery	11,503	6.3%
g	Homicide, Aggravated Assault, and Kidnapping Offenses	5,537	3.1%
h	Immigration	15,073	8.5%
i	Miscellaneous	1,383	0.8%
j	National Security	75	0.0%
k	Robbery	6,753	3.8%
l	Sex Offenses	15,248	8.6%
m	Weapons, Explosives, Arson	29,920	16.8%

**Nearly half of all inmates are in prison for drug offenses**

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

# STIGMA & COLLECTIVE TRAUMA

# STIGMA

**Darwinism:** “Stop caring about the opioid crisis because the only people dying are weak and ‘deserve’ to die.”

**Lacking willpower:** “Methadone is just a crutch.”

**Ungodly:** “Addiction is a moral failing.”

**Just say no:** “They won’t change until they hit rock bottom.”

**NIMBY-ism:** “Why do they have to live in my neighborhood?”

# STIGMA

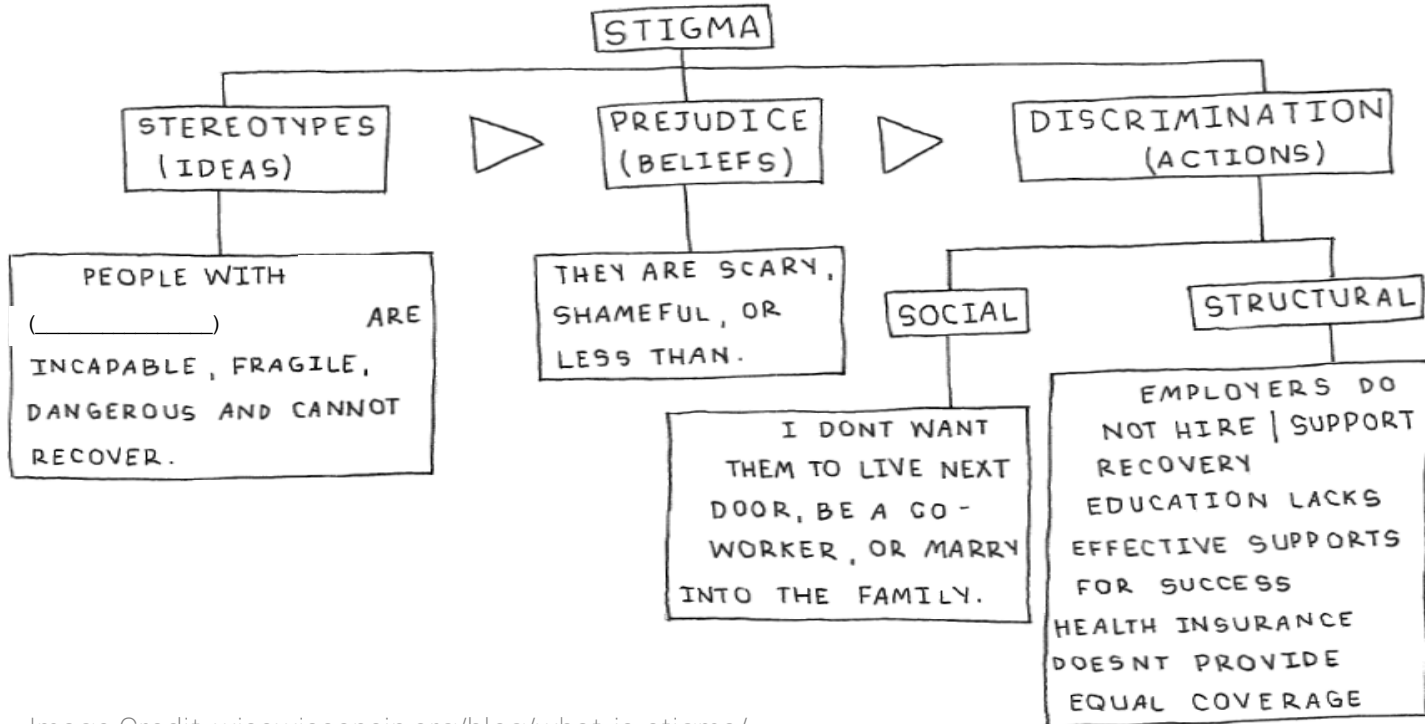


Image Credit: [wisewisconsin.org/blog/what-is-stigma/](http://wisewisconsin.org/blog/what-is-stigma/)

# COLLECTIVE TRAUMA

**Collective trauma is extraordinary in that it can bring distress and negative consequences to individuals and change the entire fabric of a community (Erikson, 1976)**

Every single person you meet is



Repeating a  
cycle of  
generational  
trauma



or carrying  
the burden  
of breaking  
cycles.



# COLLECTIVE TRAUMA

## Impact on society

Collective trauma can impact relationships, alter policies and governmental processes, alter the way society functions and even change its social norms (Chang; 2017; Hirschberger, 2018; Saul, 2014).



Source: Jordan Hopkins/unsplash

# INDIVIDUAL TRAUMA

## Impact on individuals

Illness

Financial difficulties and poverty

Death

Job loss

Changes to daily routine

Increased violence

Social isolation

Grief, confusion, distress, shame

Shelter in place

Oppression, segregation

**COVID 19 and the opioid crisis share similar effects**

# CASE STUDY

## Erik + COVID 19

Has been feeling “off”

Watching the news and loved ones battling illness leaves him feeling helpless, depressed, and unmotivated

Most days he feels exhausted, plagued with headaches, and body aches

Old coping skills aren't working anymore


Increasingly difficult to ask for help

Alexa turn my feelings off



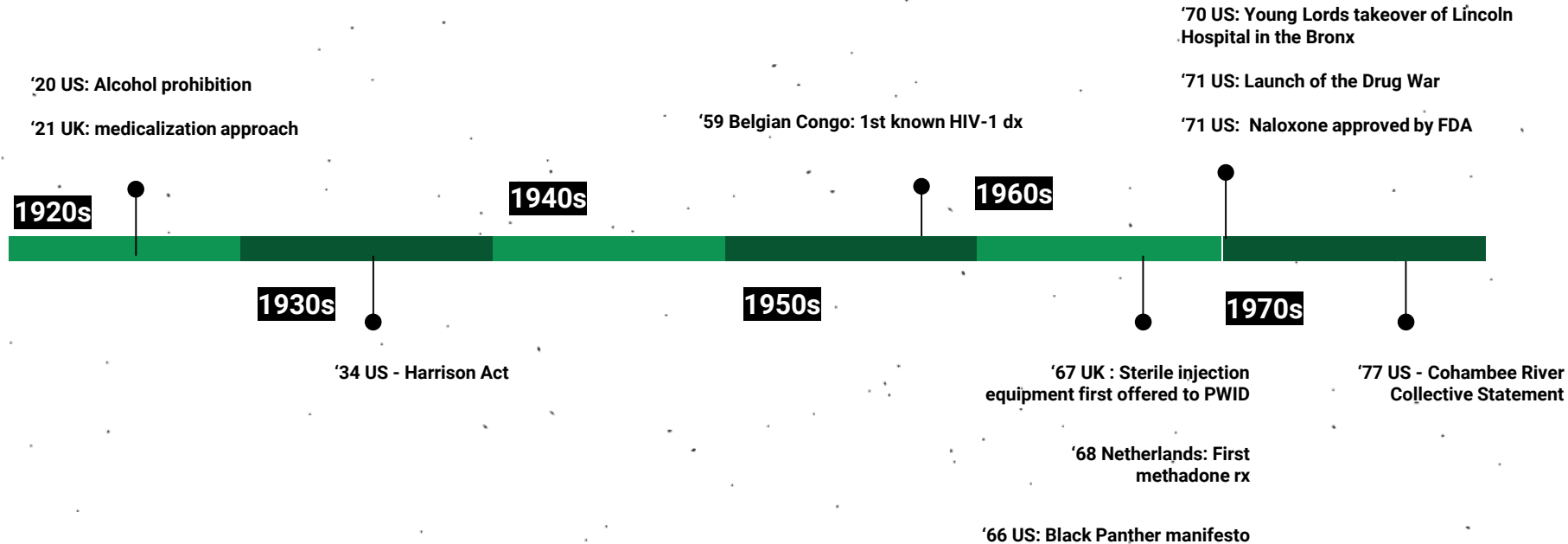
**Stigma and trauma threaten safety and survival.**

**Support builds internal motivation for change.**



**Before Harm Reduction  
was Harm Reduction:  
Pre - 1980s**

# Before harm reduction was “harm reduction”





# **The original harm reductionists**

**Black Panther manifesto: explicit demand for free healthcare for all Black and oppressed people**

**Young Lords 7 demands for Lincoln Hospital: nutrition, treatment for addiction, child & elder preventive care programs**

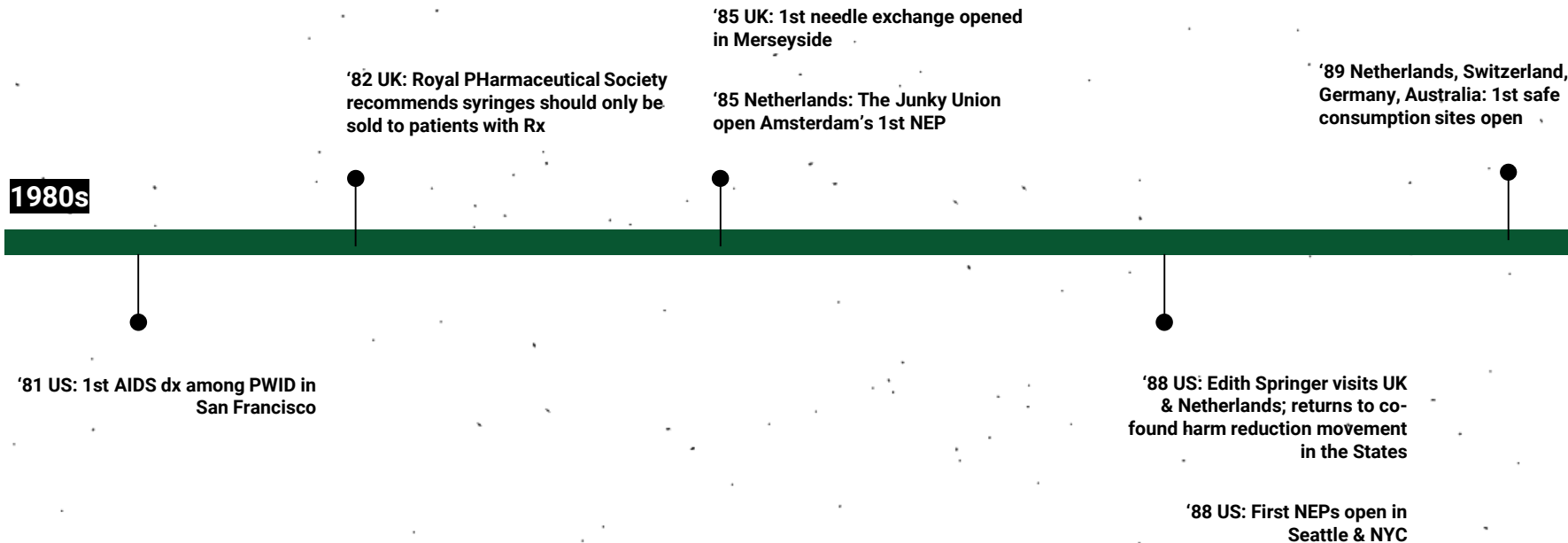
**Cohambee River Collective Statement: “we aren’t just trying to fight oppression on a single front, but instead to address a whole range of oppressions”**



# Origins of Harm Reduction: 1980s



# Response to HIV among people who inject drugs



1980s

'81 US: 1st AIDS dx among PWID in San Francisco

'82 UK: Royal PHarmaceutical Society recommends syringes should only be sold to patients with Rx

'85 UK: 1st needle exchange opened in Merseyside

'85 Netherlands: The Junky Union open Amsterdam's 1st NEP

'88 US: Edith Springer visits UK & Netherlands; returns to co-found harm reduction movement in the States

'88 US: First NEPs open in Seattle & NYC

'89 Netherlands, Switzerland, Germany, Australia: 1st safe consumption sites open



# **Merseyside Model Principles of Harm Reduction**

**HIV is a greater threat than drug use**

**Abstinence therefore should not be the only goal, or even the first goal**

**Reach out to users to connect and engage**

**Provide innovative services**

**Use a multi-disciplinary approach**

**“If people don’t get their  
needs met, they’ll  
struggle to get their  
needs met”**

- Edith Springer





## Early application of harm reduction in US

**Focus on HIV Prevention** - *“you can’t get AIDS from a clean needle!”*

Access to sterile needles and other injection equipment

Various sizes to needles to meet the injectors needs, including those using hormones

“Cookers,” cotton, alcohol pads

Bleach Kits w/ instructions on how to “clean” a used needle

Condoms, dental dams, finger cots, and sexual lubricants



SEATTLE, WA., MARCH 23, --NEEDLE-EXCHANGE-- A man with a dog picks up a clean syringe at a table set up at Boren Avenue and Pike Street by ACT-UP, a group dedicated to AIDS prevention and education. The group has the support of the Northwest AIDS Foundation. BY CRAIG FUJII / THE SEATTLE TIMES.

**1988: 1st US needle exchange  
opened in Seattle**



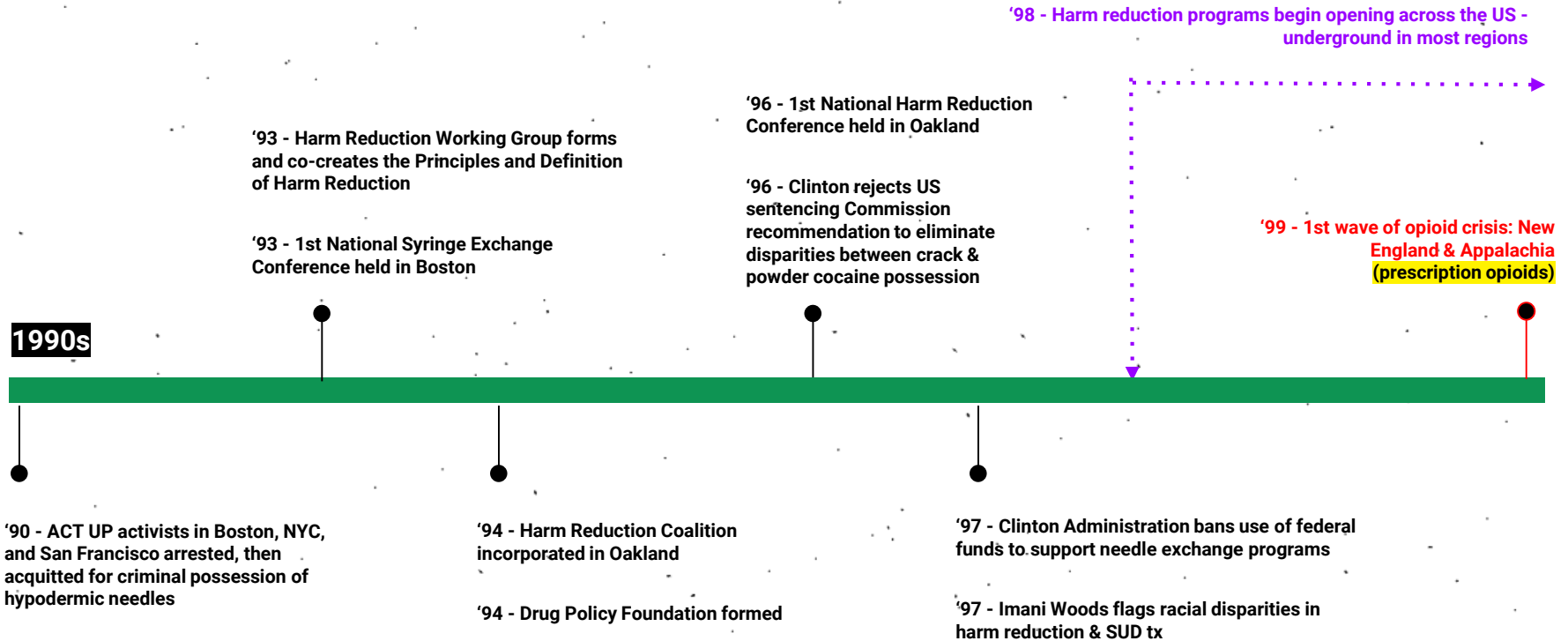
**Dave Purchase in Tacoma**





# **“Public Health” Harm Reduction: 1990s**

# Harm Reduction takes root in the US



# Harm Reduction Working Group

**first row:** Dave Purchase, Rod Sorge, Dan Bigg, Stephanie Comer, Sara Kershner, Charles Collins, Jon Paul Hammond

**second row:** facilitator, Pat Garrett, Ricky Bluthenthal, Renee Edgington, Edith Springer, Joyce Rivera, Lisa Moore

**third row:** Scott Stokes, George Clark, Delia Garcia, Heather Edney, Mark Gerse, Kevin Zeese, Gerald Lenoir





**“As long as there are no shifts in power all is well.**

**But when black folks begin to develop their own priorities, these [white people] begin to feel threatened.”**

*From: Bringing Harm Reduction to the Black Community*

- Imani Woods, Founding Member of NHRc





# HARM REDUCTION

# Personal Autonomy

Recovery is a process of change through which people improve their health and wellness, **live a self-directed life**, and strive to reach their full potential.

- SAMHSA working definition of recovery



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

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

- Definition of Harm Reduction

# Practical Strategies

## PRINCIPLES OF HARM REDUCTION



## GUIDING PRINCIPLES OF RECOVERY



Sometimes we speak about harm reduction, prevention, and recovery as separate things

In actuality, each are part of a continuum of increasing safety, self-efficacy, and autonomy



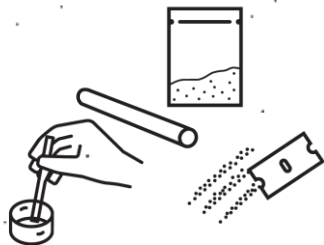
**Harm reduction is part of the continuum**

Image credit: [inclusion.org/harm-reduction-versus-recovery/](https://inclusion.org/harm-reduction-versus-recovery/)

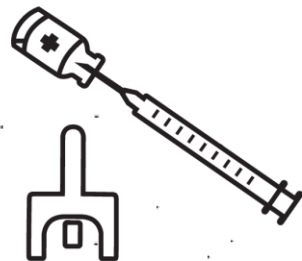
# LOWER CASE HARM REDUCTION: THE INTERVENTIONS



syringe access  
and disposal



safer supplies



overdose  
prevention



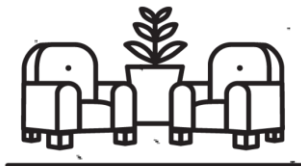
safer sex  
materials



medication for  
opioid use  
disorder



overdose  
prevention sites



drop-in  
centers



housing first

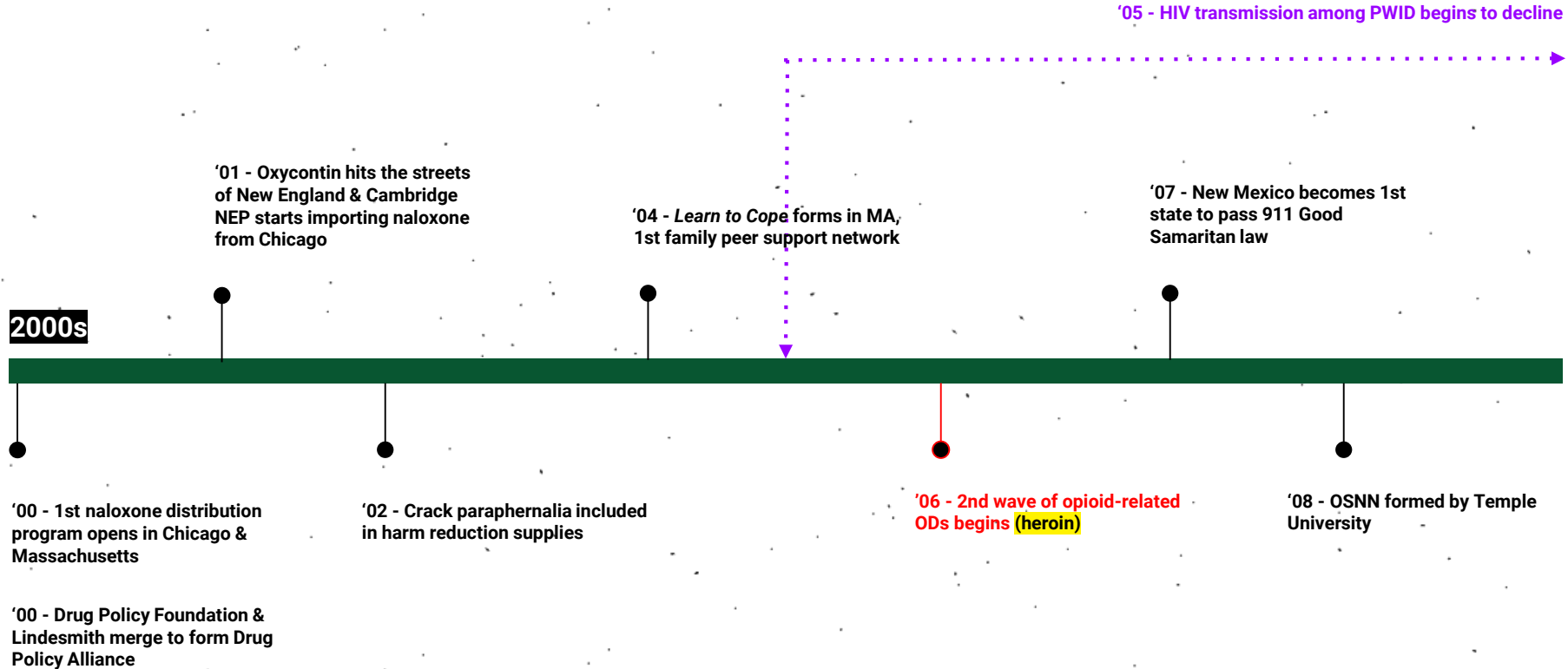


referrals



# **“Public Health” Harm Reduction: 2000s**

# Harm Reduction takes root in the US

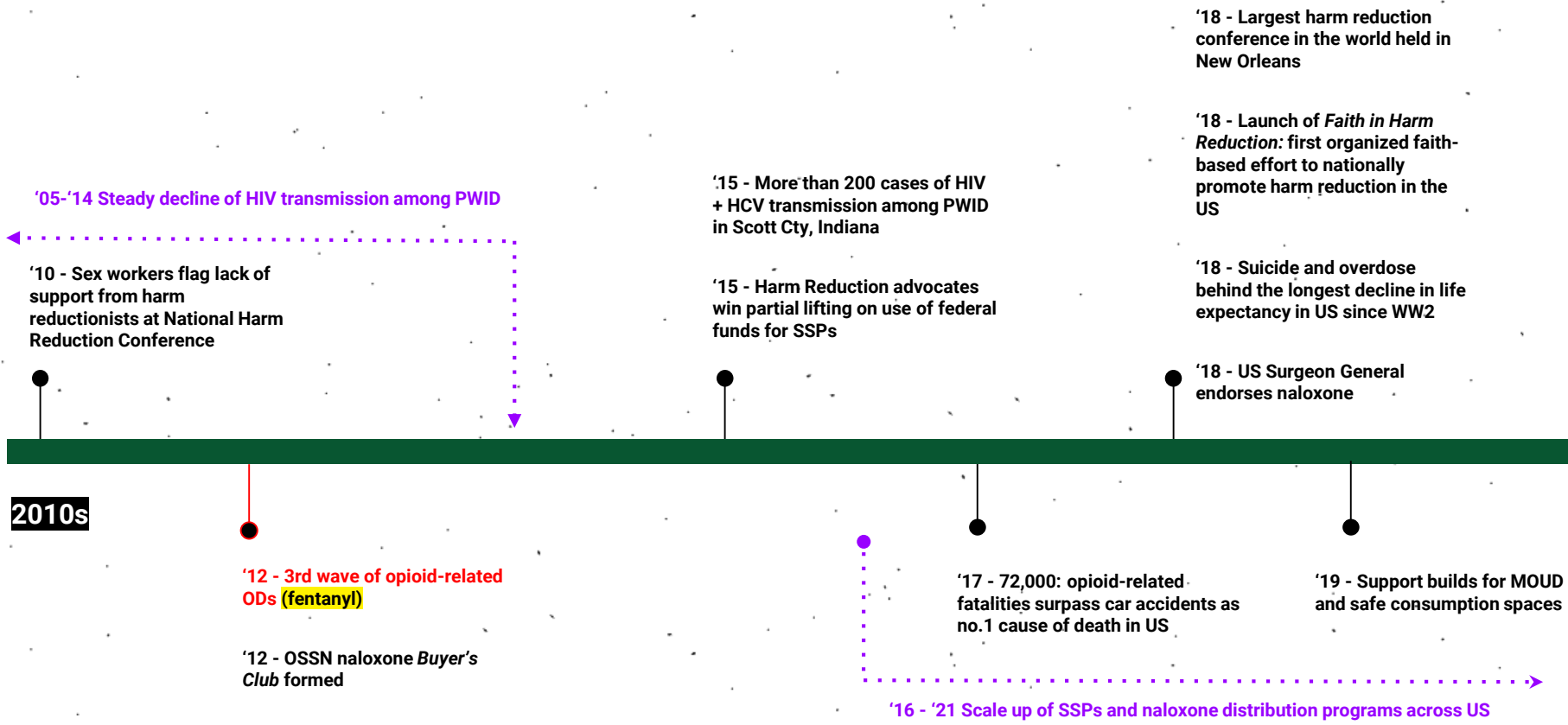




A vertical decorative border on the left side of the slide, featuring a complex black and white maze pattern.

# Public Health Harm Reduction: 2010s

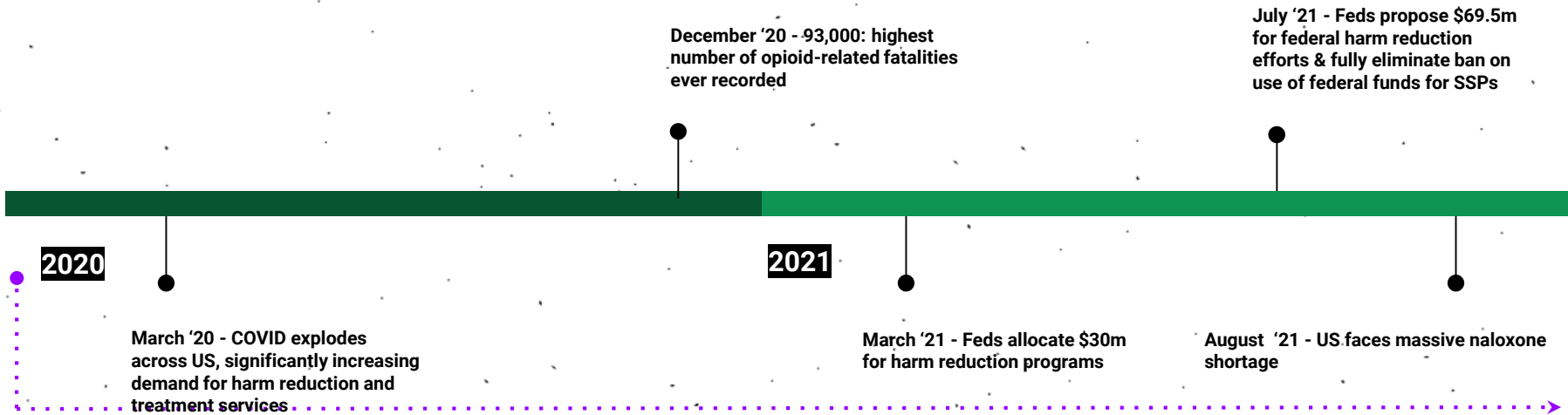
# Harm Reduction uptake spurred by OD epidemic





# Evolution of Harm Reduction: 2020s

# 100,000 lives...



Scale up of SSPs and naloxone distribution programs across US continues



## **We've come a long way...**

**30 million+ of federal funds allocated specifically for HR across the US**

**After nearly 30 years, the ban on using federal funds to purchase syringes is finally being lifted**

**SSP, naloxone distribution, and MOUD expansion**

**Drug decriminalization and reform: legalized marijuana, elimination of paraphernalia laws, scaled up Good Sam laws**



## **...and have a long way to go**

**Centering racial equity**

**Call for Sex Worker rights + accountability**

**Long term sustainability: most syringe access programs incorporate more than just HIV/HCV/overdose prevention...when they don't, it's a funding or capacity issue**

**As of 2021 there are 391 harm reduction programs in operation in the US & its territories, but 11 states still don't have legal syringe service programs**

**Integration into recovery organizations: if relapse is part of recovery, then we'd better be ready**

**Establishing a National Harm Reduction Strategy that guides rollout of and provides metrics for the \$30m+ Congressional allocation**


**The same level of consciousness**  
that gave rise to  
the war on drugs won't solve it



**INTERCONNECTION**

IS OUR STRENGTH



A network diagram with nodes and connections. The nodes are represented by small circles in various colors: black, red, orange, teal, and grey. They are interconnected by thin, light grey lines, forming a complex web of connections. The background is a light, off-white color.

The greatest illusion  
in this world is the  
illusion of separation



#harmreductionisrevolutionarylove

**Thank you!**  
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harmreduction.org  
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**NATIONAL**  
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**COALITION**