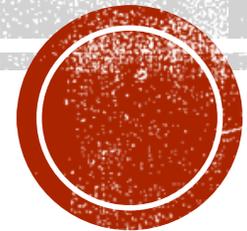


HARM REDUCTION

**Building Relationships
without Expectations**



GOALS OF HARM REDUCTION

- Any positive change
- Building relationships
- Affirming people's worth and dignity



EXAMPLES OF HARM REDUCTION

- Using sterile syringes and supplies for injection drug use
- Using condoms during sex
- Smoking rather than injecting drugs
- Hand washing
- Using less, or less often
- Doing a tester shot when injecting drugs from a new source or batch
- Alcohol monitoring
- Designated drivers
- Medication assisted treatment
- Abstinence from sex or drug use
- Safe Consumption Spaces



THE POWER OF LANGUAGE

With Judgment/Old School

- Addict
- Dirty UA
- Clean
- Opiate Substitution Treatment

Without Judgment/New School

- Person with Substance Use Disorder
- Drug Positive UA
- In Recovery
- Medication Assisted Treatment/Recovery



PLEASE, PLEASE, PLEASE, DON'T EVER USE THESE WORDS TO DESCRIBE PEOPLE WITH SUBSTANCE USE DISORDERS!!!

- Junkie
- Crackhead
- Tweaker
- Drunk

If you allow yourself and others, including media and politicians, to use language that is disrespectful and dehumanizing, it fuels STIGMA. We need to hold each other to a higher standard. Stigma prevents people from asking for help.



WHAT HAPPENS TO YOUR BRAIN ON OPIOIDS – NATIONAL GEOGRAPHIC

- https://www.youtube.com/watch?v=NDVV_M_CSI&feature=youtu.be



TRAUMA & ADVERSE CHILD EXPERIENCES (ACES)

- Trauma, especially in childhood, is a predictor of substance use disorders
- ACES study (from the CDC & Kaiser)
- The CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study is one of the largest investigations of childhood abuse and neglect and later-life health and well-being.
- The original ACE Study was conducted at Kaiser Permanente from 1995 to 1997 with two waves of data collection. Over 17,000 Health Maintenance Organization members from Southern California receiving physical exams completed confidential surveys regarding their childhood experiences and current health status and behaviors.



ACES – ABUSE, NEGLECT & HOUSEHOLD DYSFUNCTION

Abuse

- Emotional
- Physical
- Sexual

Neglect

- Emotional
- Physical

Household Challenges

- Mother treated violently
- Household substance abuse
- Mental illness in household
- Parental separation or divorce
- Household member sent to prison

**The higher the score the more severe the health outcomes were.
An ACES score of 4 or more increased a person's risk of injecting
drugs by over 3000% (CDC)**



MEDICATIONS TO TREAT OPIOID USE DISORDER — ANOTHER VIDEO 😊

- <https://vimeo.com/217593832>



METHADONE AND BUPRENORPHINE (AKA SUBOXONE) CAN CUT YOUR OVERDOSE RISK IN HALF!!!

- Many buprenorphine programs were only prescribing to people who were exclusively using opiates at start
- Because of potentiation and overdose risk, people who also use benzodiazepines (valium, lorazepam, Xanax, etc.) and alcohol have been denied methadone and buprenorphine
- Harm reduction thinking tells us that heroin and Xanax is waaaaay more dangerous than Suboxone and Xanax
- Lower barrier and more innovative programs have emerged



IS ADDICTION ALL ABOUT THE DRUG?

- <https://www.youtube.com/watch?v=ao8L-0nSYzg&feature=youtu.be>



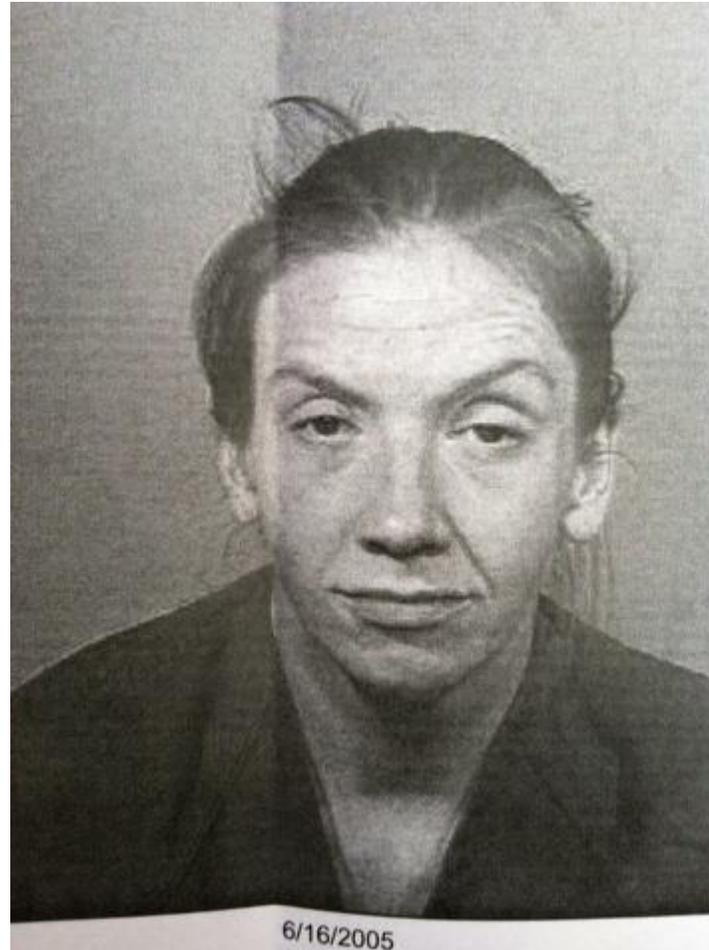
(SOME OF) MY STORY

- My ACEs score is a 6
- I also had other trauma beyond the ACEs
- I grew up with mental illness
- I've been homeless and criminal justice involved
- I believe that harm reductionists saved my life, with love, respect, honesty and compassion
- I'm in long term recovery from opioid use disorder (among other things)



PLEASE HOLD HOPE FOR YOUR CLIENTS

- **You never know what they can accomplish if they get the help they need**



THANK YOU

Thea Oliphant-Wells, MSW

Social Worker, Public Health of Seattle & King County

theaoliphant-wells@kingcounty.gov

Questions? Comments?

