

NFSTAC PRESENTS

ADDRESSING OVERDOSE, DEATH, INJURY AND DISEASE:

Why it's Important to Support Harm Reduction

Patricia Aussem, LPC

AVP, Consumer Clinical Content Development
Partnership to End Addiction

paussem@toendaddiction.org

Pattie Vargas

Peer Parent Coach
Partnership to End Addiction
The Resilient Journey

pattie@theresilientjourney.net

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2:00pm – 3:00pm EST

DISCLAIMER

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PARTNERSHIP TO END ADDICTION

We are a national nonprofit that exists to:

- Empower families
- Advance effective care
- Shape public policy
- Change culture



We help the helpers and help families find answers.



OUR GOALS FOR TODAY



At the conclusion of this webinar, participants will be able to:

- Define harm reduction
- Describe how harm reduction can help reduce disease, overdoses, and death
- Identify tools and materials that can reduce the risks associated with substance use within family and community settings
- Learn how one family has applied harm reduction principles and tools with a loved one

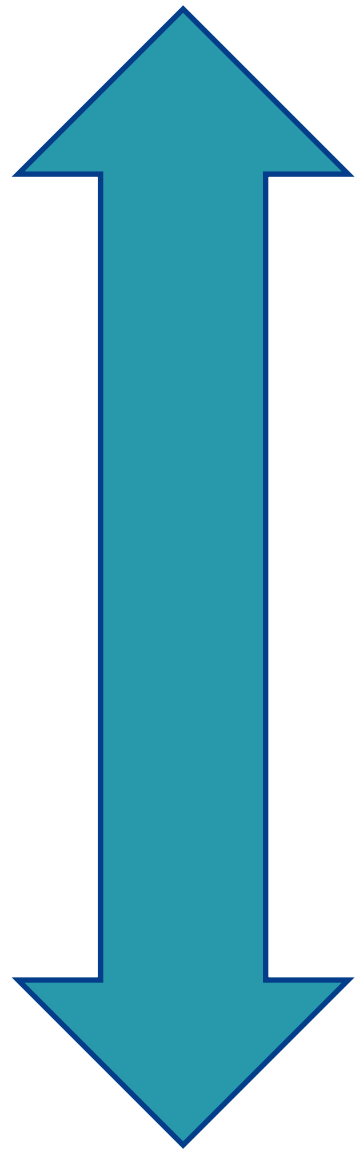




WHAT'S THE COST?



THE CONTINUUM OF USE



- Early childhood
- Non-use
- Non-pattern use
- Problem use
- Problem pattern use
- Addiction
- Recovery

Meet people where they are.

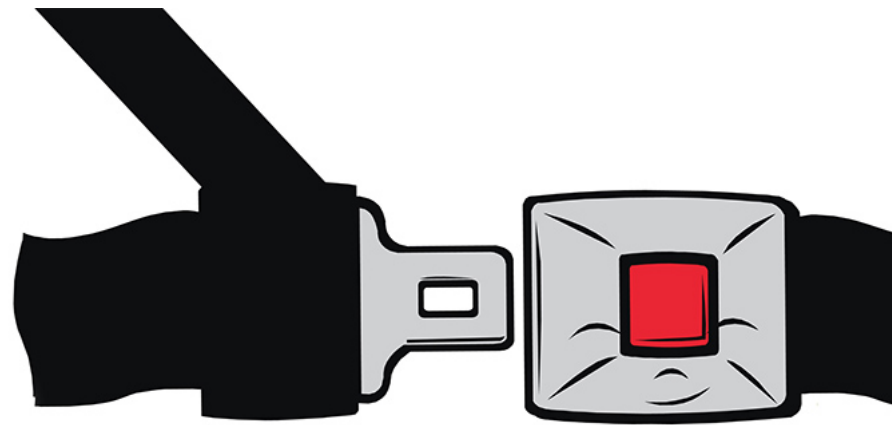


WHAT IS HARM REDUCTION?

- It's a compassionate and practical approach for reducing harm or risks associated with substance use and improving quality of life
- It's a philosophy of inclusion, respect, collaboration, and choice



WE ALL USE HARM REDUCTION



WHAT ARE THE BENEFITS OF HARM REDUCTION?

- Reduces overdoses and associated deaths
- Decreases the transmission of diseases
- Connects individuals to overdose education, counseling, and referral to treatment
- Reduces stigma associated with substance use and co-occurring disorders
- Promotes hope and healing



TOOLS & STRATEGIES FOR OPIOID USE

- Fentanyl test strips
- Clean, sterile needles at needle exchanges
- PrEP
- Safe smoking kits
- Naloxone / Narcan
- Use a test shot – go low and slow
- Use substances with a buddy
- Don't mix substances
- Use less in strange environments or when sick
- Use less after periods of abstinence
- Use of medications like methadone, buprenorphine or naltrexone



TOOLS & STRATEGIES FOR ALCOHOL USE

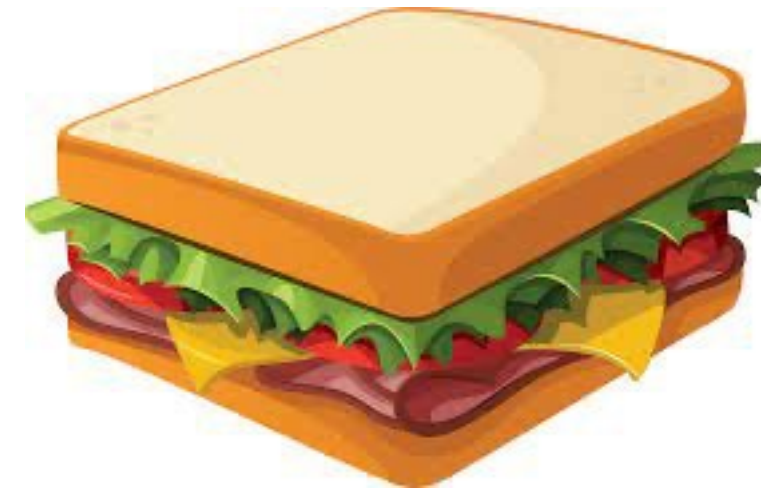
- Designated driver
- Moderation strategies
- Abstinence days
- Use of medications such as Campral, Naltrexone Disulfiram
- Measure /count drinks
- Avoid mixing with other substances
- Eating/drinking water between drinks
- Consume lower alcohol drinks or alternate with mocktails
- Know the signs of alcohol poisoning and what to do



PRESENTING HARM REDUCTION TO YOUR LOVED ONE

Information sandwich technique:

- Top layer of bread – invitation to the conversation
 - The filling – the information you want to share
 - Bottom layer of bread – asking for feedback
-
- “I have something important I’d like to ask you about. Is now a good time?”
 - “I know it’s been difficult for you to stop using heroin. I’d like you to consider some safety measures like getting clean needles from a syringe exchange service and using fentanyl test strips.”
 - “What are your thoughts?”





WELCOME PATTIE VARGAS



OUR FAMILY'S WHY



RESOURCES

Reducing the Potential for Harm

<https://drugfree.org/article/reducing-the-potential-for-harm/>

Opioids & IV Drug Use: Risks, Warning Signs & How to Help a Loved One

<https://drugfree.org/article/opioids-iv-drug-use-risks-warning-signs-help-loved-one/>

Responding to an Overdose with Naloxone

<https://drugfree.org/wp-content/uploads/2017/11/Responding-to-Overdose-with-Naloxone.pdf>

National Harm Reduction Coalition

<https://harmreduction.org>

Global Drug Survey

<https://www.globaldrugsurvey.com/brand/the-highway-code/>



FOLLOW UP AND NEXT STEPS

In our follow up email, within 3-5 business days, look for:

- A link to the recording of today's presentation
- Today's presentation slides
- Invitations to upcoming events
- Additional resources
- Ways to stay connected with us
- A letter of participation

www.nfstac.org



UPCOMING EVENT ANNOUNCEMENT

Join us Wednesday, April 20th from 1:00-2:00 ET for:



FEEDBACK SURVEY



Thank you for joining us!

Please complete the SAMHSA-required feedback survey you will be directed to when the webinar ends.

Thank You!



CONTACT INFORMATION

Lynda Gargan, Principal Investigator, NFSTAC

lgargan@ffcmh.org | www.nfstac.org

Gail Cormier, Project Director, NFSTAC

info@nfstac.org | www.nfstac.org

Lachelle Wade-Freeman, Project Manager, NFSTAC

lwfreeman@ffcmh.org | www.nfstac.org

Thank you for joining us!

