NFSTAC PRESENTS

ADDRESSING OVERDOSE, DEATH, INJURY AND DISEASE:
Why it’s Important to Support Harm Reduction

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DISCLAIMER

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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.
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
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


Responding to an Overdose with Naloxone


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:

FAMILIES SUPPORTING YOUTH AND YOUNG ADULTS IN THE JUSTICE SYSTEM
Thank you for joining us!

Please complete the SAMHSA-required feedback survey you will be directed to when the webinar ends.
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Thank you for joining us!