



CCI

CENTER FOR CARE
INNOVATIONS

A/SH Learning Session 2 Breakout

Foundations of Harm Reduction

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FOUNDATIONS OF HARM REDUCTION

Center for Care Innovations | 2021

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NATIONAL
HARM REDUCTION
COALITION

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



**Policy &
Advocacy**



**National &
Regional
Conferences**



**Trainings &
Technical
Assistance**



**Overdose
Prevention**



**Resources &
Publications**

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Check-out

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WHAT IS HARM REDUCTION?

THE HARM REDUCTION **APPROACH**

Harm reduction utilizes a spectrum of strategies to reduce the negative consequences associated with drug use, sex work, and other behaviors.

**SAFER
TECHNIQUES**

**MANAGED
USE**

ABSTINENCE

THE HARM REDUCTION MOVEMENT

Public Health
=
Social Justice

Racism, stigma, and
criminalization
cause harm

Ending inequality and
oppression, fostering
health and liberation

Leadership of the most
impacted is key to
transformative change.

PRINCIPLES OF HARM REDUCTION

**Health and
Dignity**

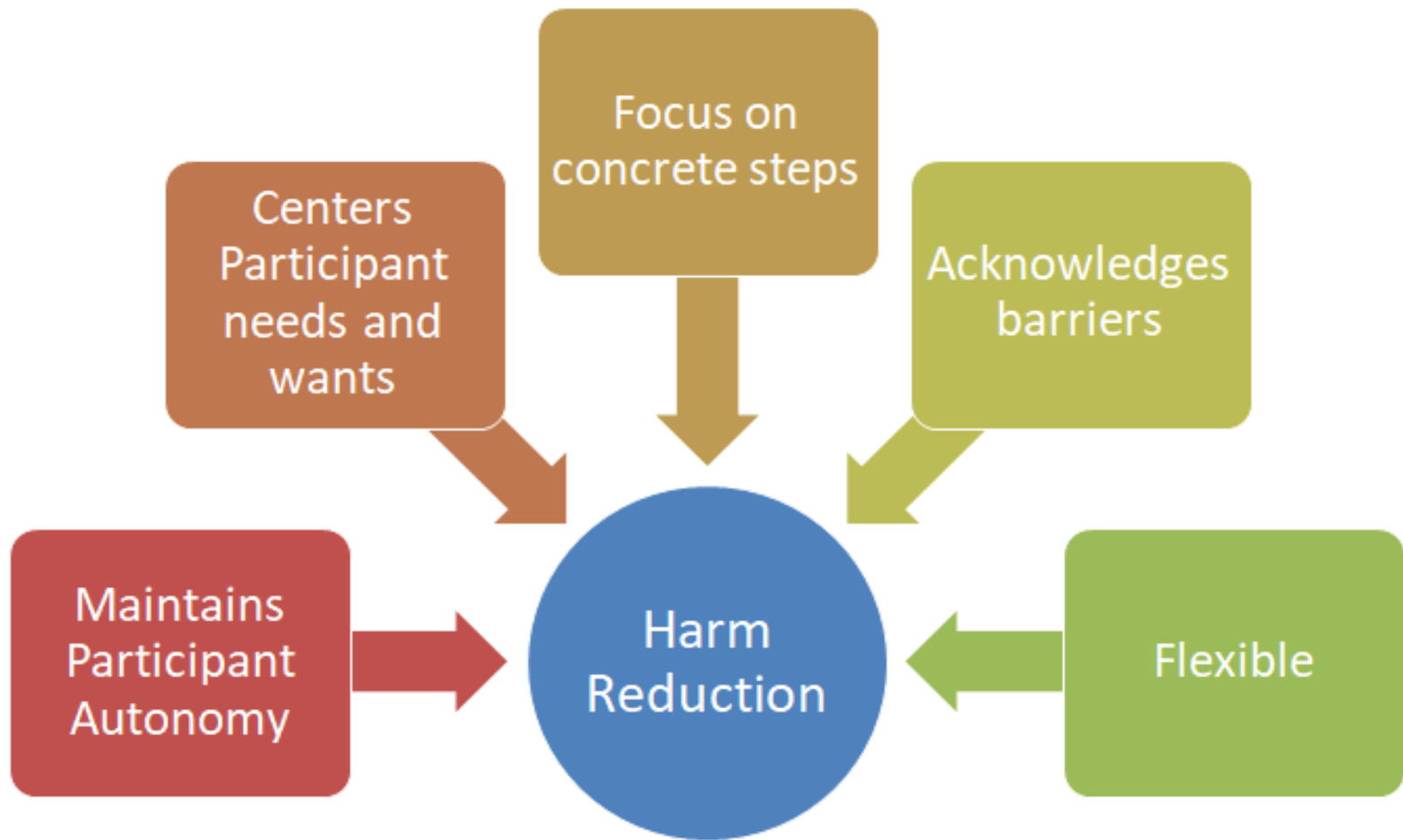
**Participant
Centered
Services**

**Participant
Involvement**

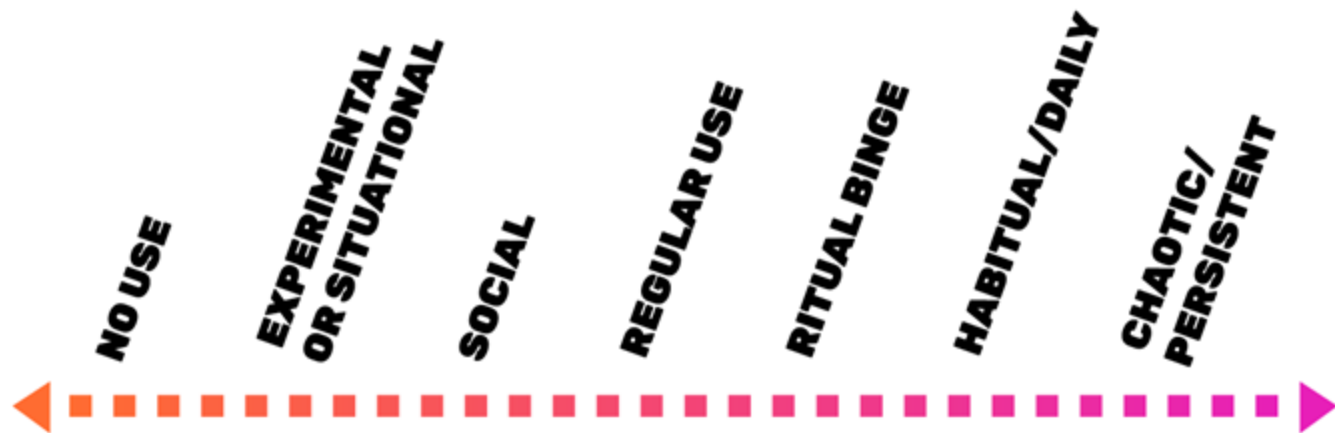
**Participant
Autonomy**

**Sociocultural
Factors**

**Pragmatism
and Realism**



CONTINUUM OF DRUG USE



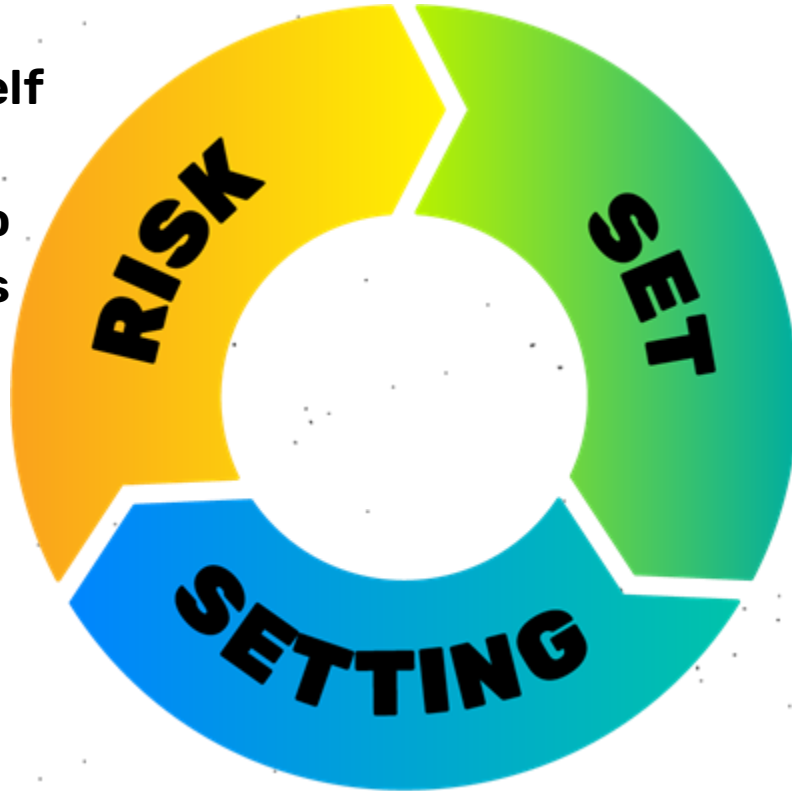
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WHAT ARE SOME HARMS THAT CAN COME FROM USING DRUGS?



RISK, SET, SETTING MODEL

RISK - The risk itself you're discussing (directly related to the use of drugs or doing sex work)



SET - The "mindset" someone brings to the situation, including thoughts, mood, and expectations

SETTING - The physical and social environment where the person is, and their perception of how that can promote or reduce risk



What is Stigma?

A social process which can reinforce relations of power and control.

Leads to status loss and discrimination for the stigmatized.



*Link and Phelan
Conceptualizing Stigma, 2001*

Stigma

Stereotypes (Ideas)

“People with
(_____) are
incapable,
fragile,
dangerous,
and cannot
recover.”

Prejudice (Beliefs)

“They are scary,
shameful, and
less than”

Discrimination (Actions)

Social

I don't want
them to live
next door, be a
coworker, or
marry into the
family

Structural

Employers do not
hire/support,
recovery
education lacks
effective
supports, health
insurance doesn't
provide equal
coverage

Stigma and Harm Reduction

- Recognizes that stigma is a part of the world
- There are ways to manage & challenge stigma
- Stigma changes over time
- Stigma intersects with other forms of marginalization & oppression
- When challenging stigma, try to meet ***all*** people where they're at
- Acknowledges change is hard and values incremental change

**Stigma is the belief.
Discrimination is the
action.**

Experts corner

How does stigma show up in your work?

How does it impact your ability to connect with participants?

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Key Elements and Forms of Stigma

Forms of Stigma

Stigma from Individuals

Institutional Stigma

Self-Stigma (Internalized)

Stigma through Association

Key Elements of Stigma

Blame and Moral Judgement

Criminalize

Pathologize and Patronize

Fear and Isolation

Experts corner

What do you find most challenging when confronting stigma in your communities?

What has been helpful/effective when you have challenged stigma in your community?

Creating **Change**:

Dismantling stigma at the individual,
organizational and community levels

Individual Level



- Language
- Relationships, honesty and authenticity
- Disclosure and dialogue
- Education and personal development

Organizational Level



- **Training and education**
- **Outlets for feedback**
- **Assessment of practices**
- **Hiring people that use drugs**

Community Level



- **Participant Advisory Boards**
- **Awareness campaigns**
- **Policy and advocacy**
- **Events and collaboration with partners**

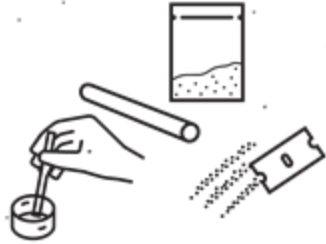
Experts corner

What are other ways we can create change at the individual, organizational and community levels?

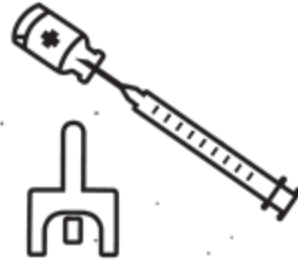
HARM REDUCTION SERVICES



**Syringe Access
and Disposal**



**Safer Drug Use
Supplies**



**Overdose
Prevention**



**Safer Sex
Materials**



**Medication for
Opioid Use
Disorder**



**Safer Consumption
Services**



**Drop-in
Centers**



**Housing
First**



Referrals



PRINCIPLES OF HARM REDUCTION

+

TOOLS AND SERVICES

=

PRACTICING HARM REDUCTION

Respect to Connect: Reflexive Practice

What are ways you or your **institution** could be stigmatizing people who use drugs?

What are **ways** people who use drugs or could be **responding** to that stigma?

What are **three** strategies I can use starting **this week** to move towards dismantling stigma as a **provider**



THANK YOU FOR ATTENDING
THIS WORKSHOP

Please fill out the evaluation.

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