

Harm Reduction 101

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Idaho Harm Reduction Project

Harm Reduction Philosophy

- Respect and dignity for individuals who use drugs
- Does not minimize or ignore harm
- Empowers people to live healthier lives
- Shift away from abstinence only to include safer behavior or reduction in behavior
- Meets people where they are at, but does not leave them there



What counts as Harm Reduction?



SUN
SCREEN



SEAT
BELTS



SPEED
LIMITS



BIRTH
CONTROL



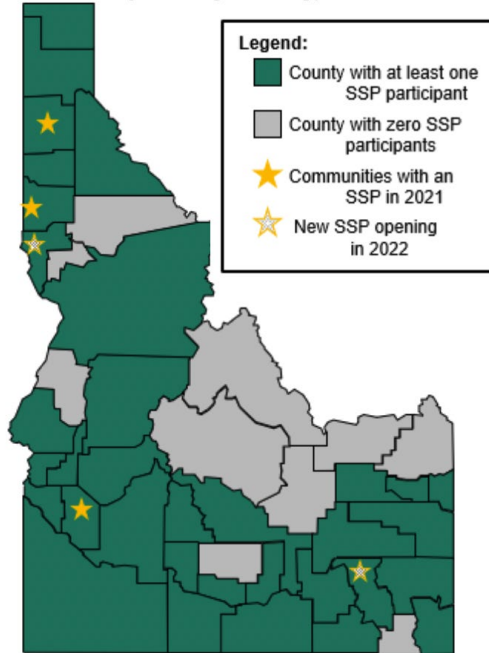
CIGARETTE
FILTERS

What does drug use look like?



Harm Reduction in Idaho

SSP Participants by County, Idaho - 2021



In 2021...

- 633,674 sterile syringes distributed to participants
- 5,192 naloxone or NARCAN kits distributed to PWUD or their friends and family
- 628 opioid related overdose reversals reported
- 964 unique participants across 34 counties

Idaho Harm Reduction Project




SUPPLIES:

- Safe injection supplies
- Feminine hygiene kits
- Safer Sex kits
- Hygiene kits
- Portable sharps disposal

SERVICES:

- Informational materials
- Overdose prevention education
- Safe injection practices
- Information about SUD treatment

Fentanyl *


50x  **OVERDOSE** 

Fentanyl is 50x more potent than heroin. Fentanyl linked overdoses are on the rise in Idaho.

OVERDOSE PREVENTION TIPS



*** Find naloxone or a safer syringe program near you at <https://hshslocator.dhw.idaho.gov/prevent>**

Scan here 

Harm Reduction Vending Machines



- Active machines:
 - Behavioral Health Group Boise, July 2021
- Future machines:
 - Trivium Life Services Boise, Fall 2022
 - 3rd machine location TBD

Sterile Syringe Access

“Needs based”

- Reduces barriers to access
- Greater reduction in HIV HCV transmission
- Best Practice

“Syringe Exchange”

- Barriers to access
- Undermines HR values
- Better than nothing!

Availability of Appropriate Syringes

best

Use as small a needle gauge as possible

smaller hole = smaller wound = reduced healing time

ok

Continue the injection practice that is most comfortable and reliable, using the appropriate syringe size

please avoid

Changing to inappropriate and ineffective syringe sizes that cause an increase in the amount of injections

14G 15G 16G 18G 19G 20G 21G 22G



Other essentials: Sterile Water

best

Sterile water/saline strips (Addipaks), sealed bottled water, or boiled water



ok

Opened bottles of water, tap water, water from back of toilet



please avoid

Water from front of toilet, puddle/gutter water

Overdose Prevention Program



- Narcan and/or Naloxone
- CPR shields for rescue breathing
- Individual participants and organizations/agencies
 - Law enforcement
 - First responders
 - Shelters
 - SUDtx providers
 - Others

Harm Reduction Saves Lives

Syringe Service Programs (SSPs) are an evidence-based public health intervention that is associated with

- 50% reduction in HIV and HCV incidence
- 5x more likely to enter SUD treatment
- 3x more likely to reduce or stop using drugs
- Reduce overdose deaths
- Provide an opportunity to address social determinants of health

How to get Narcan?

- Idaho Harm Reduction Project
 - (208) 991-4574 ext: 4
 - <https://www.idahoharmreductionproject.org/>
- Next Naloxone
 - <https://www.nalxoneforall.org>



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