

Reducing the Harm Associated with Injection Drug Use

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Glossary



HR- Harm Reduction

SSP- Syringe Services Program

SUD- Substance Use Disorders

PWID- People Who Inject Drugs

PWUD- People Who Use Drugs

PLWHA- People Living With HIV/AIDS

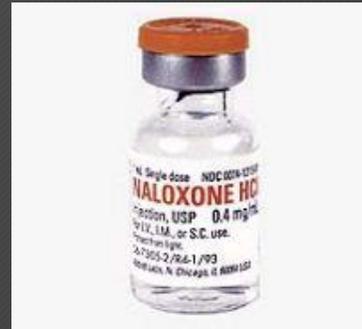
HCV- Hepatitis C Virus

What do all of these items have in common?

Sunscreen



Naloxone



Condoms



Helmets



Designated Drivers



Needle Exchange



Seatbelts



Nicotine Gum



What is Harm Reduction?

- A set of practical strategies that reduce the negative consequences associated with high risk behaviors, such as drug use and unprotected sex.
- Harm reduction incorporates a spectrum of strategies including abstinence.
- Applies a holistic approach.
- Harm reduction strategies meet people “where they’re at” but doesn’t leave them there.
- Examples of harm reduction strategies include: distribution of condoms, distribution of sterile syringes, distribution of naran and Medicated Assisted Treatment (MAT).

What Does Harm Reduction Look Like?



What Harm Reduction is NOT

- Harm reduction does not mean “anything goes”.
- Harm reduction does not enable drug use or high risk behaviors.
- Harm reduction does not condone, endorse, or encourage drug use or sex work.
- Harm reduction does not exclude or dismiss abstinence-based substance use treatment models as viable options.

What is a Syringe Services Program (SSP)?

It's NOT just about the syringes.

A community-based public health program staffed by trained individuals that provides harm reduction services such as:

- Sterile needles, syringes, and other injection equipment
- Safe disposal containers for used needles and syringes
- Education about safer injection practices
- HIV education, testing and linkage to treatment
- HCV education, testing and linkage to treatment
- Education about overdose prevention
- Overdose response training and distribution of Narcan kits
- Fentanyl testing strips
- Linkages to care & community supports- medical, mental health, social services, and substance use treatment

How do SSPs benefit your community?

- *SSPs Increase Entry into Substance Use Disorder Treatment*
- *SSPs Reduce Overdose Deaths*
- *SSPs Reduce Crime*
- *SSPs Save Money*
- *SSPs Reduce the Spread of Communicable Disease, especially HIV and Hepatitis C (HCV)*
- *SSPs Reduce Needle Stick Injuries*

Common Misconceptions

MYTH: SSPs encourage, enable and increase drug use

FACT: Scientific research has concluded that *SSPs DO NOT increase drug use*. In fact, many studies demonstrate that SSPs decrease drug use by connecting people to treatment. *People Who Inject Drugs (PWID) that participate in SSPs are 5 times more likely to enter drug treatment than non-participants.*

MYTH: SSPs increase crime.

FACT: *Crime actually decreases in SSP areas* because participants are connected to services (treatment, housing, food pantries & other social services). *Baltimore neighborhoods with SSPs experienced an 11% decrease in crime compared to those without SSPs, which experienced an 8% increase in criminal activity.*

Common Misconceptions

MYTH: SSPs increase discarded syringes in the community.

FACT: *SSPs actually decrease the number of discarded syringes in public areas.* In 2016 Baltimore City reported a 76% return rate of used syringes.

MYTH: SSPs are a waste of money.

FACT: *SSPs are cost effective.* The cost of treating a person who has contracted HIV is roughly \$600,000. There are also significant savings due to reduced HCV transmission and early intervention in injection related infections. *Research suggests that for every \$1 invested in SSPs, there is a public health savings of \$2.*

Common Misconceptions

MYTH: SSPs are Not Proven Effective

FACT: *SSPs are proven effective in reducing new HIV and viral Hepatitis infections* by decreasing the sharing of syringes and other injection equipment.

MYTH: SSPs are Not Widely Adopted

FACT: *SSPs are a widely adopted intervention in America.* According to the directory provided by the North American Syringe Exchange Network, 39 states, DC, Puerto Rico and the Virgin Islands all have programs. Syringe Exchanges have been adopted by states led by politicians of both major parties and have the support of numerous national medical and public health organizations.

Harm Reduction in Frederick County is Already Working

- Overdose Response Training is a free service for anyone in the community.
- No pre-registration required.
- Trainings are held at 350 Montevue Lane, Frederick, MD (Entrance D)
- Trainings are held:
 - 2nd Wednesday of every month at 6 p.m.
 - Every Friday at 1 p.m.
- Opportunities available for on-site trainings at businesses/agencies for staff
- Questions? Contact Jay Hessler at 301-600-3435.

Overdose Response Training



Save A Life!

Assistance with obtaining Naloxone is available at the completion of the training.



Frederick County
Behavioral Health Services
Substance Abuse Program
350 Montevue Lane
Frederick, MD 21702

Main Phone: 301.600.1755

www.FrederickCountyMD.gov/bhs

DAY and EVENING TRAINING SESSIONS!

No need to pre-register!

2nd Wednesday monthly: 6 pm
350 Montevue Lane (Entrance D)
Frederick, MD 21702

and

Every Friday: 1:00 pm
350 Montevue Lane (Entrance D)
Frederick, MD 21702

This hour-long training is available for anyone at risk for overdosing on heroin or prescription pain medication and anyone who may have an opportunity to help someone experiencing an overdose.

You will learn:

- ❖ Types of Opioids
- ❖ How to Recognize, Respond, and Prevent an Opioid Overdose
- ❖ How to administer **Naloxone/Narcan®**
- ❖ Resources for Family Members, Friends & Loved Ones

What is naloxone?
It is a prescription medicine that reverses an opioid overdose. It cannot be used to get high and is not addictive. Naloxone is safe and effective; emergency medical professionals and doctors have used it for decades.

Can't Make One of the Times Listed?
Call to schedule an appointment or do an online training at:
www.getnaloxonenow.org

- ❖ Takes about 20 minutes to complete.
- ❖ You must be at least 18 years old to register.
- ❖ You must register with a Maryland zip code.
- ❖ You must complete the guided questions throughout the training.
- ❖ At completion of the entire training, you will be directed to print a certificate that can be used in pharmacies to acquire Naloxone.

Know someone that has a substance use problem? Call the FCHD at 301-600-1755 for resources and information.

Visit us on Facebook at
[Frederick County Harm Reduction Services](#)

