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Interprofessional Approaches to Supporting Harm Reduction

Disclosures

Neither I, Dr. Bill Brooks, nor Dr. Angela Hagaman, nor any members of our immediate families have a financial interest/arrangement or affiliation that could be perceived as a real or apparent conflict of interest related to the content or supporters of this activity.



Speakers

Bill Brooks, DrPH, MPH
ETSU College of Public Health
Dept. of Biostatistics and
Epidemiology



Angela Hagaman, DrPH, MA
Co-Director, Addiction Science Center
East Tennessee State University,
Johnson City, TN



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PUBLIC HEALTH

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Learning Objectives

- I. List the 8 principles of harm reduction
- II. Discuss evidence supporting important strategies/ programs for delivering harm reduction services
- III. Identify the elements of the Transtheoretical Model of Behavior Change
- IV. Identify the four waves of the overdose epidemic in the US
- V. Discuss ways different health disciplines can support harm reduction





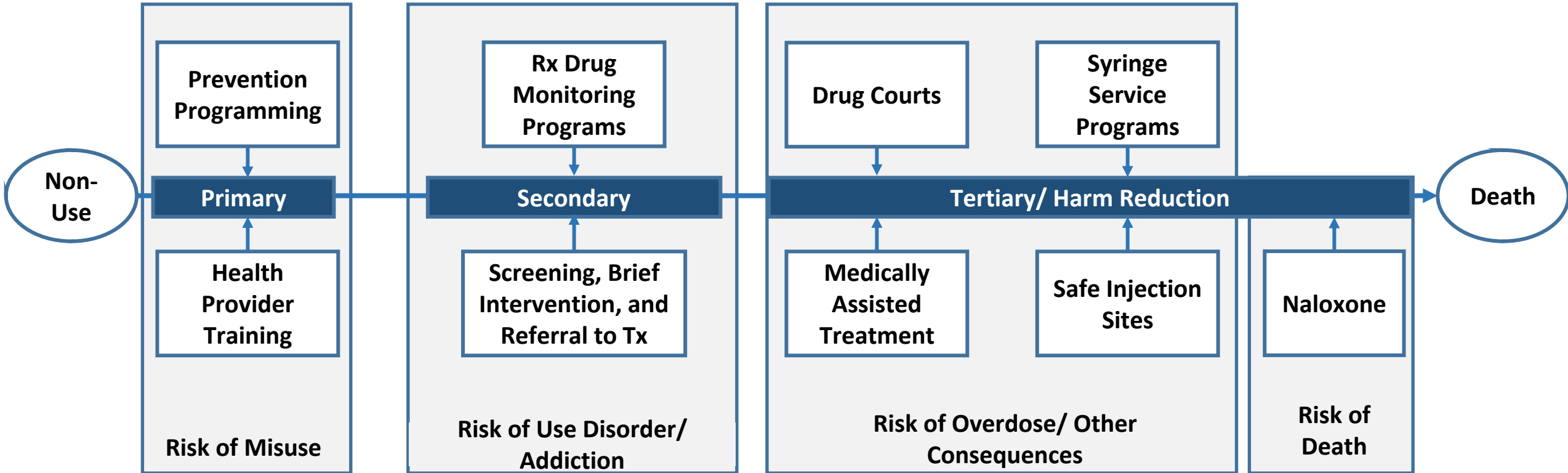
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PRINCIPLES OF HARM REDUCTION

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.



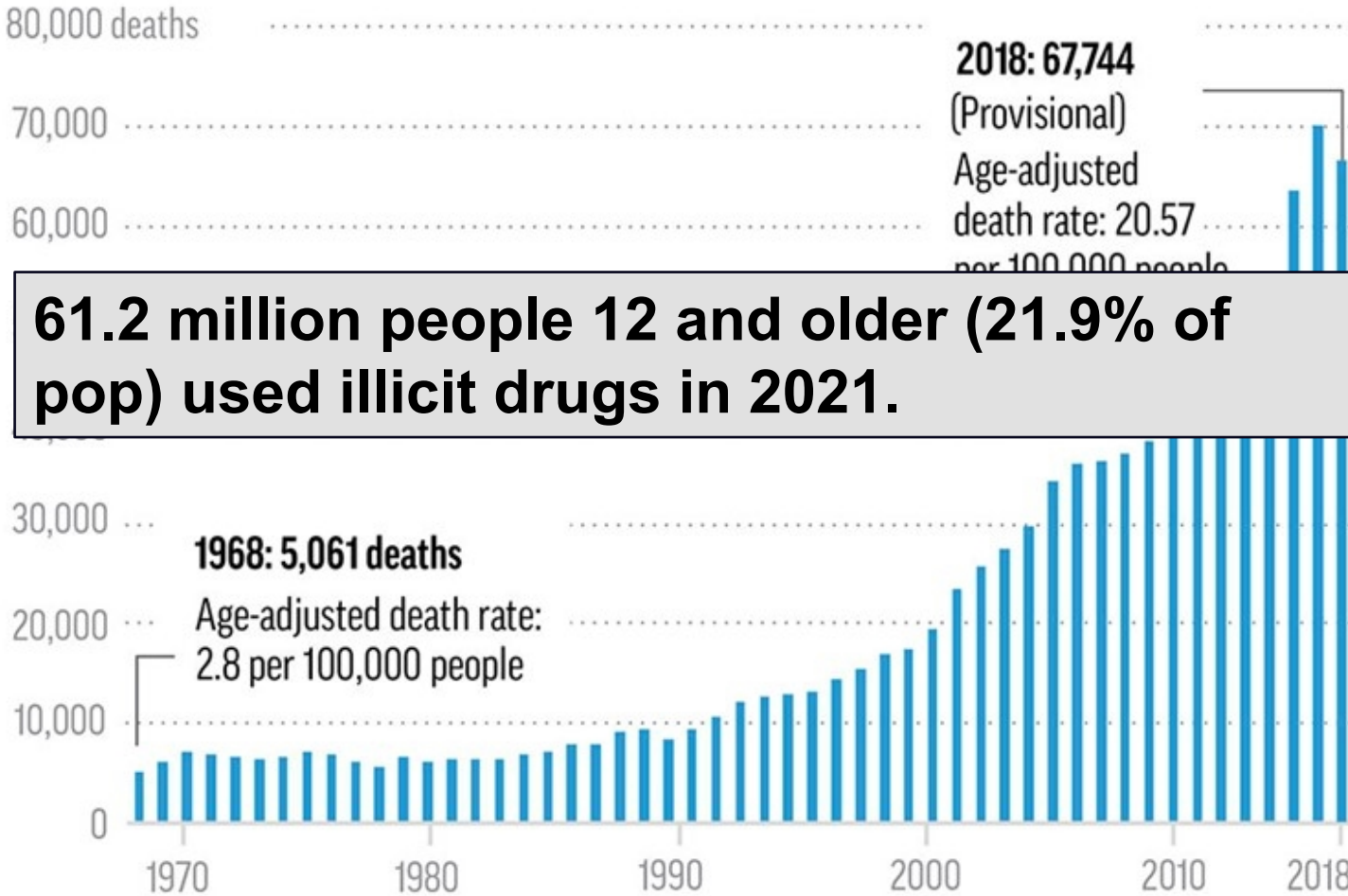
Intervention Across the Spectrum



Harm Reduction

Accepts, for better or worse, that licit and illicit drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them.

Drug overdose deaths in US



SOURCE: Centers for Disease Control and Prevention

AP

History of Substance Use

- Betel Nut – 13,000 years ago
 - Timor
 - Thailand
- Opium – 5,400 years ago
 - Sumerians (Joy Plant)
 - Mesopotamia
- Cocaine – 5,000 years ago
 - Ecuadorians
 - Western Andes (7,000 years ago)
- Khat (ephedrine analog) – 13th Century
 - Ethiopians
 - Northern Africans

PRISONERS
OF
WAR...

NONVIOLENT
OFFENDERS

WAR
ON DRUGS

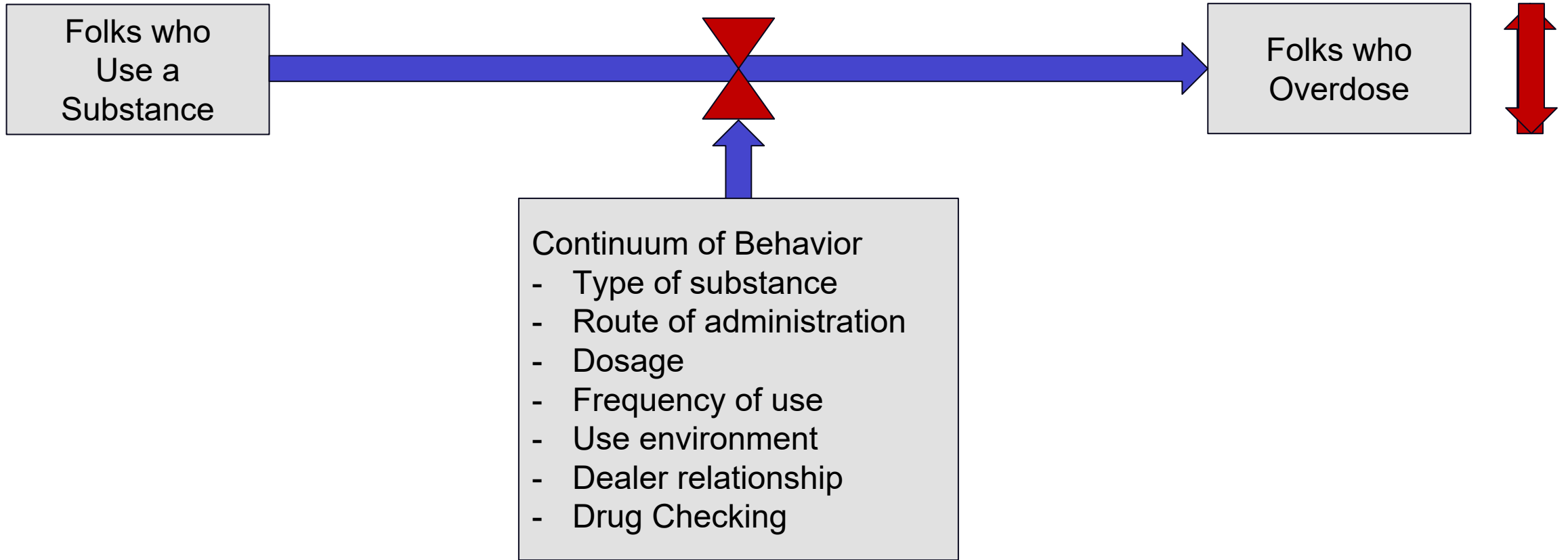
ADAM
2013
CARTOONS.COM
THE BUFFALO NEWS



A woman with long braids, wearing a dark jacket and pants, is smiling and holding a large white sign. The sign has the word "SUPPORT," in green, outlined letters, and "Don't Punish" in black, handwritten-style letters below it. She is also holding a small woven basket filled with blue items. In the background, there is a city street with buildings, a "No Right Turn" sign, and other people. A person's hand holding a white paper is visible on the right edge of the frame.

SUPPORT,
Don't
Punish

Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe use to total abstinence, and acknowledges that some ways of using drugs are clearly safer than others.



Establishes quality of individual and community life and well-being – not necessarily cessation of all drug use – as the criteria for successful interventions and policies



Benefits

- Lower numbers of contaminated needles in a community
- Reduced drug-related behavior
- Reduced sexual-risk behavior
- Increased access to drug treatment referral services
- Increased access to testing and diagnostic services
- Increased access to education about substance abuse
- Increased communication with hard-to-reach populations
- Reduced prevalence of new infections



Supervised Consumption/ Injection Sites/ Overdose Prevention Centers

- Lower overdose mortality
- Increased detox enrollment
- Reduced public injection
- Reduced public syringe disposal
- Prevention of HIV and HCV
- Lower overall healthcare costs

Calls for the non-judgmental, non-coercive provision of services and resources to people who use drugs and the communities in which they live in order to assist them in reducing attendant harm.

Stigma Reduction

- Limits participation, opportunity and social acceptance through discrediting and “othering”, enabling the enactment of discrimination
- Reduces healthcare utilization – HIV example
 - 21% less likely to use health services
 - 37% less likely to adhere to treatment
- Trauma Informed Care – 6 Key Principles
 - Safety
 - Trustworthiness & Transparency
 - Peer support
 - Collaboration & Mutuality
 - Empowerment, Voice, & Choice
 - Cultural, Historical, & Gender Issues
- [Strong Brain Institute Training](#)



Knowledgeable Communication

- Decreased patient/ client anxiety, shared decision making, better outcomes
- Some Examples
 - Meth ODs as “overamping”
 - Patient perspectives on MAT
 - Phases of amphetamine-type stimulants (ATS) use
 - Protective behaviors PWUD use to survive and stay well
 - Counterfeit pills/ fentanyl delivery systems
- [National Harm Reduction Coalition Online Trainings](#)
- [Safety Manual for Injection Drug Users](#)



Ensures that people who use drugs and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them.

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Home » American Journal of Public Health (AJPH) » April 2022

The Methadone Manifesto: Treatment Experiences and Policy Recommendations From Methadone Patient Activists

Caty Simon, Louise VincentMPH, Abby Coulter, Zach SalazarMPH, Nick Voyles, Lindsay Roberts, David Frank...
(show all authors), and

[+] Author affiliations, information, and correspondence details

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Urban Survivors Union (USU), the American national drug users union, is a coalition of drug user unions, organizations led by drug-using sex workers, and other groups affected by the drug war. Founded in 2017 by three long-standing regional unions, it includes more than 30 chapters and affiliate groups throughout the country. People who use drugs lead the union and perform all of its functions. At USU, we prioritize the leadership of people of color, low-income team members, and people from underresourced states.

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Affirms people who use drugs (PWUD) themselves as the primary agents of reducing the harms of their drug use and seeks to empower PWUD to share information and support each other in strategies which meet their actual conditions of use.

Louise Vincent, Director, Urban Survivors Union, Greensboro, NC



[Louise on the USU Drug Policy Alliance YouTube](#)

The North American opioid crisis: draw on the expertise of people who use drugs

Gertner, A.K., Dasgupta, N., Vincent, L.
The Lancet, 2022, 400(10361), pp. 1401–1402

Review

The Methadone Manifesto: Treatment Experiences and Policy Recommendations From Methadone Patient Activists

Simon, C., Vincent, L., Coulter, A., ...Frank, D., Brothers, S.
American Journal of Public Health, 2022, 112, pp. S117–S122

Article • Open access

Research led by people who use drugs: centering the expertise of lived experience

Salazar, Z.R., Vincent, L., Figgatt, M.C., Gilbert, M.K., Dasgupta, N.
Substance Abuse: Treatment, Prevention, and Policy, 2021, 16(1), 70

Article • Open access

Treatment experiences for skin and soft tissue infections among participants of syringe service programs in North Carolina

Figgatt, M.C., Salazar, Z.R., Vincent, L., ...Joniak-Grant, E., Dasgupta, N.
Harm Reduction Journal, 2021, 18(1), 80

Article • Open access

We are the researched, the researchers, and the discounted: The experiences of drug user activists as researchers

Simon, C., Brothers, S., Strichartz, K., ...Herdlein, A., Vincent, L.
International Journal of Drug Policy, 2021, 98, 103364

Article

Consumer discernment of fentanyl in illicit opioids confirmed by fentanyl test strips: Lessons from a syringe services program in North Carolina

Zibbell, J.E., Peiper, N.C., Duhart Clarke, S.E., ...Kral, A.H., Feinberg, J.
International Journal of Drug Policy, 2021, 93, 103128

Article • Open access

Take-home dosing experiences among persons receiving methadone maintenance treatment during COVID-19

Figgatt, M.C., Salazar, Z., Day, E., Vincent, L., Dasgupta, N.
Journal of Substance Abuse Treatment, 2021, 123, 108276

Article • Open access

Situating the Continuum of Overdose Risk in the Social Determinants of Health: A New Conceptual Framework

Park, J.N., Rouhani, S., Beletsky, L., ...Saloner, B., Sherman, S.G.
Milbank Quarterly, 2020, 98(3), pp. 700–746

Article • Open access

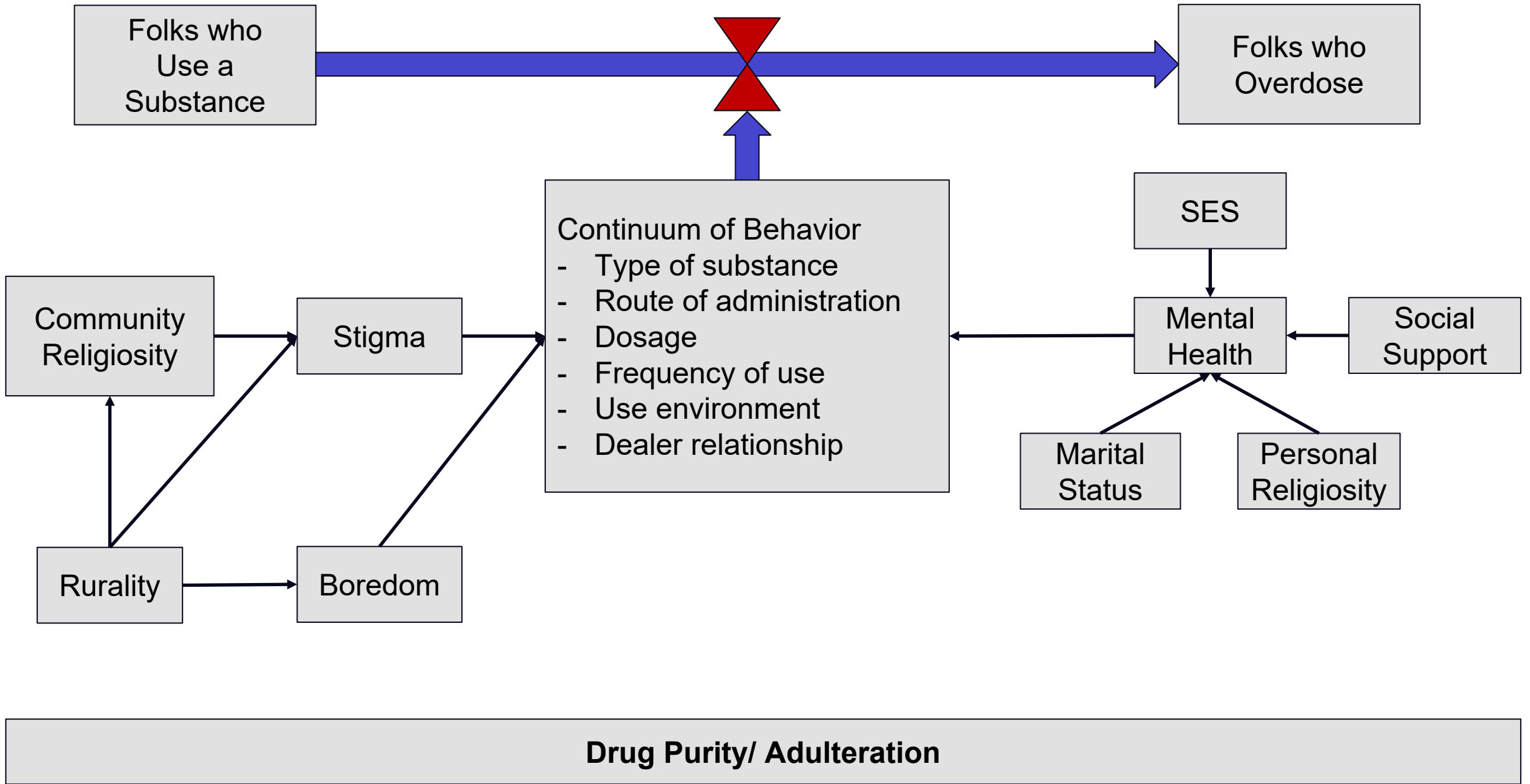
Fentanyl test strips as an opioid overdose prevention strategy: Findings from a syringe services program in the Southeastern United States

Peiper, N.C., Clarke, S.D., Vincent, L.B., ...Kral, A.H., Zibbell, J.E.
International Journal of Drug Policy, 2019, 63, pp. 122–128

“Hello, I am writing today as an American Drug User. I have lived most of my life struggling with the messages and information that have been fed to all of us over the years, about who we are, and how substance use and substance misuse define our lives, and the lives of the people we love. It is not just words, it is the millions of symbols and interactions we face as drug users, and the constant negative messages that we are inundated with. Years of criminalization, prohibition, loaded language, and discrimination have shaped the lives of millions of people who are struggling, and many times lost and broken in our systems. Today, I am writing, urging anyone reading this to open your eyes and your heart, choose a new way of looking, remember what you see and think has been shaped and created by systems of inequality and hate. Open your hearts, and open your minds.”

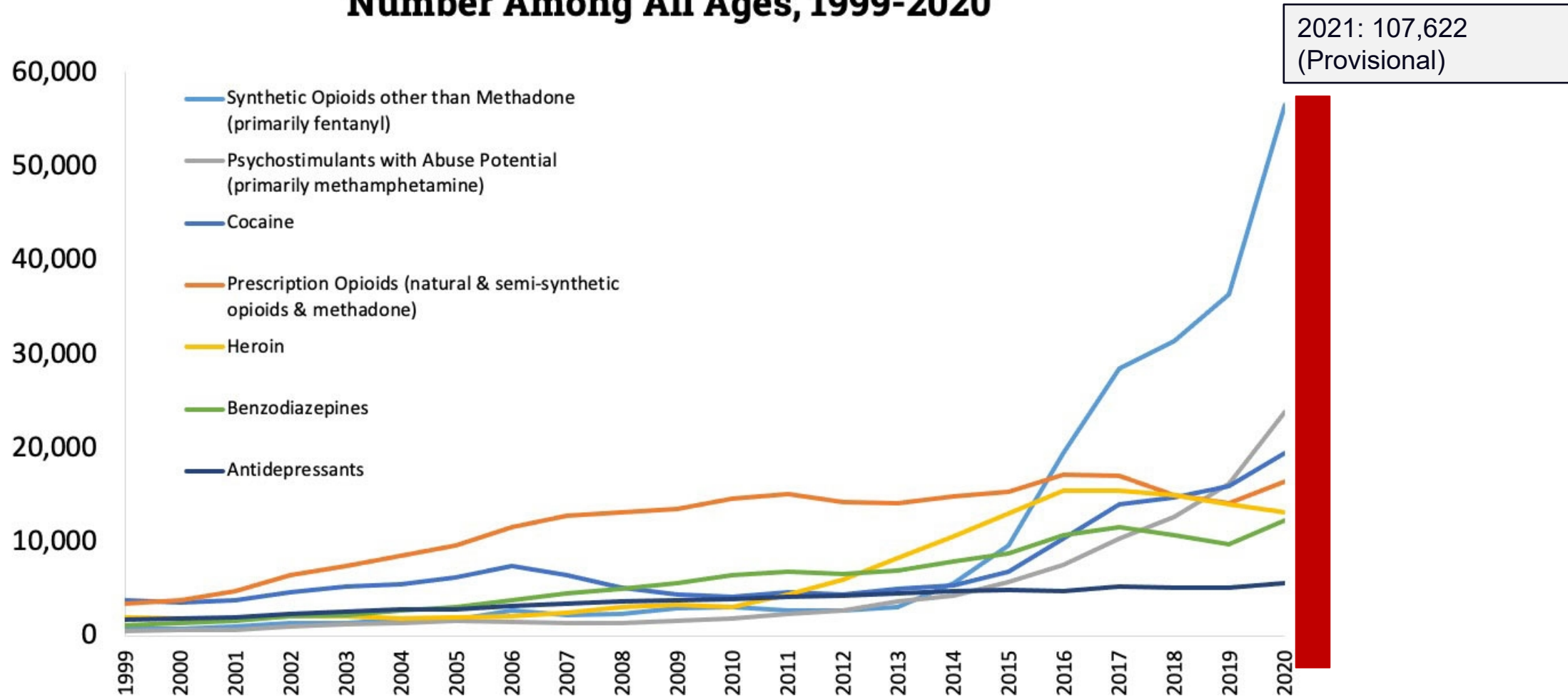
-Letter from E.D.

Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm.



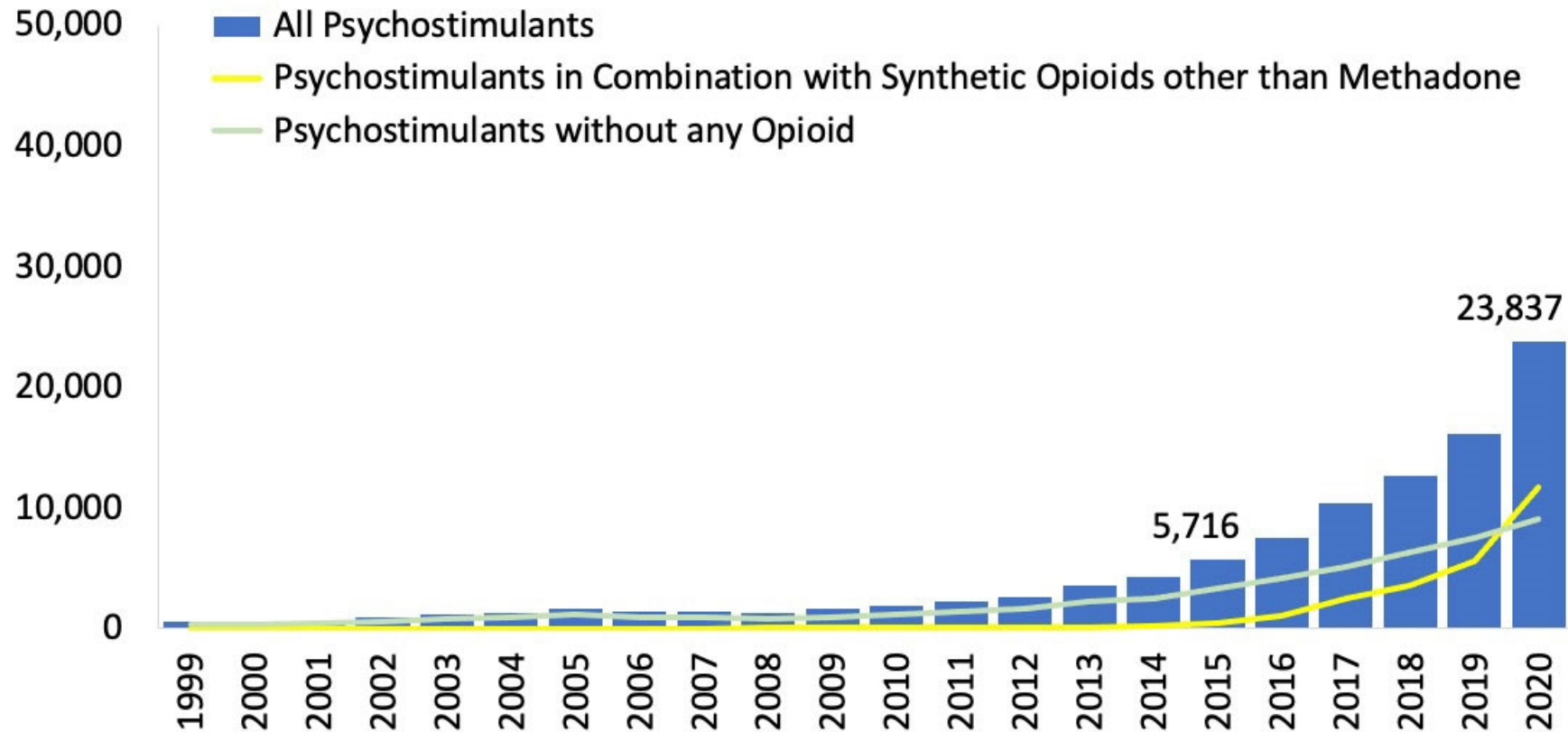
Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use.

Figure 2. National Drug-Involved Overdose Deaths*, Number Among All Ages, 1999-2020



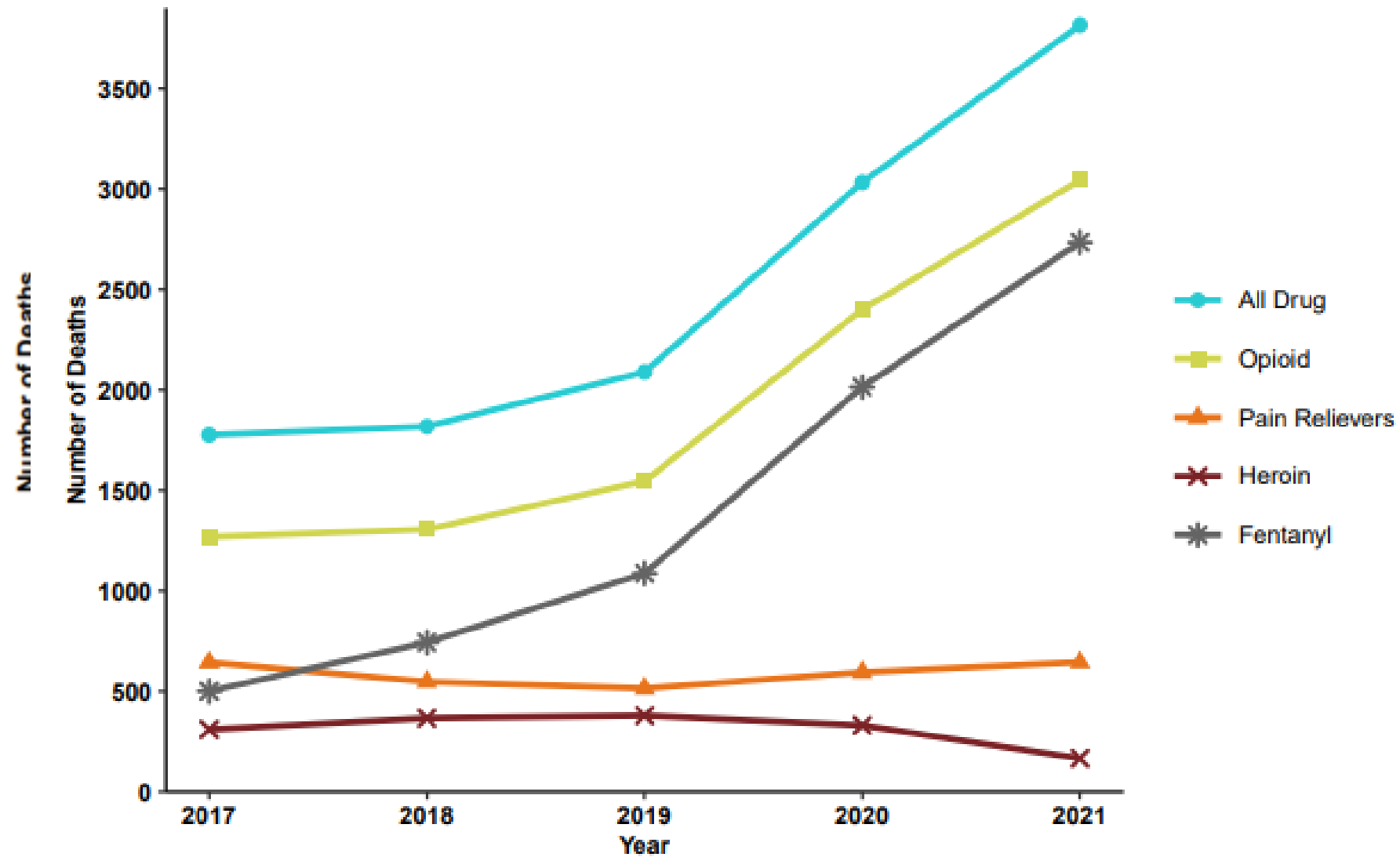
*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999–2020 on CDC WONDER Online Database, released 12/2021.

Figure 6. National Overdose Deaths Involving Psychostimulants with Abuse Potential (Primarily Methamphetamine)*, by Opioid Involvement Number Among All Ages, 1999-2020

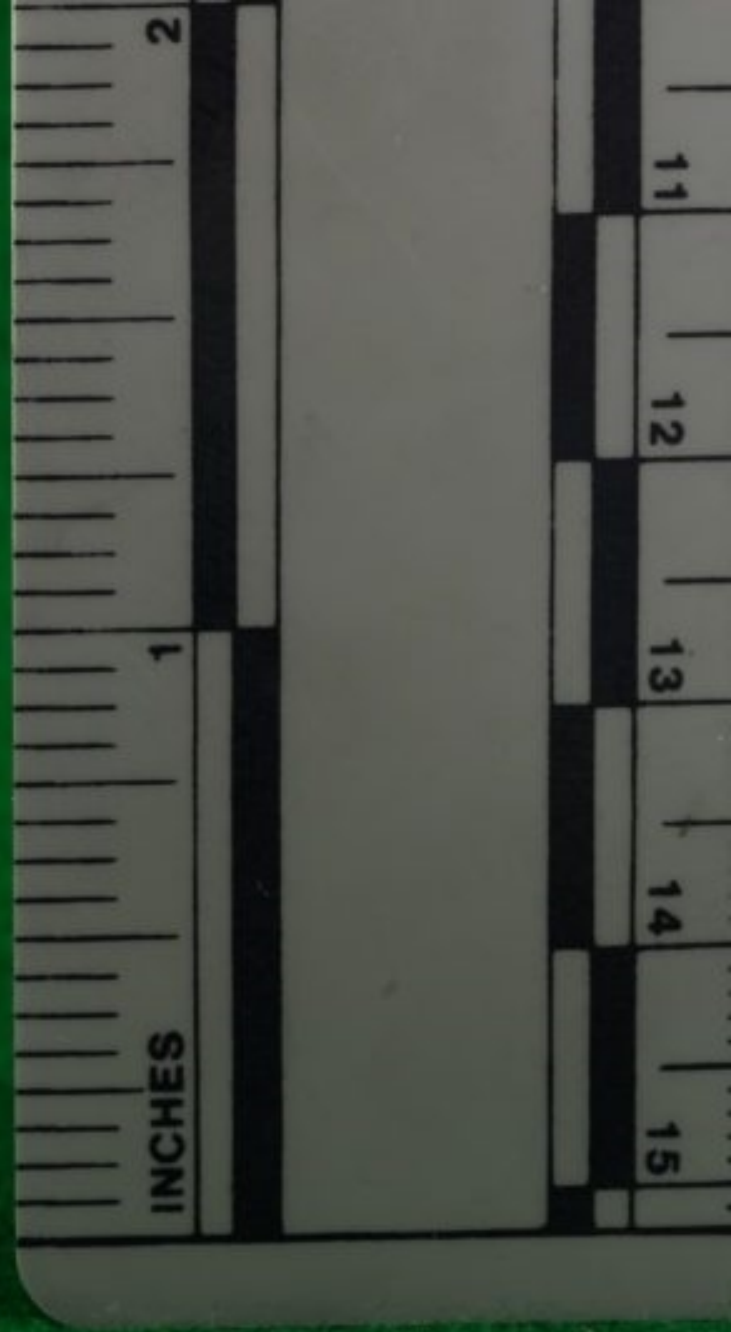


*Among deaths with drug overdose as the underlying cause, the psychostimulants with abuse potential (primarily methamphetamine) category was determined by the T43.6 ICD-10 multiple cause-of-death code. Abbreviated to *psychostimulants* in the bar chart above. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2020 on CDC WONDER Online Database, released 12/2021.

Number of Overdose Deaths by Drug Type in TN, 2017-2021



Analysis by the Office of Informatics and Analytics, TDH (last updated October 27, 2022). Limited to TN residents.
Data Source: TN Death Statistical File.

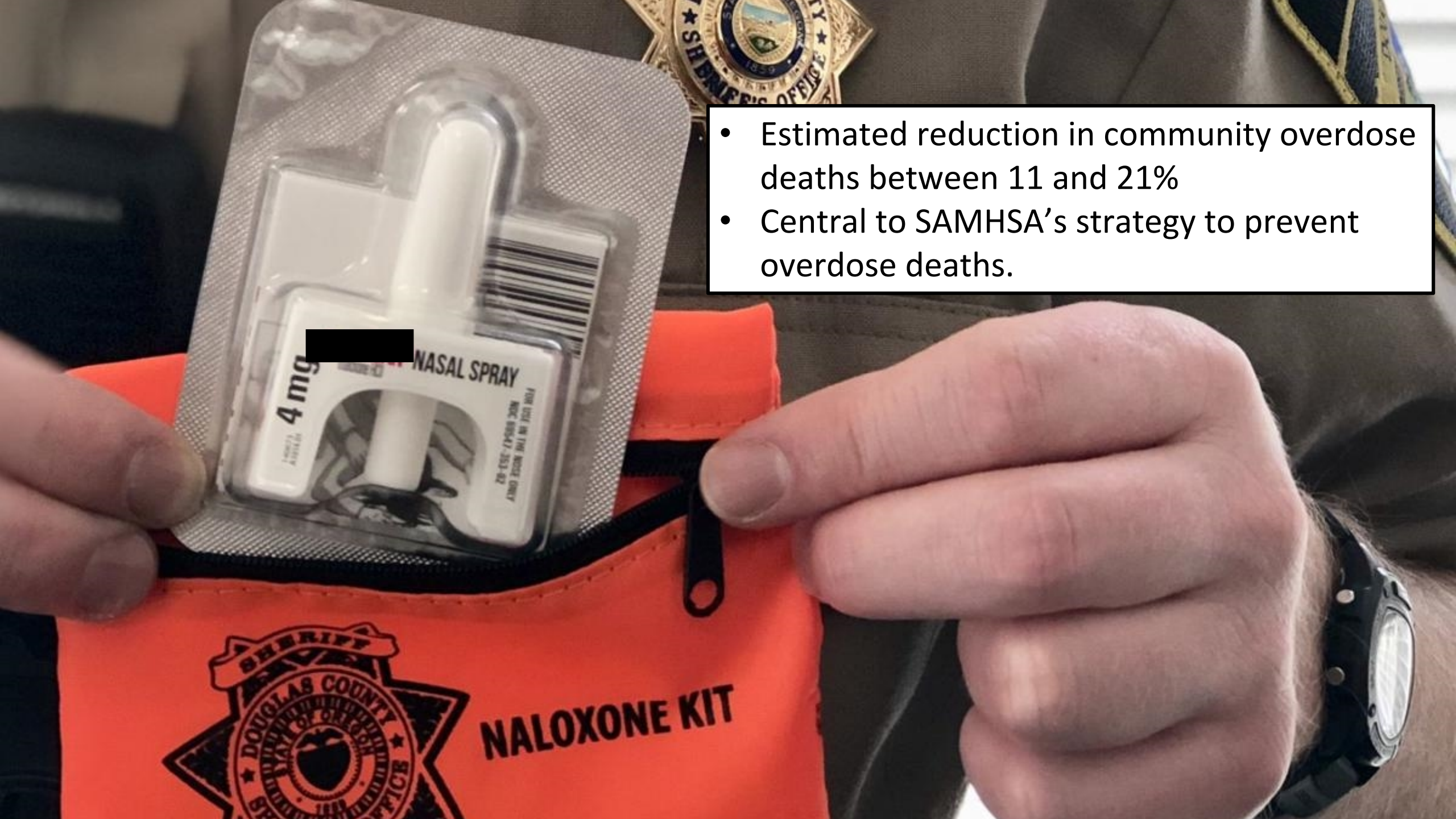


MAT is evidence-based and is recommended course of Tx for opioid addiction.

- American Academy of Addiction Psychiatry
- American Medical Association
- The National Institute on Drug Abuse
- Substance Abuse and Mental Health Services Administration
- National Institute on Alcohol Abuse and Alcoholism
- Centers for Disease Control and Prevention
- Others



- Estimated reduction in community overdose deaths between 11 and 21%
- Central to SAMHSA's strategy to prevent overdose deaths.



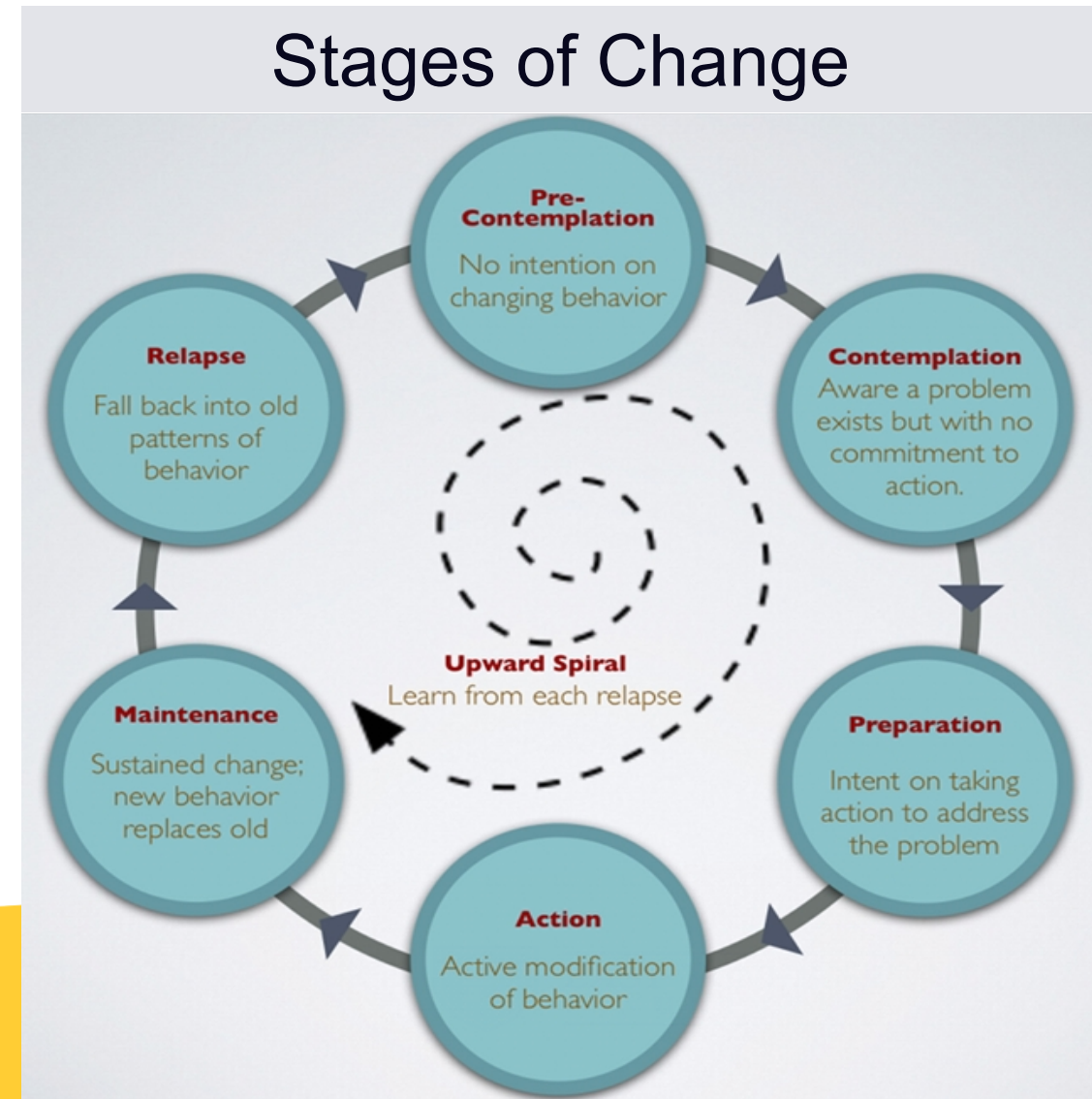
Overdose Prevention and Management

- Provide or know where to refer for treatment:
 - Medication-assisted treatment:
 - Methadone or buprenorphine – Opioid Treatment Program
 - Buprenorphine or naltrexone – Office based treatment
 - Counseling and other supportive services
 - Abstinence-based and peer-led recovery
 - [Info through SAMHSA or state health dept./ mental health dept.](#)
- Provide info on local and regional syringe service programs
 - Naloxone
 - Drug checking equipment
 - De-stigmatization
 - [North American Syringe Exchange Network \(NASEN\)](#)



Maximizing Intervention Options

- Transtheoretical Model of Behavior Change
- Cycle of change, maintenance, relapse, contemplation
- Harm reduction creates opportunity to engage with individuals not considering change
- Without harm reduction, we would have no contact with this population



Breakout Session



CASE SCENARIO

- Imagine that you are working as a _____ (your current work role), in a make-believe town named *Bedrock*.
- *Bedrock* is a small municipality located in the Appalachian Mountains of the U.S. that has been considerably affected by the opioid crisis. As a result, many are suffering from substance use disorders (SUD), specifically, opioid use disorder (OUD), and experiencing related effects such as co-morbid mental and physical health conditions.





Summary



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