Substance Use and Harm Reduction

Guyton Colantuono
Executive Director
Project Return Peer Support Network

guytonc@prpsn.org
www.prpsn.org
www.facebook.com/PRPSN
SEX
AND
DRUGS,
and
Rock
n' roll
Principles of Harm Reduction

Accepts, for better and 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.

Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe abuse 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.

SOURCE – HARM REDUCTION COALITION
Principles of Harm Reduction

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.

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

Affirms drugs users themselves as the primary agents of reducing the harms of their drug use, and seeks to empower users to share information and support each other in strategies which meet their actual conditions of use.
The Three E’s

Engagement

Education

Empowerment
Engagement
Education
Empowerment
What are Treatment Options?

Harm Reduction Coalition – www.harmreduction.org
The Stanton Peele Addiction Website – www.peele.net
Motivational Interviewing - www.motivationalinterview.org/
Drug Policy Alliance Network- www.drugpolicy.org/
12 Step (AA, NA, CA, MA etc.)
Rational recovery - https://rational.org
SMART Recovery - http://www.smartrecovery.org/
Religion - http://www.celebraterecovery.com/
Moderation management - http://moderation.org/
Housing first and rapid re-housing: http://www.freedom-center.org/section/resources
Please Give A Warm Welcome To... Harm Reduction!

Presented by:

Jessica Nagel
Harm Reduction Capacity Developer

&

Mark B. Jennings
Director of Supportive Housing
Mark B. Jennings: Journalist, Social Worker, Social Justice Advocate, Teacher, Peer, Lover of Paulo Freire and Rap & Go-Go Music

COMMUNITY ACCESS, INC

- 1,600 Participants
- 350+ Employees
- Healing-Focused Services
- 23 Housing Locations in 3 NYC Boroughs
- Howie the Harp Advocacy Center
- Crisis Respite Center
- Blueprint Supported Education
- Art Collective
- Act Team
- Care Coordination
- Thrive NYC Peer Training
- Film Festival
- Pet Access
Community Access expands opportunities for people living with mental health concerns to recover from trauma and discrimination through affordable housing, training, advocacy and healing focused services. We are built upon the simple truth that people are experts in their own lives.

- Human Rights
- Harm Reduction
- Self-Determination
- Healing and Recovery
- Peer Expertise
Housing Is! Harm Reduction

Historical Preservation of Gouverneur Court:
621 Water Street
Supportive Housing as Harm Reduction

Studies on *low-threshold* housing demonstrate:

- A reduction in medical and social service costs
- Longer retention in housing
- Reduced drinking,
- Increased substance use treatment
- Decreased jail time
- Increased quality of life

Continuum of Care

“Housing Readiness”

- In other words, sobriety or abstinence (along with other skills) are a prerequisite to housing levels and independence.

- Housing/Independence may be jeopardized by substance use (“relapse”) or treatment “non-compliance.”

- Historically predominant approach: Steps towards housing is determined by providers.

Low Threshold

Housing is a Human Right

- Permanent housing is not dependent on compliance to treatment—drug or psychiatric treatment.

- Housing is seen as a very valuable intervention that creates stability.

- Low-threshold approach: Steps towards stability defined by consumers.
HARM REDUCTION INCLUDES GOALS OF ABSTINENCE

Safer, Active Use

Managed/Moderated Use

Variations of Abstinence

HARM REDUCTION INCLUDES A WIDE ARRAY OF CHOICES
IT'S NOT WITHOUT CHALLENGES

- Negotiating Community/Neighbor Complaints
  - Aromas, Noise
- Staff Challenges
  - Buy-In, Personal Reactions, Us Vs Them Factor
- Navigating the “Rules,” including leases and policy language
- Interactions with outside “traditional” providers
- Complexity of information surrounding issues such as medications, laws
### Tangible Outcomes—911 Calls

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Tangible Outcomes—Hospitalization

**ER Use and Hospital Admissions**

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**Need someone to talk to?**

Call 646-741-HOPE

Community Access now runs New York City’s first peer-operated support line. Open daily from 4 p.m. to midnight, this support line is a contact point for New Yorkers experiencing emotional distress, offering an opportunity to connect with individuals who have had similar experiences.

Inpatient Stay Comparison
FY16 & FY17
July - December

**Number of Inpatient Admissions**

- FY17 Medical
- FY17 Psychiatric
- FY16 Medical
- FY16 Psychiatric
Intangible Outcomes—Learning, Laughing, Living!

- Self Directed Treatment
  - PPAG – Sing A Long, Training, SAP program
  - Social Committee
    Resident Participation
- Back to Work and School
  - Entrepreneurial Programs—Art collective, spring markets, etc.
- Healthy Living
  - Chef Rock
  - Cooking Contests
  - June Wellness
  - Urban Farming
Ongoing, Intentional Harm Reduction
Drum Roll, Please!

Harm Reduction remains critical for the future. Why? Because without it, our world looks like this...
THE WORLD WITHOUT HARM REDUCTION...

- Stigma/Discrimination
- Higher rates of HIV/AIDS
- Increase in drug overdoses & deaths
- Discrimination in health care
- Individual seen as “disposable” and “to blame”
- Increased drug use
SCENARIO: HARM REDUCTION FOR SEXUAL HEALTH
REDUCING HARM THROUGH SAFER SEX METHODS

Only people who are HIV-negative should use PrEP. An HIV test is required before starting PrEP and then every 3 months while taking PrEP.

Gloves! Finger Cots!
SCENARIO: HARM REDUCTION FOR DRUG USE
HARM REDUCTION PRACTICES

- Condoms/Variety of Safer Sex Supplies
- Narcan
- Safer Injection Facilities
- Safer Use Supplies for Injecting, Smoking, Sniffing
- Any Resources That Might Help: Know Your Rights, Bad Date Lists, Adulterated Drug Warnings, etc.

HARM REDUCTION OFFERS CHOICES AND CELEBRATES ANY POSITIVE CHANGE!
MORE HARM REDUCTION IN PRACTICE

- E-Cigs/Nicotine Replacement
- Budgeting for Use
- Planning for Safer Use
- ACU-Detox/Alternatives to Standard Medical Model Options
- Methadone/Suboxone/Other Medication
- Housing: Including supportive housing and wet houses
- Real Info- ”Just Say Know”
"This really is an innovative approach, but I'm afraid we can't consider it. It's never been done before."

MAINSTREAM APPROACHES DON'T WORK FOR EVERYONE
Resources

Harm Reduction Coalition
http://harmreduction.org

Erowid
https://www.erowid.org

International Harm Reduction Association
http://www.ihra.net

Woodhull Foundation
http://www.woodhullfoundation.org

International Network of People Who Use Drugs
http://www.inpud.net

Sex Workers Outreach Project
http://www.swopusa.org

Drug Policy Alliance
http://www.drugpolicy.org

Icarus Project
http://theicarusproject.net
THANK YOU!

✓ MARK JENNINGS
MJENNINGS@COMMUNITYACCESS.ORG

✓ JESSICA NAGEL
JNAGEL@COMMUNITYACCESS.ORG

WWW.COMMUNITYACCESS.ORG
QUESTIONS AND DISCUSSION