Harm Reduction and Prevention: Opportunities for Collaboration to Address Overdose

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About the Presenter

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Objectives

- Describe harm reduction, overdose prevention, and substance use prevention practices
- Identify harm reduction and prevention programming in Florida
- Discuss the intersection of harm reduction and prevention and benefits of collaboration
Substance Abuse Mental Health Services Administration (SAMHSA) defines harm reduction as a comprehensive prevention strategy and as part of the continuum of care.

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

Harm reduction strategies fall on a spectrum ranging from medications for opioid use disorder to abstinence-based recovery.
What is Harm Reduction?

In 2022, National Institute on Drug Abuse (NIDA) produced “What is Harm Reduction?”
Harm Reduction Practices

Overdose education and naloxone distribution

Referral to treatment for infectious diseases and substance use disorders

Equipping people who use drugs with accurate information to reduce infectious disease transmission

Reduce overdose deaths and promote linkages to care

Reduce stigma associated with substance use and co-occurring disorders
Question for the Audience

- What harm reduction services are offered at your organization?
- Drop your answers in the chat now!
Harm Reduction Principles

- A non-judgmental approach
- Evidence-based practices
- “Any positive change”
- Meaningful participation of people who use or used drugs, and stakeholders in shaping drug use policies and practices
Primary prevention focuses on the anticipation of occurrence of drug use and is generally directed at elementary school children and adolescents.

Secondary prevention targets individuals who have already used or use substances.

Tertiary prevention involves reducing the effects of a disease once acquired by an individual.
SAMHSA’s Strategic Prevention Framework

• Strategic Prevention Framework (SPF) provides a comprehensive approach for prevention planners to use.
• Enforces 5 steps and 2 guiding principles
• Involves a diverse range of community partners and teamwork
• Creates solutions to substance misuse and related behavioral health complications
• Data driven
• Circular not a linear model
A Complementary Approach

• Effective prevention efforts should be directed at both individuals who are not yet engaged in risky behaviors in concurrence with harm reduction strategies that reduce negative consequences of drug use for individuals who are actively using substances.

• Potential to impact multiple populations and multiple levels of risk and social contexts.

The Socio-Ecological Model

Substance use prevention efforts work to prevent the use and misuse of drugs and the development of substance use disorders (SAMHSA, 2023).

Evidence-Based Practices Resource Center: https://www.samhsa.gov/resource-search/ebp

Filter- Substance Use Prevention
Substance Use Disorder Prevention

- SAMHSA's national initiative, “Talk. They Hear You.” Campaign aims to reduce underage drinking and substance use under the age of 21.

https://www.samhsa.gov/talk-they-hear-you
Substance Use Prevention in Florida
Substance Use Prevention Practices

- Free Narcan Nasal Spray at county health departments
- Coordinated Opioid Recovery (CORE)
- Opioid Task Forces
- Overdose Data 2 Action
Harm Reduction and Prevention

Prevention prevents the behavior.

Harm Reduction prevents the consequences.
According to SAMHSA, Prevention and Harm Reduction have common goals to:

- Provide interventions for a continuum of people who use drugs.
- Focus on individual and community risks associated with substance use.
- Incorporate culturally appropriate interventions.
- Promote individual and community wellbeing.

Harm reduction and prevention reduce the adverse health and social consequences of substance use (SAMHSA, 2023).

Prevention and Harm Reduction collectively reduce overdose deaths, stigma, and negative consequences of substance use.
Benefits of Collaboration

Collaboration is mutually beneficial for harm reduction and prevention partners.

Together, they can:
- Increase impact on community;
- Expand capacity and range of individuals reached;
- Engage all sectors of substance use continuum of care;
- Collaborate on overdose prevention strategies;
- Communicate and develop a common vocabulary; and
- Share valuable information from different insights

(Prevention Collaboration in Action, 2023)
Intersection of Harm Reduction and Prevention

- Prevention and harm reduction share values and principles as both
  - **Emphasize** evidence-based interventions;
  - **Acknowledge** the harmful impact of stigma and stigmatizing language;
  - **Focus** on risk and protective factors;
  - **Recognize** the importance of cultural competency;
  - **Understand** the value of working at the individual and community levels, and taking approaches that address different risk environments; and
  - **Collaborate** across community sectors to build a comprehensive approach

(Prevention Collaboration in Action, 2023)
Intersection of Harm Reduction and Prevention

- What are goals of collaboration?
- What would you like to achieve through collaboration?
- How will engaging organizations and members of the drug using community help you achieve said goals?
- By partnering directly with people who work with people who use drugs, you can uncover which engagement strategies are the most effective.

Type some of your answers in the chat!
Prevention’s Role in Harm Reduction

Prevention partners can bolster harm reduction efforts by:

1. Promoting community readiness for harm reduction
2. Addressing stigma of substance misuse and substance use disorders
3. Providing education and resources
4. Coordinating strategy implementation
5. Linking harm reduction to “upstream” strategies

(Prevention Technology Transfer Center Network, 2023)
Prevention’s Role: Promote Community Readiness

1. Discuss misconceptions of harm reduction
2. Build community readiness
3. Build support among stakeholders
Prevention’s Role:
Address Stigma of Substance Misuse

- Educate community stakeholders on addiction and recovery
- Promote use of non-stigmatizing and person-first language
- Encourage community to respect autonomy and dignity of those with substance use disorder
Prevention’s Role: Provide Education

Education may include:

- How to identify an overdose
- How to use naloxone
- How to reduce post-overdose risk
- How to access recovery supports

Messaging tailored to building support and awareness for harm reduction interventions
Prevention’s Role: Coordinate Strategy Implementation

First, assess efforts that already exist (i.e. an opioid task force)

Collaborative opportunities bring together various sectors and partners.

Together, partners can work through barriers and obstacles.
Prevention’s Role: Link to Upstream Strategies

Examples include prevention services for children of people who use drugs and policies that address harm reduction and prevention.

Downstream strategies are designed to prevent overdose and related consequences.

Upstream strategies are designed to reduce substance misuse in the first place.

Linkages to strategies promote factors that protect against future substance misuse.
Examples of Successful Partnerships

Prevention coalitions throughout Florida distribute naloxone to individuals.

Coalitions educate individuals on how to recognize and respond to an overdose, laws surrounding overdose, risk factors for overdose, naloxone and how to administer it, how to locate Narcan in their community, and how to report an overdose.
Overdose Prevention

Check out Florida’s Learning Management System (LMS) for Behavioral Health:
https://www.floridalearner.org

Search for “Opioid Overdose Prevention: Recognition and Response Training”
Overdose Prevention Practices

- Naloxone Distribution
- Fentanyl Education and Awareness
- Education on Emerging Substances
- Overdose Recognition and Response Training
- Naloxone Administration Training
Naloxone

- Reverses opioid overdoses
- FDA approved in 1971
- Starts working in 2-3 minutes
- Lasts for 30-90 minutes before wearing off
- May precipitate withdrawal symptoms (flu-like symptoms)
Naloxone Distribution

In Florida, organizations operate under standing orders and hand out free naloxone kits directly to people at risk of witnessing or experiencing a drug overdose.

- Low barrier and free

- Reduces obstacles including cost and lack of access/transportation to a pharmacy

- Individuals can distribute naloxone to their peers through secondary distribution
Florida’s Naloxone Distribution Program

- Florida Department of Children and Families Overdose Prevention Program operates Florida’s Naloxone Distribution Program and partners with hundreds of organizations to save lives.

- If your organization is interested in distributing naloxone to individuals at risk of witnessing or experiencing an overdose, please email isavefl@myflfamilies.com.
# Naloxone Providers in Florida

Please select a county below.

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<thead>
<tr>
<th>County</th>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
<th>Facebook</th>
<th>Web</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miami-Dade</td>
<td>University of Miami / IDEA Exchange</td>
<td>1666 NW 7th Ave, Miami</td>
<td>305-243-2799</td>
<td><a href="mailto:ftmartinez89@miamiedu.org">ftmartinez89@miamiedu.org</a></td>
<td></td>
<td><a href="http://ideaexchangeflorida.org/">http://ideaexchangeflorida.org/</a></td>
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<tr>
<td>Miami-Dade</td>
<td>Jackson Behavioral Health Hospital</td>
<td>1095 NW 9th Ave, Miami</td>
<td>305-355-7370</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Miami-Dade</td>
<td>Borinquen Medical Centers</td>
<td>3000 Biscayne Blvd, 5th Floor, Miami</td>
<td>305-576-6611 ext 1808</td>
<td><a href="mailto:lcharlemagne@borinquenhealth.org">lcharlemagne@borinquenhealth.org</a></td>
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Many partners across sectors distribute naloxone. Some examples may include mutual aid groups, food distribution sites, and shelters.

Even if an organization does not distribute Narcan, it is still beneficial to educate staff and volunteers on how to recognize and respond to an overdose including how to administer naloxone.
Engaging Partners to Prevent Substance Misuse and Use

- Community stakeholders to involve to enhance your prevention efforts:
  - Community health centers
  - Community-based organizations
  - Local schools, universities, colleges
  - Recovery Community Organizations (RCOs)
  - Poison Control Centers
  - Medical Examiner

Are you a community stakeholder group not listed here? Tell us in the chat!
Locate Services In Your Area

SAMHSA’s National Helpline is a free, confidential, 24/7 treatment referral and information service – 1-800-662-HELP (4357)

SAMHSA’s treatment locator: https://findtreatment.gov or text your zip code to 435748 (HELP4U)

Call 211 or visit https://www.211.org

Visit https://www.findhelp.org

Find Local Services: https://www.myflfamilies.com/SAMH-Get-Help

Call, text, chat: https://988lifeline.org
HHS’s Overdose Prevention Strategy has four pillars including Primary Prevention, Evidence-Based Treatment, Harm Reduction, and Recovery Supports.

Focuses on array of substances involved in overdoses and innovative treatment approaches for substance use disorders.
National Fentanyl Awareness Day – May 9

- Don’t stigmatize drug use
- Know signs of overdose and carry naloxone
- Encourages open dialogue about fentanyl at home and school

www.fentanylawarenessday.org
References


Resources