

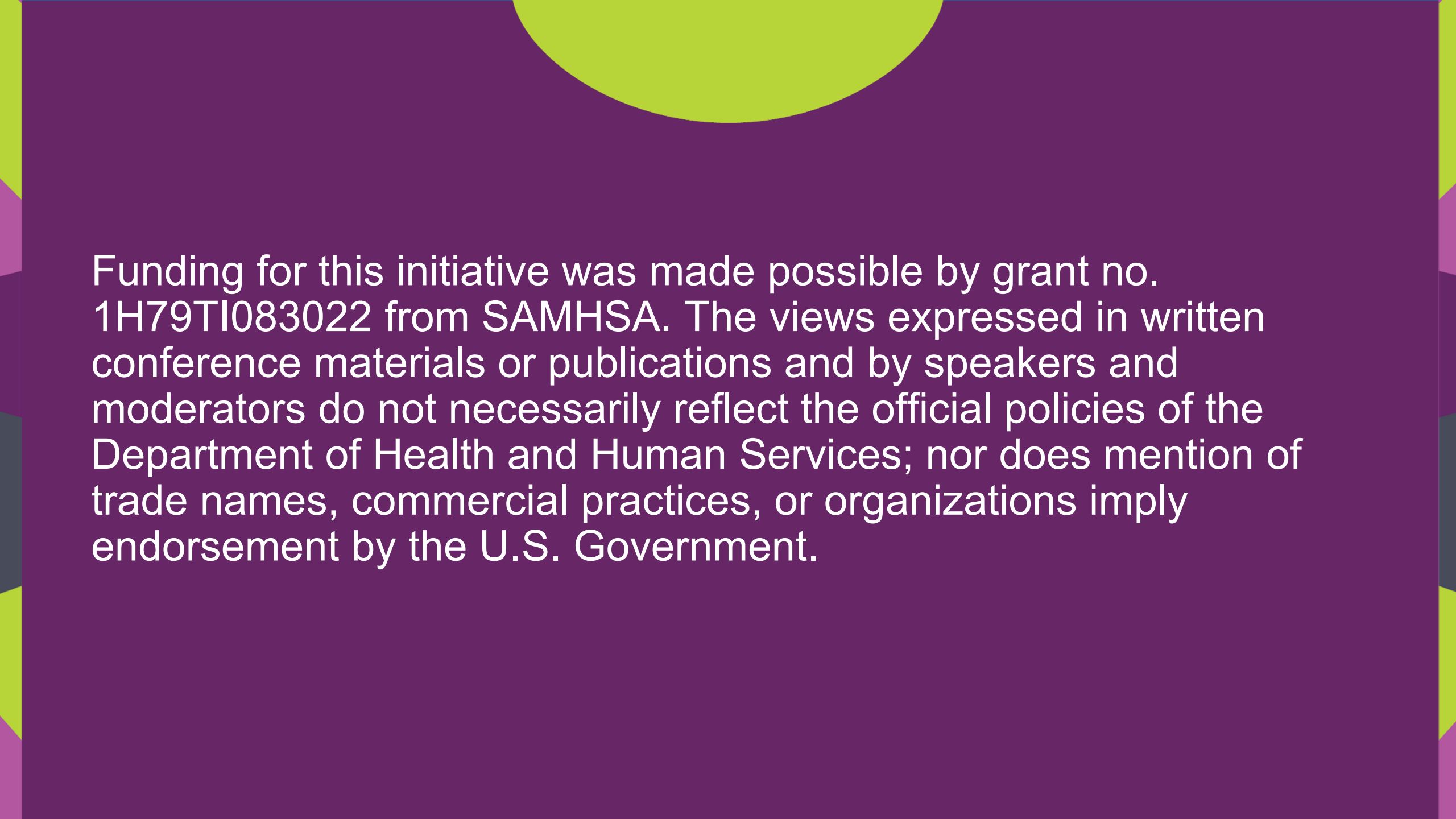


# The Intersection of Harm Reduction, Prevention, and Recovery: Part 1

Presenters:

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**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



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# The Intersection of **Harm** **Reduction, Prevention & Recovery**

*A Collaborative Webinar Series between:*

Peer Recovery Center of Excellence  
Prevention Technology Transfer Center Network





# Core Areas of Focus:


Clinical integration of peer support workers into non-traditional settings;

Building and strengthening capacity of Recovery Community Organizations;

Enhancing the professionalization of peers through workforce development;

Providing evidence-based toolkit and resource information to diverse stakeholders.





If we want addiction destigmatized,  
we need a language that's unified.

The words we use matter. Caution needs to be  
taken, especially when the disorders concerned  
are heavily stigmatized as substance use  
disorders are.

# Housekeeping

- This presentation is being recorded. The recording will be made available in the coming weeks through the Peer Recovery Center of Excellence.
- During the presentation, submit questions and feedback in the chat box or Q & A. This will be an interactive webinar- please share your thoughts and questions!
- You will receive the slides for this presentation via email.
- We value your feedback! When the evaluation link is provided at the end of the presentation, please submit your response within 1-2 days.





## Objectives

- Describe the intersections between prevention, recovery, and harm reduction approaches
- Define common terms used in prevention, recovery, and harm reduction
- Develop specific ways in which prevention, recovery community, and harm reduction practitioners can better support one another



## Framing the Discussion

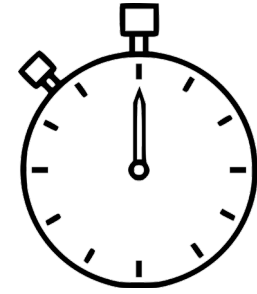


- Harm Reduction, Prevention, and Recovery have common goals
- Prevention incorporates some harm reduction strategies when addressing opioid overdose
- Historically, most harm reduction strategies have been implemented outside the purview of prevention
- Collaboration is key for developing a comprehensive approach across the continuum of care





what society thinks i do	what my family thinks i do
what i think i do	what i actually do



4 mins

- Write/type/draw individually
- One or two sentences each prompt
- We'll revisit what you wrote in Session 2 next Tuesday



# Defining Prevention

- Prevention is an active process of creating conditions and fostering personal attributes that promote the wellbeing of people. (Lofquist, 1989)
- Prevention includes interventions that occur prior to the onset of a disorder that are intended to prevent or reduce risk for the disorder. (Institute of Medicine, 2009)
- Prevention activities work to educate and support individuals and communities to prevent the use and misuse of drugs and the development of substance use disorders. (SAMHSA)



# Defining Prevention:

Before  
Onset of the  
Problems

Before a  
Diagnosis



# Defining Prevention:



The Entire  
Population



People at Greater  
Risk



People  
Misusing  
Substances



Upstream

Down Stream

# ***Understanding Prevention: The Essentials***



**Addresses Multiple Approaches, Populations and Settings**



**Centers on the Community**



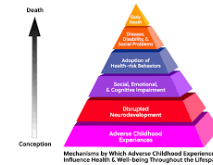
**Addresses Health Disparities and Build Equity**



**Utilizes Environmental Strategies**



# Prevention Across the Decades



1990's



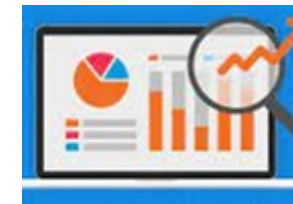
Mid 2,000



1980's



Early 2000



2010-2020





What do you think of when you hear 'harm reduction'?



# Defining 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.


National Harm Reduction Coalition





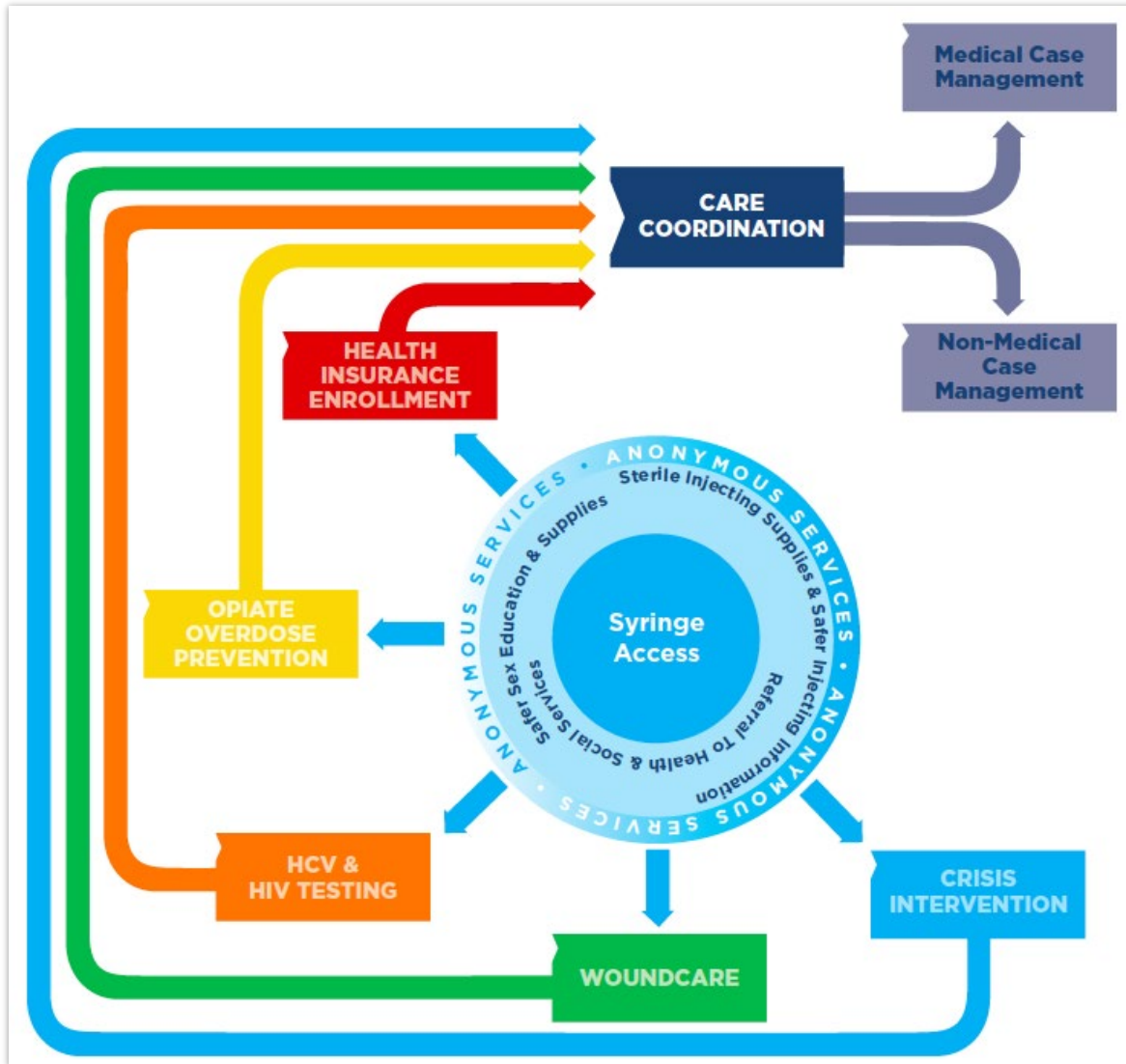
“Harm reduction can be viewed as an end in itself with a focus on mitigating harm to individuals, families, and the community as a whole...[and] harm reduction strategies can be viewed collectively as a platform or point of access for promoting long-term health, and, for those with severe alcohol and other drug problems, long-term personal and family recovery.”

*Arthur C. Evans, Jr., CEO, American Psychological Association*



National Harm Reduction Coalition creates spaces for dialogue and action that help heal the harms caused by racialized drug policies.

*Mission statement, National Harm Reduction Coalition*



# History of Harm Reduction

- Morphine Maintenance Clinics
- Methadone / Buprenorphine
- Syringe Access Programs
- Housing First
- Supervised Consumption Spaces
- Naloxone
- Drug User Unions
- Condoms & STD testing

Resource: **Undoing Drugs: The Untold Story of Harm Reduction and the Future of Addiction**, Maia Szalavitz



# Harm Reduction Principles

- Recognizes that alcohol & other drug use is common
- Employs a set of practical strategies by which harm related to alcohol & other drug use is reduced
- Includes a spectrum of strategies, from safer use to abstinence
- Uses low-threshold entry requirements appropriate for the targeted group
- Ensures that people who use/d alcohol & other drugs have a real voice in the creation of programs and policies





“We knew we couldn’t make it illegal to be either against the war or black, but by getting the public to associate the hippies with marijuana and blacks with heroin, and then criminalizing both heavily, we could disrupt those communities. We could arrest their leaders, raid their homes, break up their meetings and vilify them night after night on the evening news. Did we know we were lying about the drugs? Of course, we did.”

**President Nixon’s domestic policy chief, John Ehrlichman, 1994 interview, *Harper Magazine***

## Goals of Harm Reduction

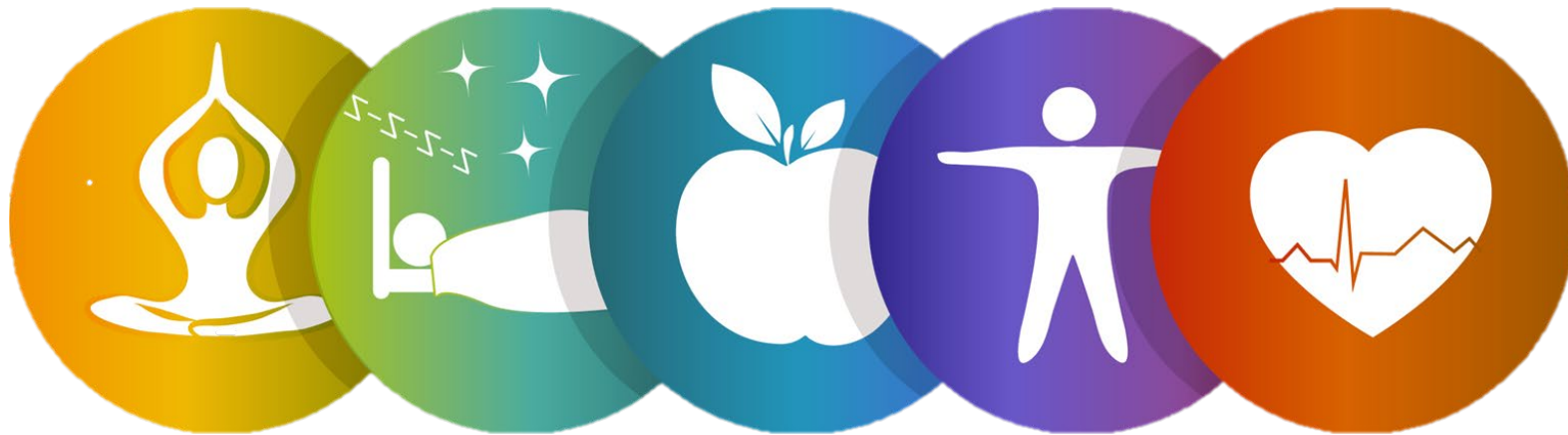
- ‘Undoing’ Drug War policies, practices, thinking
- Eliminating punitive & abolitionist approach to drugs/users
- Acknowledging & addressing racist origins of drug policy



# Defining Recovery

There is no single definition of recovery. Many people interpret recovery to be complete abstinence, while others believe this term is synonymous with remission, and still others associate recovery with quality of life indicators.

Recovery Research Institute, Recovery Definitions



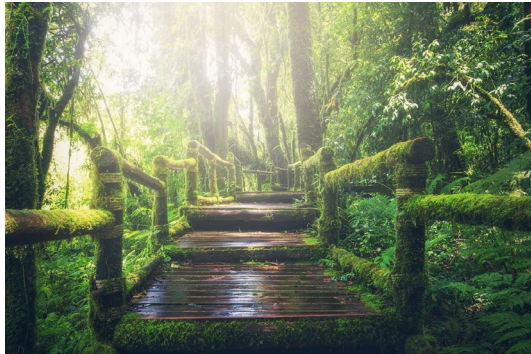
# Defining Recovery

- A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. The four dimensions of recovery are: Health, Home, Community, and Purpose (SAMHSA, 2011)
- The experience of a meaningful productive life within the limits imposed by the risks of addiction. Recovery is both the acceptance and transcendence of limitation. It is the achievement of optimal health – the process of rising above and becoming more than an illness. Recovery in contrast to treatment is both done and defined by the person recovery. (William White)



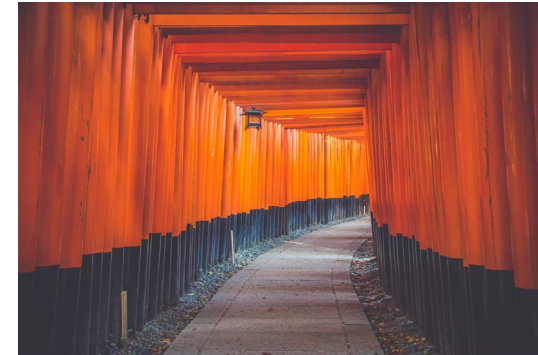
# Multiple Pathways

**There are many paths of recovery.** People will choose their recovery pathway based on cultural values, socio-economic status, psychological and behavioral needs, and the nature of their substance use disorder. With such a personal and varied stake it is impossible to categorize every single type of recovery. However, there are several large areas that recovery falls into. (Facing Addiction with NCADD)



## Examples of Recovery Paths

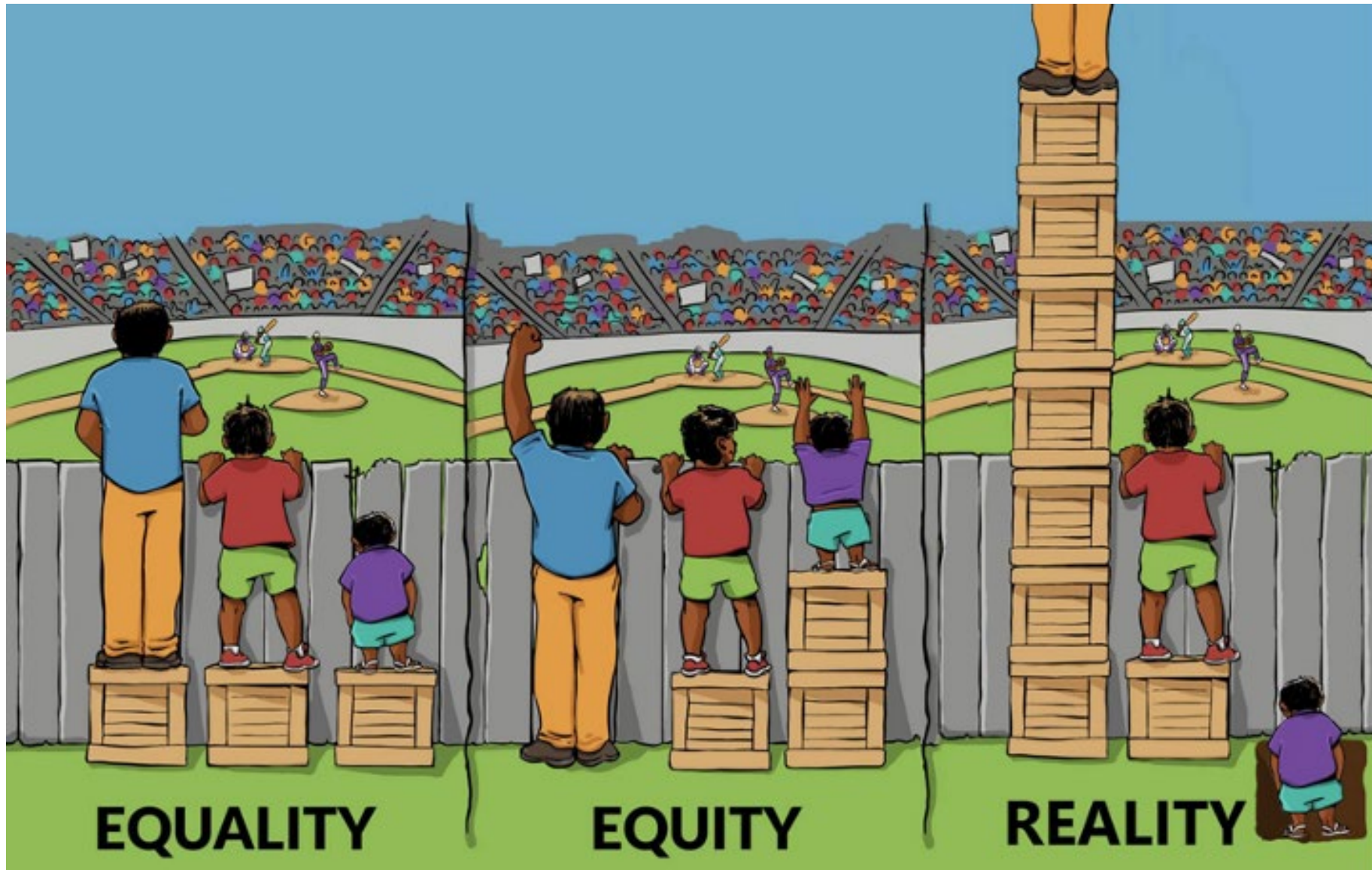
- Natural Recovery
- Recovery Mutual Aid Groups
- Medication Supported Recovery
- Peer-Based Recovery Supports
- Family Recovery
- Technology-Based Recovery
- Harm Reduction
- Moderation Management
- Faith-based
- And many, many more!



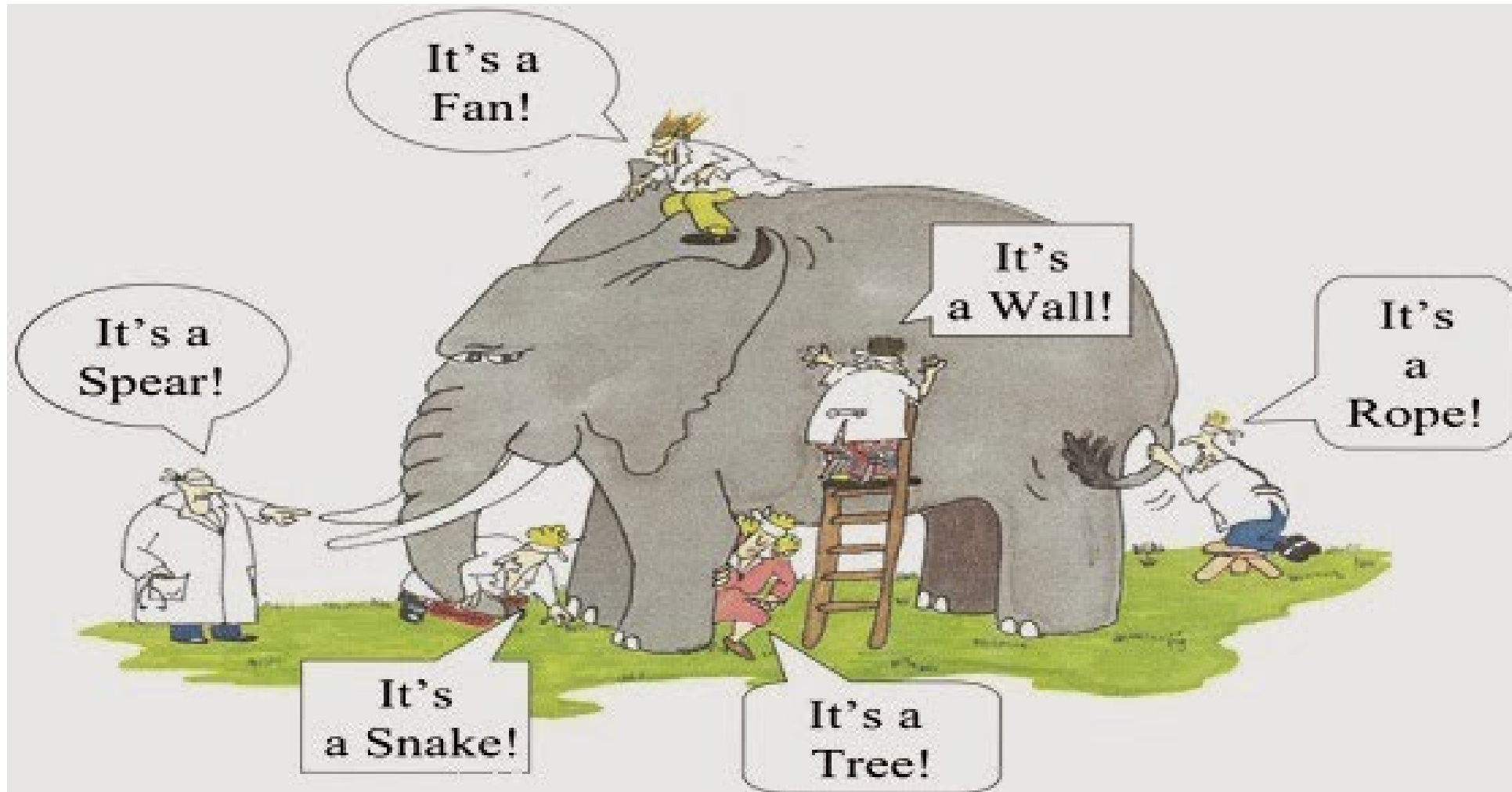




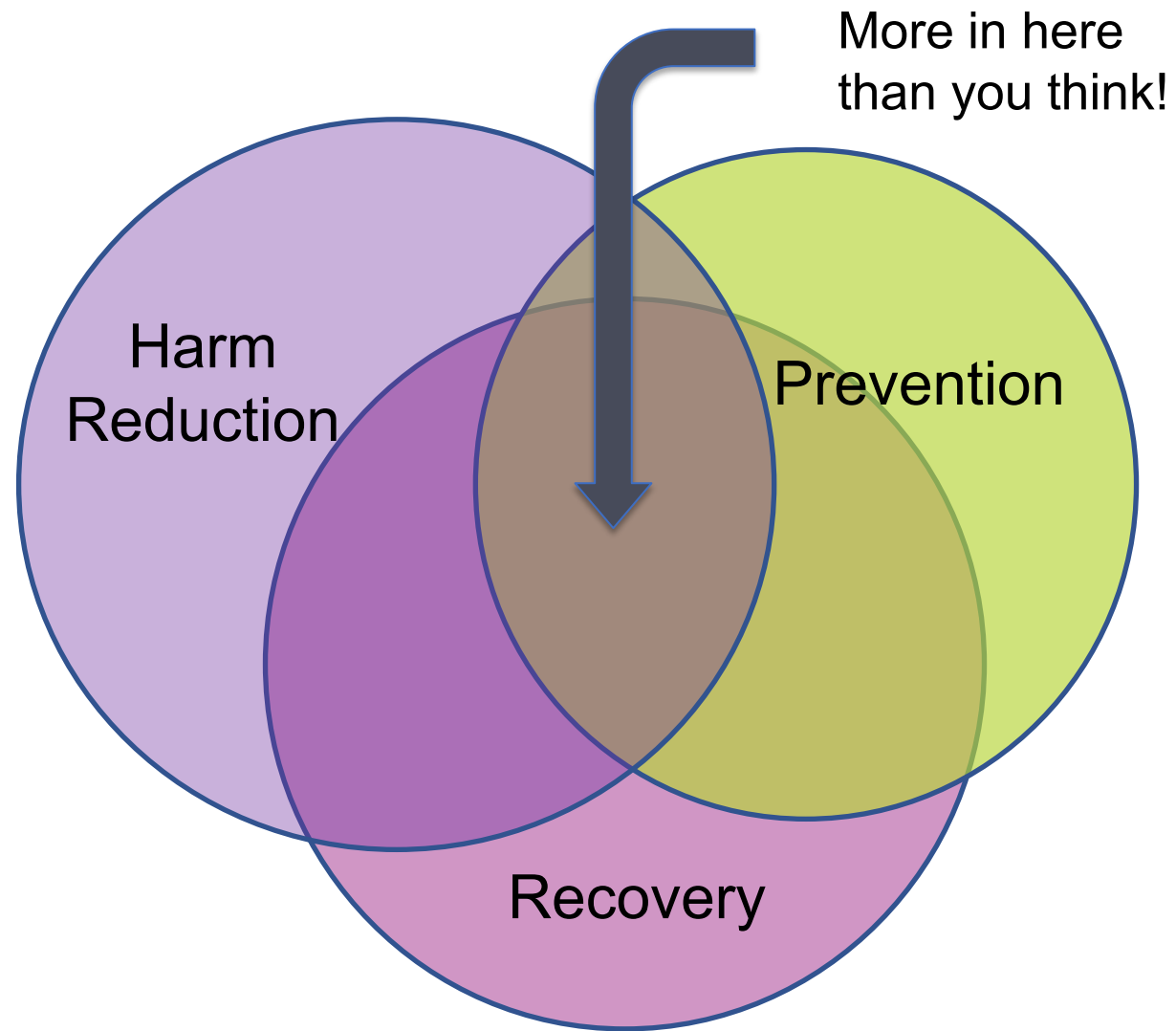
# Building Equity



# Addressing the Elephant in the Room



Intersection of  
Harm  
Reduction,  
Prevention,  
and Recovery





# Remember to join us for Part 2 of the Intersection of Harm Reduction, Prevention, and Recovery

Tuesday 11/16/21

1-3pm ET/12-2pm CT/11am-1pm MT/ 10am-12pm PT

Link to register:

[https://umsystem.zoom.us/webinar/register/WN\\_IVWt6esqRUGLxgDgzHEmaw](https://umsystem.zoom.us/webinar/register/WN_IVWt6esqRUGLxgDgzHEmaw)



Questions?





Connect  
with us!

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