

Guide to Harm Reduction

Reducing Harm and Improving Health for People Who Use Drugs and for the Community



Course Overview

Harm reduction incorporates evidence-based and evidence-informed strategies from safer use, to managed use, to abstinence to meet drug users “where they’re at,” addressing conditions of use along with the use itself.

In this course you will learn the benefits of harm reduction and how strategies can be applied to reduce harm and further complications from drug use and reduce the harm and risks to the community. The course will dispel some common myths of harm reduction. Participants will gain an understanding of harm reduction principles and services and be able to define what it means to “practice” harm reduction.

What People Are Saying

"Had a change of mindset and heart regarding some aspects of harm reduction. I now know more about harm reduction, the tools it has to offer, how it can help those with SUD, and will be able to apply what I have learned "

- Define harm reduction as it is used in engaging people who use drugs into services and support.
- List a minimum of four benefits of harm reduction for the individual and/or community.
- Discuss the history of harm reduction and where it fits today in the continuum of SUD treatment and recovery.
- Identify the principles and philosophy of harm reduction and examples of harm reduction tools and services.
- Differentiate an effective Harm Reduction practice in contrast to a practice which does not apply harm reduction principles to the services / tools.

"The dispelling myths section about harm was helpful, especially being presented with the research and learning how harm reduction strategies encourages people who use drugs to seek treatment and reduces the risks to the general community."



Guide to Harm Reduction (GHR)

Reducing Harm and Improving Health for People Who Use Drugs and for the Community

Course Outline

- I. Harm Reduction Terminology, Definition and Philosophy
 - A. Terminology
 - B. What is Harm
 - C. Definition and Philosophy
 - D. Harm Reduction Versus Harm Elimination
 - E. Community and Benefits of Harm Reduction
 - F. Who are Harm Reductionists and What they Do?
- II. History of Harm Reduction and the Criminalization of Drugs
 - A. History
 - B. Criminalization of Drugs
 - C. Connection to Structural Inequalities and Racism
- III. Foundations in Harm Reduction Approaches
 - A. Evidence-based and Evidence Informed Approaches
 - B. Harm Reduction Strategies
 - C. Continuum of Substance Use
 - D. Substance Use Management (SUM)
 - E. Stages of Change Model and Harm Reduction
 - F. Assessing Areas for Improvement: Drug, Set, and Setting
 - G. Ideal Model for Harm Reduction
- IV. Practicing Harm Reduction
 - A. Introduction to: Principles + Tools = Practicing
 - B. Harm Reduction Principles
 - C. Harm Reduction Services and Tools
- V. Harm Reduction Myths
- VI. Examples of Harm Reduction in Action
- VII. Next Steps and Resources

Course Subject Matter Experts

Emma Roberts, Senior Director of National Capacity Building, National Harm Reduction Coalition (HRC), harmreduction.org

Mary J. Didelot, PhD, LMHC, LCAC, NBCCH, BCPC, BC PTSD Clinician, Associate Professor of Education, School of Education and Counseling, Purdue University Northwest.

CE Credit and Certificate Program

In partnership with Purdue University College of Pharmacy, Office of Continuing Education, Overdose Lifeline has developed layperson and clinician CE courses and 20 credit professional certificate program on Addiction / Substance Use Disorder with an Opioid Specialization.

The course meets the following CE accreditations: Accreditation Council for Pharmacy Education (ACPE), Accreditation Council for Continuing Medical Education (ACCME), American Nurses Credentialing Center (ANCC), and Other, *AMA PRA Category 1 Credit(s)*[™] (ACCME) which will service all other clinical and layperson credits.

Law Enforcement: As an approved Law Enforcement Training Board training provider (#47-1333720), Overdose Lifeline online training courses meet annual in-service training requirements for Indiana Law Enforcement officers and support personnel.

Online CE Course

3.0 CE credits, \$45/person

Online, self-paced continuing education

Onsite and Virtual Training

Onsite and virtual training available for groups of five or more. Contact us for more information and a custom quote.

Trainer Program

Get certified to deliver the course within your community.

Program materials are provided for onsite and virtual / webinar settings. Includes: Presentation PowerPoint with trainer notes and complete script. Multiple versions for different training lengths and customizable. Attendee pre-post survey, handouts, breakout activities, poll questions, certificate of attendance, customizable flyers, and more.

Training Fee: \$255/person

One prerequisite course, program training, and trainer's kit

Individual License Fee: \$200/person

Access for one trainer. Annual renewal.

Group Program License Fee: \$400/per group

Access for two or more trainers within an organization. Annual renewal.

Examples:

\$455 for one trainer (\$255 + \$200)

\$1,165 for three trainers (\$255 X 3 + \$400)

