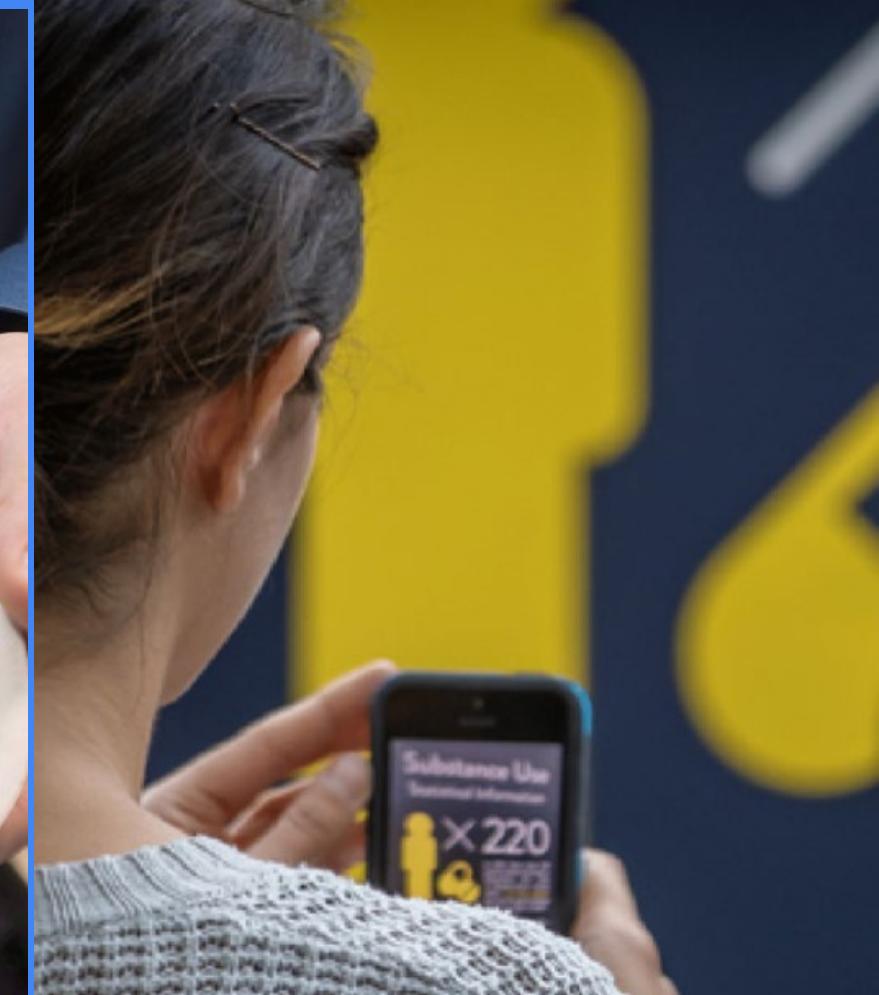


INTRODUCTION TO HARM REDUCTION

LABEL ME PERSON CAMPAIGN – POZITIVE PATHWAYS COMMUNITY SERVICES
CLAIRE VENET-ROGERS (MSW;MA) – HARM REDUCTION COMMUNITY EDUCATION COORDINATOR



INTRODUCCIÓN A LA REDUCCIÓN DE DAÑOS

CAMPAÑA "ETIQUÉTAME" - SERVICIOS COMUNITARIOS DE POZITIVE PATHWAYS

CLAIRE VENET-ROGERS (MSW;MA) – COORDINADORA DE EDUCACIÓN COMUNITARIA PARA LA REDUCCIÓN DE DAÑOS

This project is funded by
the Government of Canada.

Canada



Canadian Mental
Health Association
Windsor-Essex County

Community well-being is our sole focus.

Healthy Mind in a Healthy body - Harm Reduction

CLAIRES VENET-ROGERS (MSW;MA) – HARM REDUCTION



This project is funded by
the Government of Canada.

Canada



Canadian Mental
Health Association
Windsor-Essex County

Community well-being is our sole focus.

Mente Sana en Cuerpo Sano Reducción de Daños

CLAIRE VENET-ROGERS (MSW;MA) – REDUCCIÓN DE DAÑOS





- Background in archaeology (B.A., M.A) & social work (MSW)
- 10+ years experience in community-based practice
- I've worked for Pozitive Pathways Community Services for 5 years.
- I'm a bit of a nerd.
- She/her pronouns

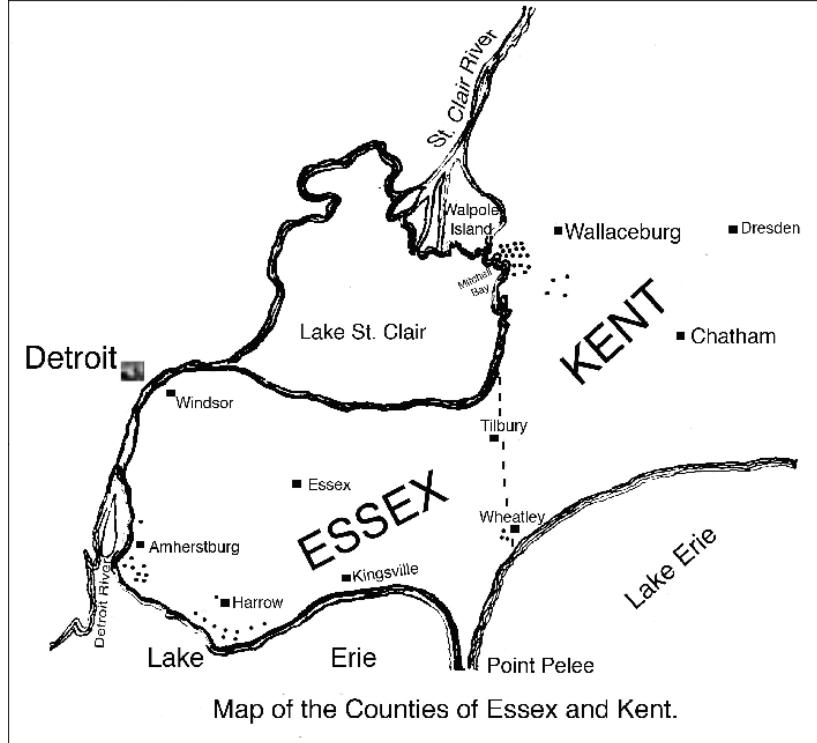
CLAIRE VENET-ROGERS, HARM REDUCTION COMMUNITY EDUCATION COORDINATOR



- Formacion en arqueología (B.A., M.A) y trabajo social (MSW)
- Más de 10 años de experiencia en la práctica comunitaria
- He trabajado con Pozitive Pathways Servicios Comunitarios por 5 años
- Soy un poco empollona
- Pronombre preferido es “ella”

CLAIRE VENET-ROGERS, COORDINADORA DE EDUCACIÓN COMUNITARIA PARA LA REDUCCIÓN DE DAÑOS

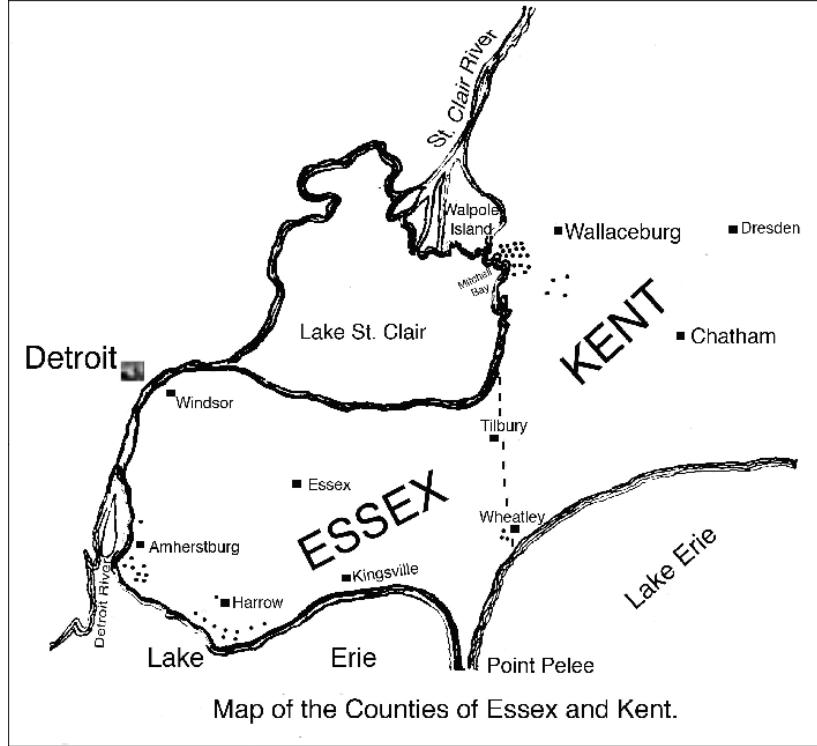
Pozitive Pathways Community Services



**Located at 511 Pelissier St., Windsor,
Ontario**

Pozitive Pathways provides **client advocacy, support, harm reduction, health promotion and education** services for people living with, affected by, or at-risk of HIV, Hep C and other sexually transmitted blood-borne infections (STBBIs) in Windsor-Essex and Chatham-Kent.

Servicios Comunitarios Pozitive Pathways



Situados en 511 Pelissier St., Windsor, Ontario

Pozitive Pathways ofrece **defensas de clientes, apoyo, reducción de daños, promoción de la salud y educación** para las personas que están viviendo con, están afectadas por, o corren el riesgo de contraer el VIH, la Hepatitis C y otras infecciones de transmisión sexual por vía sanguínea en Windsor-Essex y Chatham-Kent.

- Acknowledgment of personal experiences
- Feel free to disengage at any point so you can take care of yourself
- Respect & openness
- Trusting the learning process (and the feelings that it can bring up)



CONTENT WARNING

ADVERTENCIA SOBRE EL CONTENIDO

- Reconocimiento de las experiencias personales
- Siéntase libre de desconectarse en cualquier momento para poder cuidar de sí mismo
- Respeto y libertad
- Confía en el proceso de aprendizaje (y en los sentimientos que pueden suscitar)



AGENDA



1. Intro to Harm Reduction

Basics

Principles

Goals

Myths

2. Social Determinants of Health

3. Harm Reduction Services

Needle Syringe Programs

Needle Drop Boxes

Naloxone Distribution

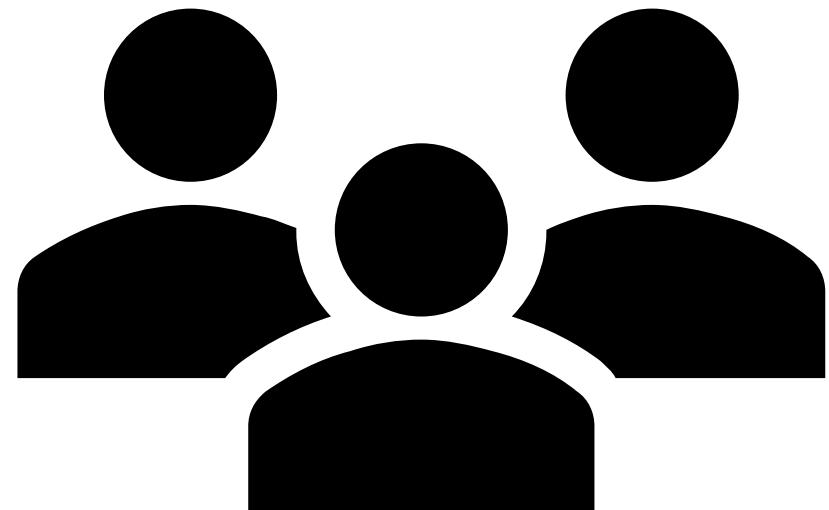
Community Programs

AGENDA



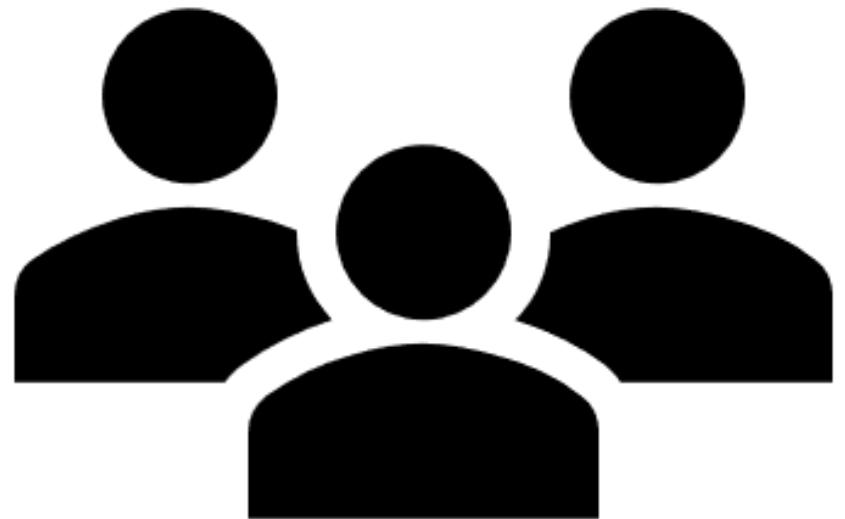
- 1. Introducción a la Reducción de daños
 - Fundamentos
 - Principios
 - Objetivos
 - Mitos
- 2. Determinantes Sociales de la Salud
- 3. Servicios de Reducción de Daños
 - Programas de jeringuillas con agujas
 - Buzones para disponer de las agujas
 - Distribución de naloxona
 - Programas Comunitarios

- Aims to reduce the health, social, and economic harms associated with substance use
- Benefits the individual, community, and society
- Evidence-based and cost-effective
- Focuses on the harms associated to drug use rather than drug-use itself
- Does not insist on or object to abstinence



HARM REDUCTION BASICS

- El objetivo es reducir los daños sanitarios, sociales, y económicos asociados al consumo de sustancias
- Beneficia al individuo, a la comunidad y a la sociedad
- Basado en la evidencia y económico
- Centrado en los daños asociados al consumo de drogas más que en el propio consumo
- No insiste ni se opone a la abstinencia



FUNDAMENTOS DE LA REDUCCIÓN DE DAÑOS

1. Non-judgmental

- ▶ Takes a neutral stance on substance use

2. Practical

- ▶ Identifies small, practical steps that people can take to be safer

3. Person-Centered

- ▶ Respects self-determination
- ▶ Meets people where they're at

4. “Nothing about us without us”

- ▶ Greater and more meaningful participation



PRINCIPLES OF HARM REDUCTION

1. Sin juzgar

- Adopta una postura neutral sobre el consumo de sustancias

2. Práctico

- Identifica pequeños pasos para prácticos que la gente puede dar para estar más segura

3. Centrado en la persona

- Respeta la autodeterminación
- Se encuentra con la gente en donde está

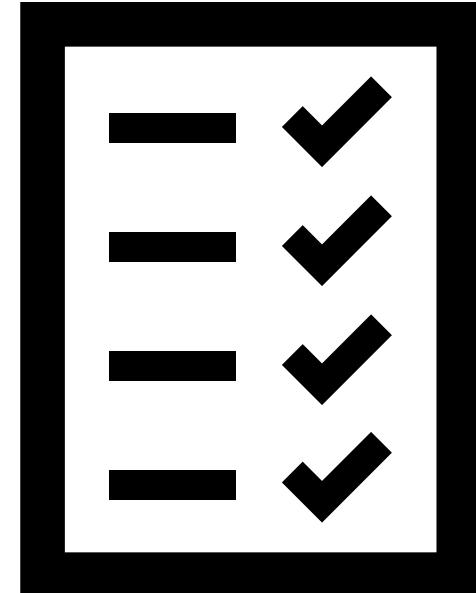
4. “Nada sobre nosotros sin nosotros”

- Una gran participación y más significativa



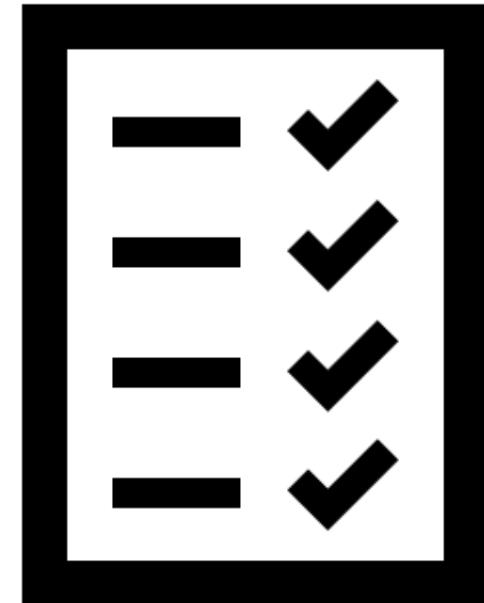
PRINCIPIOS DE LA REDUCCIÓN DE DAÑOS

1. Improve access to services
2. Educate individuals about safer substance use practices reduce risky behaviours
3. Prevent transmission of blood-borne viruses and pathogens between individuals
4. Reduce the risk of overdoses through distribution of Naloxone



GOALS OF HARM REDUCTION

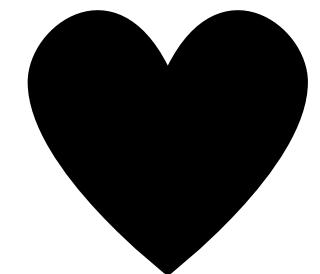
1. Mejorar el acceso a los servicios
2. Educar a las personas sobre las prácticas de consumo de sustancias más seguras y reducir los comportamientos de riesgo
3. Prevenir la transmisión de virus y patógenos transmitidos por la sangre entre individuos
4. Reducir el riesgo de sobredosis mediante la distribución de la naloxona



OBJETIVOS DE LA REDUCCIÓN DE DAÑOS

Harm Reduction:

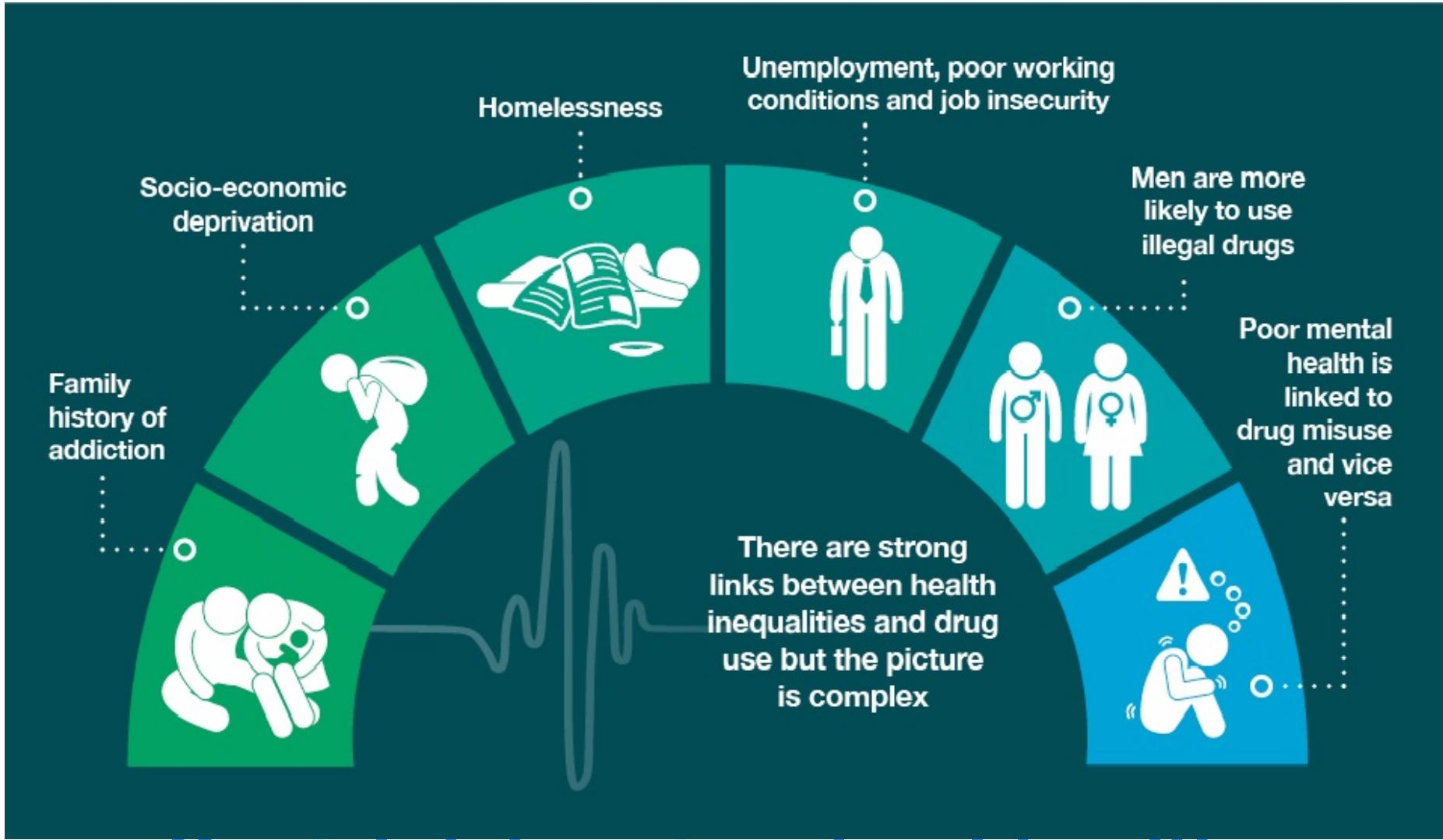
- Accepts all human conditions and stresses the importance of protecting the health of all people, including people who use.
- Acknowledges that those who cannot or will not cease using are still capable of making positive changes to protect their health and that of their community.
- Recognizes that engaging in illegal activities does not forfeit one's claim to health care or basic protections.



Reducción de Daños

- Acepta todas las condiciones humanas y subraya la importancia de proteger la salud de todas las personas, incluidas las que consumen.
- Reconoce que quienes no pueden o no quieren dejar de consumir son capaces de hacer cambios positivos para proteger su salud y la de su comunidad
- Reconoce que el hecho de participar en actividades ilegales no hace que se pierda el derecho a la asistencia sanitaria o a las protecciones básicas.





Social determinants of health



DETERMINANTES SOCIALES DE LA SALUD

**Needle Syringe Programs (NSPs)
may provide a range of services
including:**

- Providing injection equipment
- Providing inhalation equipment
- Education and information on reduction of drug-related harms
- Referral to drug treatment
- Medical care, legal and social services.

Heimer, 1998; Kildorf & King, 2008



NEEDLE SYRINGE PROGRAMS

Los programas de jeringuillas con agujas (NSP) pueden proporcionar una serie de servicios que incluyen:

- Proveyó materiales de inyección
- Ofrece materiales de inhalación
- Educación e información sobre la reducción de daños relacionados con las drogas
- Recomendación a varios tratamientos de drogas
- Atención médica, servicios jurídicos y sociales

Heimer, 1998; Kildorf & King, 2008



PROGRAMAS DE JERINGUILLAS

NEEDLE SYRINGE PROGRAMS IN WINDSOR



Pozitive Pathways Community Services
511 Pelissier Street
Monday-Friday, 9am-5pm



Welcome Centre Shelter for Women
263 Bridge Avenue
Monday-Sunday, 8am-8pm



Ontario Addiction Treatment Centre*
9917 Tecumseh Rd. East
Monday – Friday: 7am-4pm
Saturday + Sunday: 9am-12pm



PROGRAMAS DE JERINGUILLAS EN WINDSOR



Pozitive Pathways Servicios Comunitarios

511 Pelissier Street, Windsor

De lunes a viernes, 9am-5pm



Welcome Centre Shelter for Women (Centro para Mujeres)

263 Bridge Avenue, Windsor

De lunes a domingo, 8am-8pm



Ontario Addiction Treatment Centre* (Tratamiento de Adicciones de Ontario)

9917 Tecumseh Rd. East, Windsor

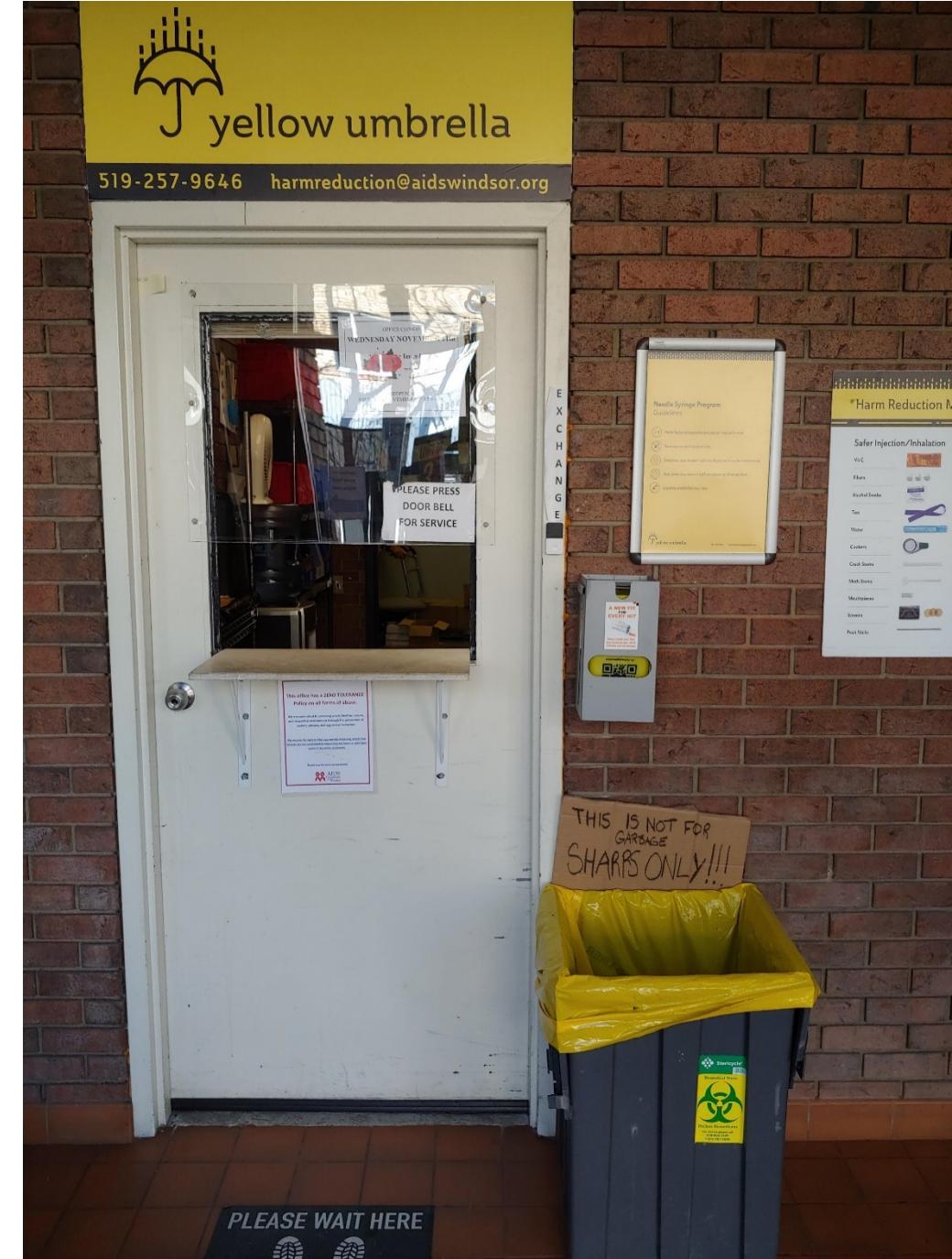
De lunes a viernes: 7am-4pm

Sabado + Domingo: 9am-12pm



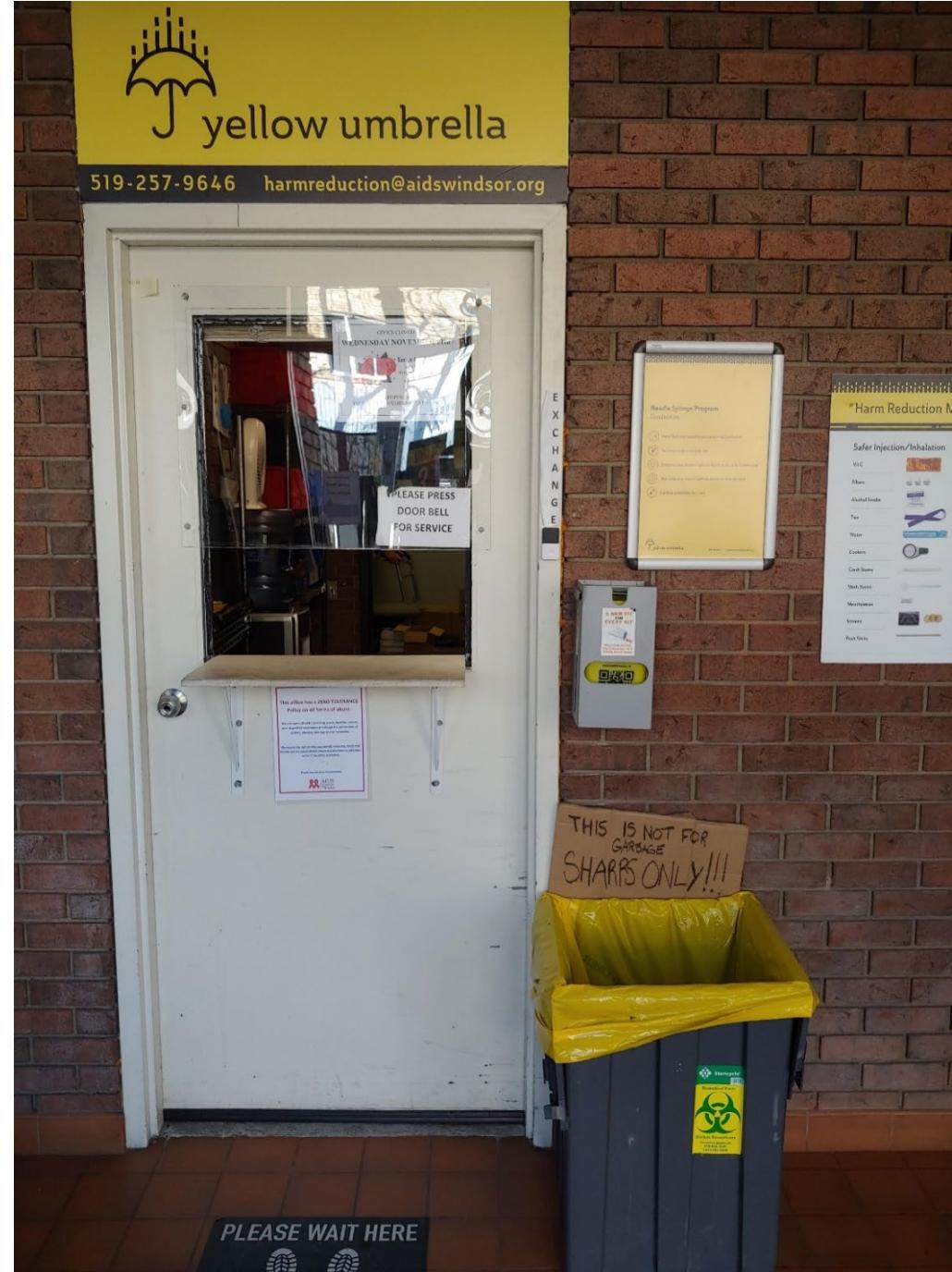
POZITIVE PATHWAY'S YELLOW UMBRELLA NEEDLE SYRINGE PROGRAM

- Crack Kits
- Meth Kits
- 10-pack and 100-pack injection kits
- Sharps disposal containers
- Condoms
- Lubrication
- Hormone injection kits
- Abscess Kits
- Naloxone (nasal & intramuscular)



PROGRAMA DE JERINGUILLAS CON PARAGUAS AMARILLAS DE POZITIVE PATHWAY

- Kits de crack
- Kits de metanfetamina
- Kits de inyección de 10 y 100 unidades
- Contenedores para la eliminación de objetos punzantes
- Condones
- Lubricación
- Kits de inyección de hormonas
- Kits para abscesos
- Naloxona (nasal e intramuscular)



Harm Reduction Materials Menu: Kits



Sexual Health

External Condoms



Flavoured Condoms



Dental Dams



Insertive Condoms



Silicone-based Lube



Water-based Lube



Latex-free Condoms

Sharps Containers

Small Sharps Container



Medium Sharps Container



Large Sharps Container



Safer Injection & Safer Inhalation Combos

Combo #1 – Meth Kit

2 push sticks 2 meth pipes
4 mouthpieces 4 alcohol swabs



Combo #2 – Crack Kit

2 push sticks 2 crack pipes 3 screens
4 mouthpieces 4 alcohol swabs



Combo #3 – 1cc Longs 10 Pack

10 long needles 10 alcohol swabs 5 Vit C
10 cookers 1 strip of filters (25) 2 ties
10 waters



Combo #4 – 1cc Shorts 10 Pack

10 short needles 10 alcohol swabs 5 Vit C
10 cookers 1 strip of filters (25) 2 ties
10 waters



Combo #5 – 3cc 10 Pack

10 Grey $^{27}\text{G} \times 1\frac{1}{2}$ " tips 10 alcohol swabs 5 Vit C
10 cookers 1 strip of filters (25) 2 ties
10 waters 10 barrels



Combo #6 – 1cc Longs 100 Pack

100 long needles 200 alcohol swabs 25 Vit C
100 cookers 5 strips of filters (125) 10 ties
100 waters 1 small sharps container



Combo #7 – 1cc Shorts 100 Pack

100 short needles 200 alcohol swabs 25 Vit C
100 cookers 5 strip of filters (125) 10 ties
100 waters 1 small sharps container



Combo #8 – 3cc 100 Pack

100 grey $^{27}\text{G} \times 1\frac{1}{2}$ " tips 200 alcohol swabs 25 Vit C
100 cookers 5 strips of filters (125) 10 ties
100 waters 1 small sharps container 100 barrels



Combo #9 – Hormone Kit

10 blue $^{25}\text{G} \times 1"$ tips 10 pink $^{18}\text{G} \times 1\frac{1}{2}"$ tips 10 barrels
10 alcohol swabs 10 waters



Combo #10 – Safer Snorting Kit

5 cut straws 6 alcohol swabs



Combo #11 – Abscess Kit

2 rolls of gauze 2 rolls of tape on a mouthpiece
4 alcohol swabs 1 pair of gloves



EMAIL

harmreduction@pozitivepathways.com

MOBILE

Call or text: 519-257-9646

OFFICE

519-973-0222

DELIVERY HOURS

WINDSOR WEDNESDAY

Hours: 1:00pm – 4:00pm

(Order by Monday)

ESSEX COUNTY WEDNESDAY

Distribution is provided in partnership with the
weCHC

Call or text: (519) 257-9646

CHATHAM-KENT FRIDAY

Hours: 11:00am – 3:00pm

(Order by Wednesday)

CORREO ELECTRONICO

harmreduction@pozitivepathways.com

CELULAR

Call or text: 519-257-9646

DE OFICINA

519-973-0222

HORARIO DE ENTREGA

WINDSOR

MIÉRCOLES

Hours: 1:00pm - 4:00pm

pedido para el lunes

ESSEX COUNTY

MIÉRCOLES

La distribución se realiza en
colaboración con el weCHC

Llama o textea: (519) 257-9646

CHATHAM-KENT

VIERNES

Hours: 11:00am - 3:00pm

pedido para el miércoles

ALCANCE MOVÍL

NEEDLE DROP BOXES

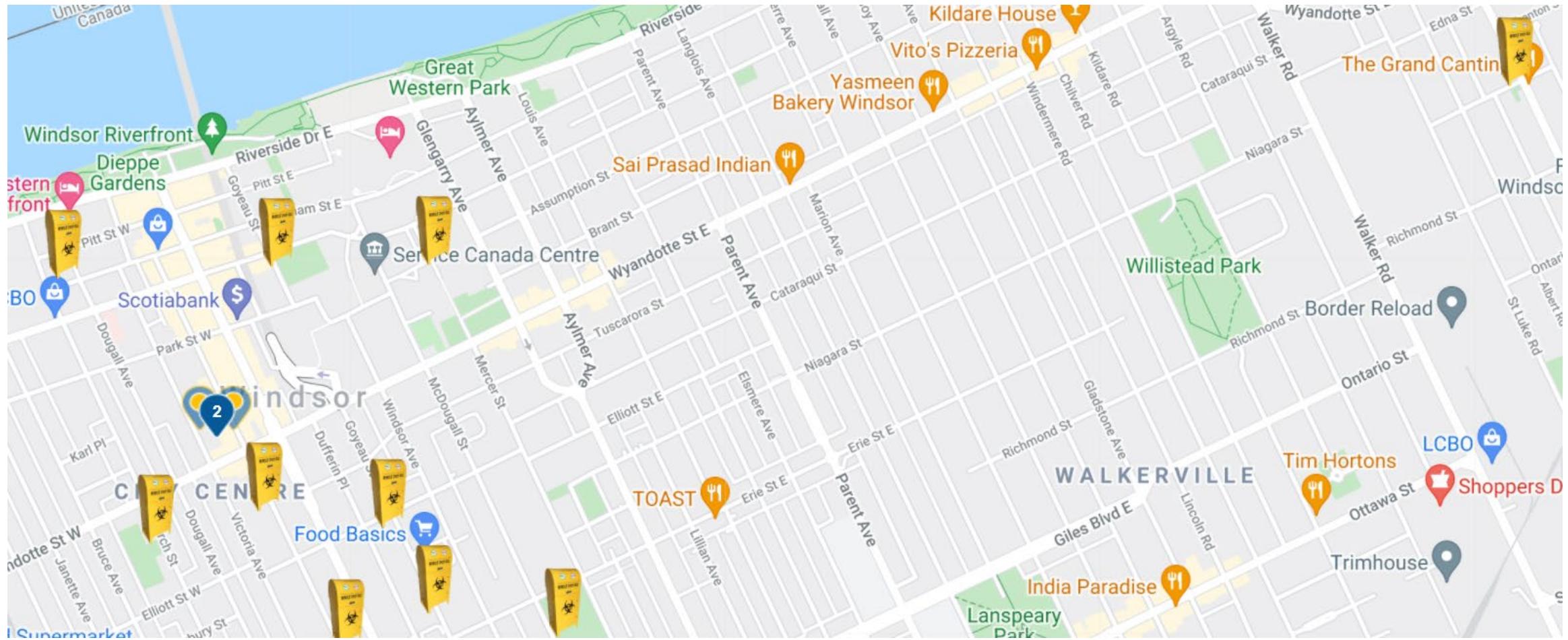
- Economic, rapid and highly effective approach to reduce discarded needles (de Montigny et al., 2010)
- Safe and secure disposal of sharps
- Less needles left in alleys, parks, on sidewalks, etc.
- Decreased occurrence of accidental needle prick injuries



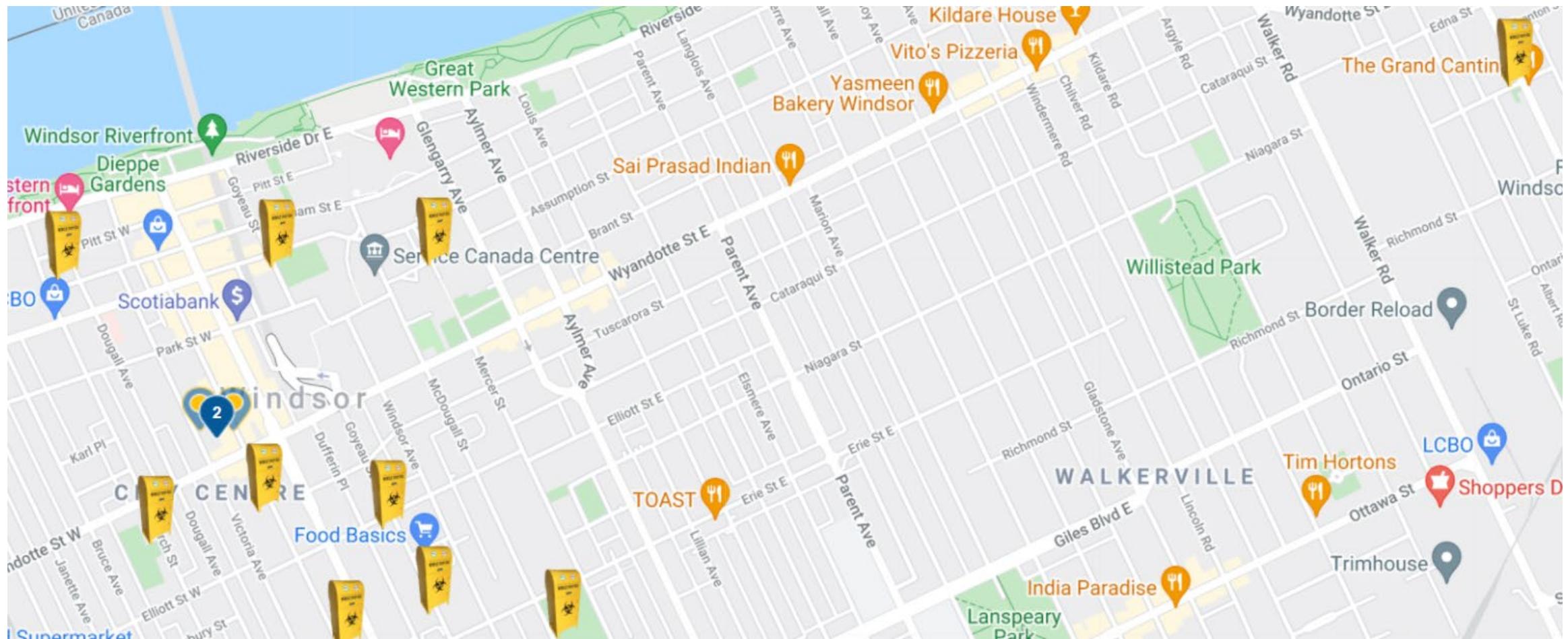
BUZONES DE AGUJAS

- Enfoque económico, rápido y muy eficaz para reducir las agujas desechadas (de Montigny et al., 2010)
- Eliminación segura de objetos punzantes
- Menos agujas abandonadas en callejones, parques, banquetas,etc.
- Disminución de pinchazos accidentales con agujas





UBICACIÓN DE LOS BUZONES PARA DESHACERSE DE LAS AGUJAS SEGURAMENTE



Please visit this page for a full listed locations: <https://www.wechu.org/your-environment/safe-needle-disposal>

NALOXONE

- Temporarily reverses an opioid overdose
- Saves lives
- No negative effects if given to someone not overdosing on opioids
- Naloxone provides no “high”
- Only a few minutes to receive training
- But more on this later...



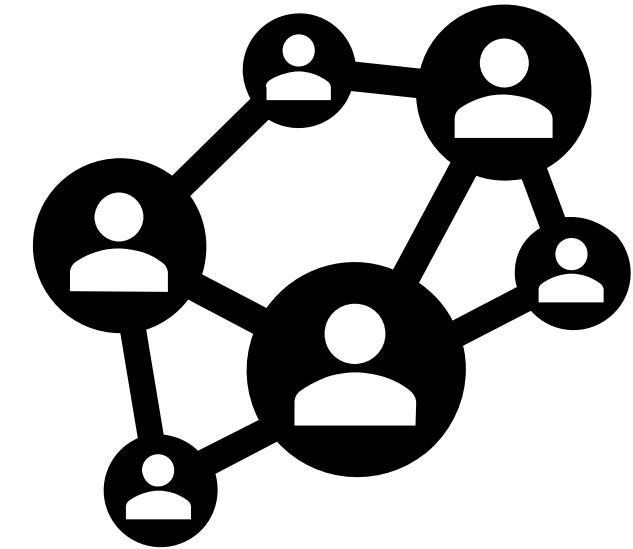
NALOXONA

- Revierte temporalmente una sobredosis de opioides
- Salva vidas
- No tiene efectos negativos si se administra a alguien que no tiene una sobredosis de opioides
- La naloxona no distribuye ningún “subidón”
- Solo unos minutos para recibir entrenamiento de cómo operarlo
- Más adelante hablaremos de esto...



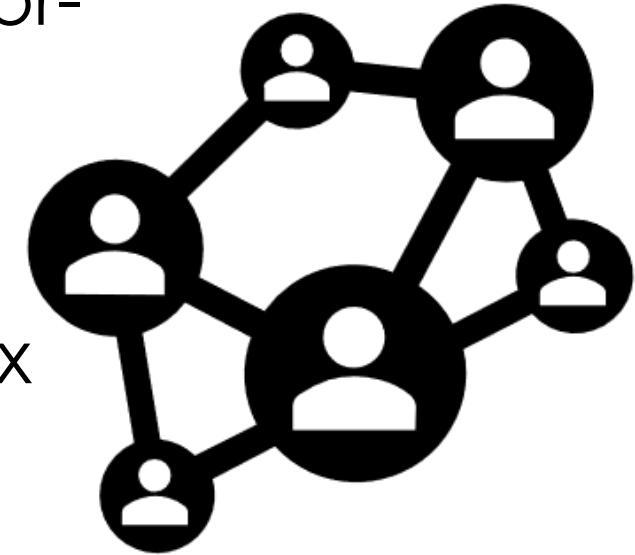
COMMUNITY HARM REDUCTION PROGRAMS:

- Windsor-Essex Community Health Centre
- Windsor-Essex County Health Unit
- Windsor-Essex Community Opioid & Substances Strategy
- Family Services Windsor-Essex
- Trans Wellness Ontario
- Ontario Addictions Treatment Centre, Tecumseh East
- Welcome Centre Shelter for Women



PROGRAMAS COMUNITARIOS DE REDUCCIÓN DE DAÑOS

- Centro de Salud Comunitario de Windsor-Essex
- Unidad de Salud del Condado de Windsor-Essex
- Estrategia Comunitaria de Windsor-Essex sobre opioides y sustancias
- Servicios Familiares de Windsor-Essex
- Trans Wellness Ontario
- Centro de Tratamiento de Adicciones de Ontario, Tecumseh East
- Centro de Acogida para las Mujeres



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FREE HEALTHCARE

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



Our doctor will be coming to you on
Sundays from 1pm-6pm at 33 Princess St.

These are FREE walk-in appointments, you
do not need to call ahead.

Come talk to our doctor about your health
issues for FREE.



@weCHC_



@weCHC519

www.wechc.org

ATENCION MEDICA GRATUITA

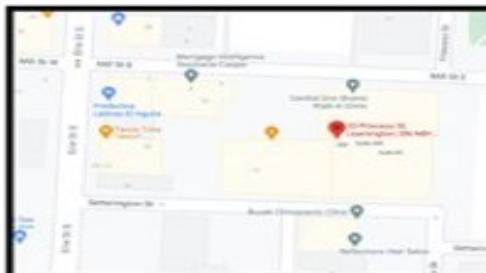
Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



Nuestra unidad medica estará disponible para ti
los domingos de 1 p.m. a 6 p.m. en 33 Princess St.

Estará dando citas GRATUITAS y no es necesario
reservar ni que llame con anticipación.

Venga a hablar con nuestro médico sobre sus
necesidades de salud GRATIS



@weCHC_



@weCHC519

www.wechc.org

Migrant Worker Community Program

Social, cultural, recreational, and communication opportunities



Call: 519-325-0876



WhatsApp: +1-519-999-6277



Follow their Facebook page:

search/click: '[Migrant Worker\(Community Program\)](#)'



Follow their YouTube channel:

search/click: '[Migrant Worker Community Program](#)'

Programa Comunitario para el Trabajador Migrante



Llama al: 519-325-0876



WhatsApp: +1-519-999-6277



Sigue nuestra página de Facebook:

haz clic aquí: ['Migrant Worker\(Community Program\)'](#)



Sigue nuestra página de Youtube:

haz clic aquí: ['Migrant Worker\(Community Program\)'](#)

COMMUNITY CRISIS CENTRE

- ▶ 24 hour Crisis Telephone Line
519.973.4435
- ▶ Walk-in Service
744 Ouellette Ave. Windsor Ontario
8:00 a.m. to 8:00 p.m. 7 days/week
- ▶ Follow-up crisis counselling and referrals

CENTRO COMUNITARIO DE CRISIS

- ▶ Línea telefónica en caso de crisis, las 24 horas
519.973.4435
- ▶ Servicio sin cita previa
744 Ouellette Ave. Windsor Ontario
8:00 a.m. a 8:00 p.m. 7 días / semana
- ▶ Asesoramiento y seguimiento en caso de crisis

HUB CONNECT APP

- ▶ Download the HubConnect App on your smartphone
- ▶ Information about local resources for healthcare, food, community events, health and safety etc
- ▶ Specific to migrant workers and temporary foreign workers



BAJA LA APLICACIÓN HUB CONNECT

- ▶ Baja Hub Connect en tu teléfono
- ▶ Información sobre recursos de salud, comida, entretenimiento, eventos de comunidad y seguridad.
- ▶ Información específica para los trabajadores migrantes y extranjeros.



Thank you!
Questions? Comments?

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GRACIAS!
¿Preguntas? ¿Comentarios?

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