



ECHO IDAHO: **Counseling Techniques for SUDs**

Harm Reduction In Idaho

09/05/2024

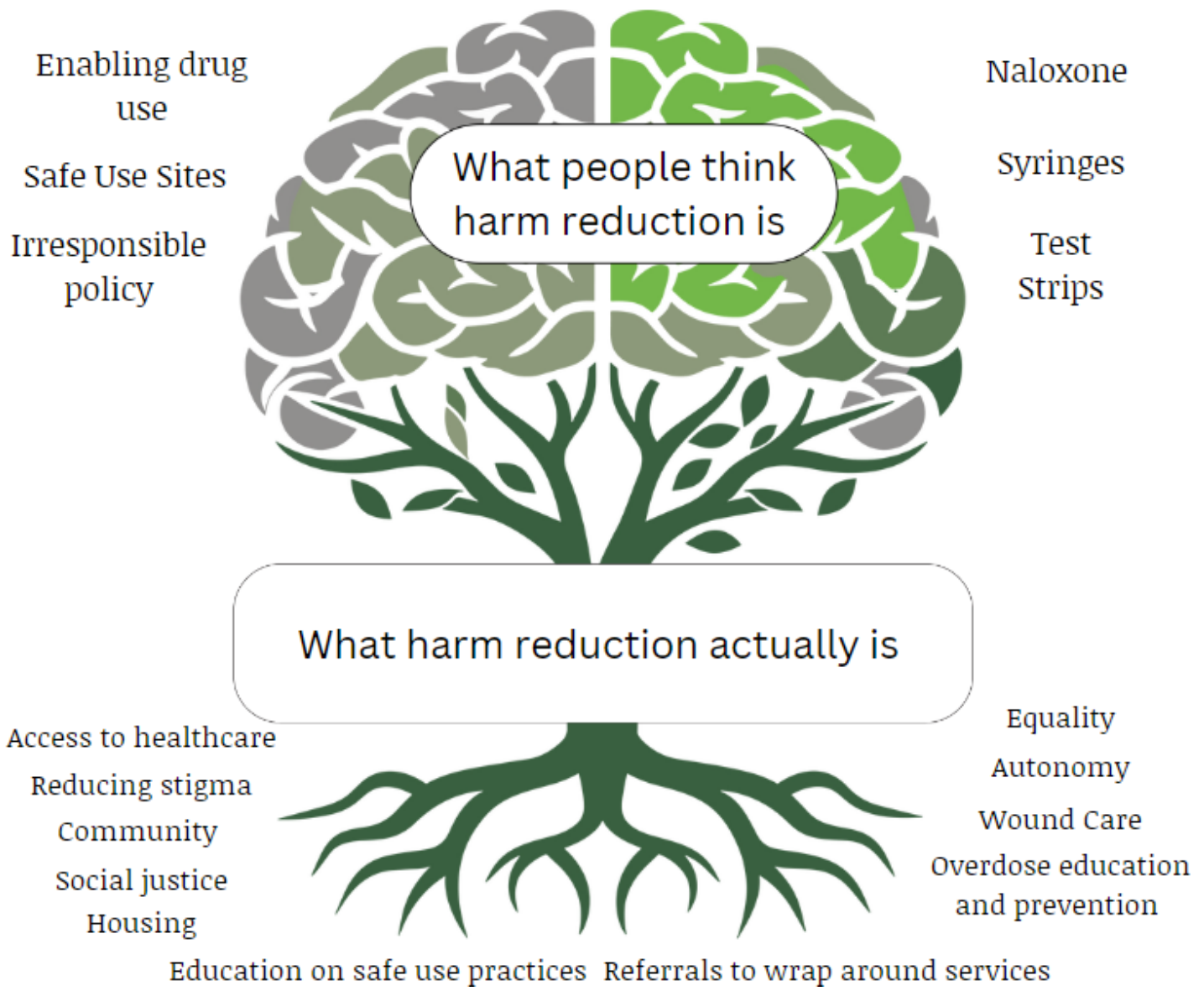
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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Learning Objectives

- What is harm reduction
- Idaho history 101
- Harm reduction in Idaho
- Harm reduction and you

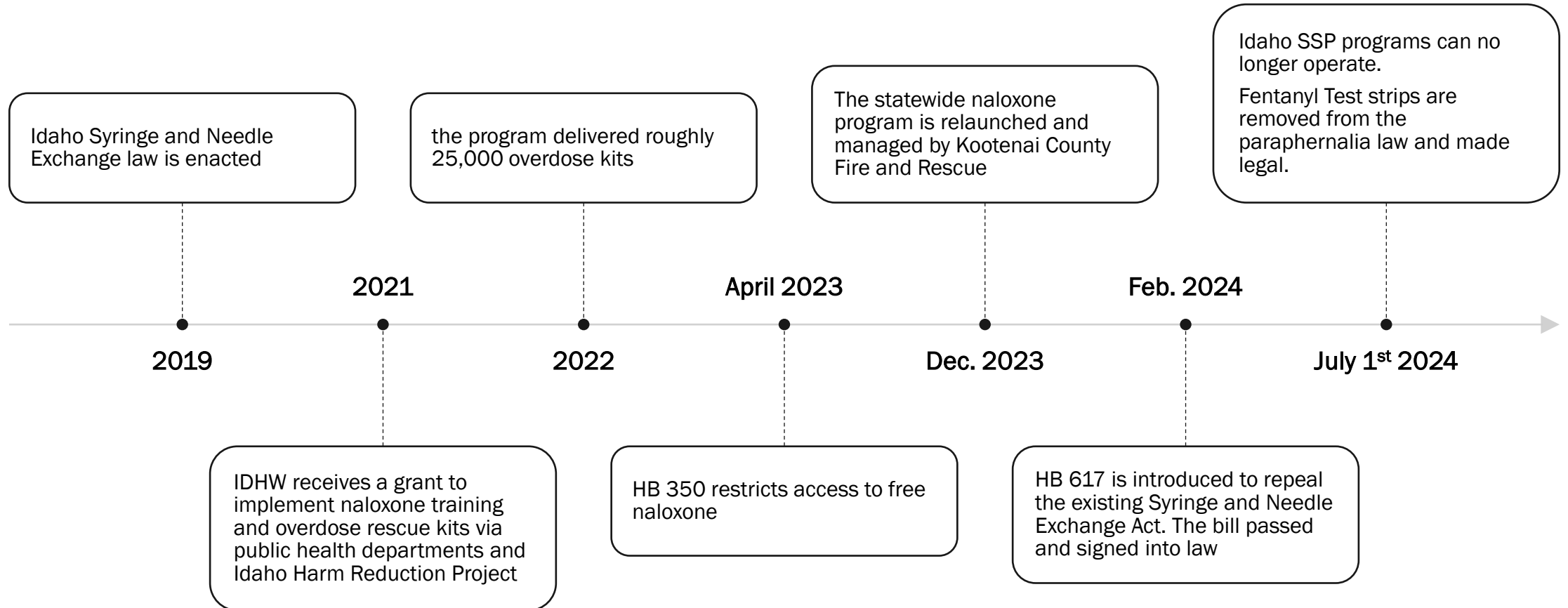


SAMHSA:

Harm reduction is a practical and transformative approach that incorporates community-driven public health strategies — including prevention, risk reduction, and health promotion — to empower people who use drugs (and their families) with the choice to live healthy, self-directed, and purpose-filled lives.

Harm reduction emphasizes engaging directly with people who use drugs to prevent overdose and infectious disease transmission; improve physical, mental, and social wellbeing; and offer low barrier options for accessing health care services, including substance use and mental health disorder treatment.

Idaho History 101



Current Harm Reduction Strategies In Idaho

Harm Reduction Infrastructure

- Harm Reduction Vending Machines for Community Access to Health Resources
- Placement of Naloxone Distribution Boxes to Increase access to lifesaving medication
- Installation of Permanent Sharps Containers to Enhance Community Safety and Hygiene
- Introduction of Fentanyl and Xylazine Test Strips and Education

Access

- Expansion of Medication for Opioid Use Disorder (MOUD) Services
- Distribution of Naloxone Leave-Behind Kits to Community Agencies

Infectious Disease Prevention and Testing

- HIV and Hepatitis C Testing, Treatment and Prevention
- STI Testing, Treatment and Prevention

Community Engagement and Outreach

- Strengthening Harm Reduction Outreach and Services in Rural Idaho
- Development and Expansion of Peer Recovery Centers
- Building Strategic Partnerships to Expand Harm Reduction and Support Services



How You Can Make a Difference

Clarify Your “WHY”

- **Understand Your Position on Harm Reduction:** Have a clear and well-informed understanding of your stance on harm reduction and the underlying reasons for your support.
- **Develop Your Agency’s Purpose:** Assess the value that harm reduction brings to your agency and the populations you serve. Understand that not every agency may adopt harm reduction practices. It is essential to be fully informed about your agency’s policies and stance on these approaches.
- **Appreciate Varied Perspectives:** Make an effort to understand the viewpoints of others, including their reasons for either supporting or opposing harm reduction practices.
- **Evaluate and Know Your Own Bias:** Reflect on how your personal beliefs about substance use and harm reduction might influence your approach. Strive for self-awareness to ensure your actions are guided by compassion and evidence

Normalize the Conversation

- **Create Safe and Supportive Environments:** Establish safe spaces within your agency where clients can receive support and engage in non-judgmental discussions about their substance use.
- **Facilitate Access to Naloxone:** Ensure that Naloxone is readily available to your clients or provide them with the necessary information to obtain it.
- **Stay Informed on Emerging Trends:** Continuously educate yourself and your staff on emerging trends that may pose risks to your clients.
- **Empower Clients with Knowledge:** Provide clients with the latest information to enhance their ability to make informed decisions regarding their substance use.

Its Okay to Not Know

- **We Can’t All Be a Subject Matter Expert:** Create community partnerships with agencies that specialize in the topics that we have discussed. Being a conduit for connection and information is vital to furthering the reach in our communities.

Agencies in Idaho

- Trivium Life Services – Boise and Caldwell
- A.L.P.H.A. – Boise
- El-Ada Community Action – Boise, Mtn Home, Homedale
- Public Health Depts – CDH, SWDH
- Pocatello Free Clinic
- NIAC – Coeur d’Alene
- Latah Recovery Center – Moscow
- Kootenai County Fire and Rescue – Statewide Naloxone Distribution
- Idaho Department of Health and Welfare

References

- <https://www.samhsa.gov/find-help/harm-reduction>