

Our Words Matter

Stigma can influence our drug policies and programs, how people who use drugs are treated, and therefore how they are viewed by society

Look through the veil..

Of stigma and criminalization to see the full humanity and potential of people – including ourselves – that society has deemed deviant, dangerous, disposable.

“People are always human, but behavior can change.”

Person First Language

Instead of..	Try..
Abuse	Illicit Drugs: Use Prescription medications: Misuse, Used other than prescribed
Dirty	Person who uses drugs
Clean	Abstinent from drugs
Alcoholic	Person who engages in sever alcohol use
Addict	Person with substance use disorder

Scan For More Resources



HARM REDUCTION 101



Our Mission:
To improve the health and wellbeing of people affected by drug use in the Inland Empire.

Inland Empire Harm Reduction

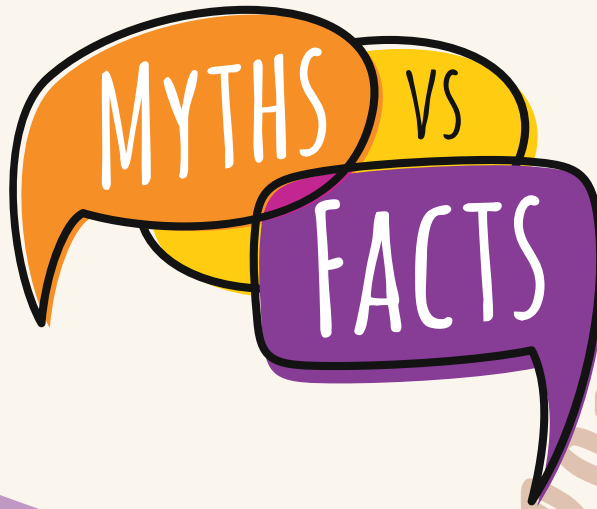
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HARM REDUCTION FACTS

HARM REDUCTION PRINCIPLES



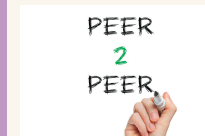
Accepts, for better or worse, that licit and illicit drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them

Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe use to total abstinence, and acknowledges that some ways of using drugs are clearly safer than others



Establishes quality of individual and community life and well-being — not necessarily cessation of all drug use — as the criteria for successful interventions and policies

Calls for the non-judgmental, non-coercive provision of services and resources to people who use drugs and the communities in which they live in order to assist them in reducing attendant harm



Ensures that people who use drugs and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them

Affirms people who use drugs (PWUD) themselves as the primary agents of reducing the harms of their drug use and seeks to empower PWUD to share information and support each other in strategies which meet their actual conditions of use



Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm

Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use



THE MYTHS

HARM REDUCTION ENABLES OR ENCOURAGES DRUG USE?



"Opponents sometimes argue that giving people sterile syringes, clean pipes, naloxone, a space to use drugs under supervision, etc., incentivizes drug use or leads to drug use," he says. "But people are going to use drugs whether they have these resources or not, and so withholding them doesn't prevent that use; it just makes it more dangerous. Making an activity more dangerous doesn't stop people who are committed to engaging in that activity; it just hurts and kills more of them."

HARM REDUCTION IS EXPENSIVE?



Evidence shows harm reduction interventions to be practical, feasible, effective, safe and cost-effective in diverse social, cultural and economic settings. Most harm reduction interventions are easy to implement and inexpensive. All have a strong positive impact on individual and community health.

What is harm reduction?

A public health approach that aims to minimize the harms associated with drug use, policies and laws. It focuses on positive change, safety and working with people without judgment coercion, discrimination or requiring abstinence as a precondition for support.

What do harm reduction programs do?

- Free syringe service programs
- Overdose prevention sites
- Fentanyl tests
- Naloxone kits and training
- Sterile injection or smoking equipment
- Drug Safety Education
- Linkage to care referrals (treatment, housing, medical etc)
- Support groups
- Wound care
- HIV, STI and HEP C education, testing and treatment
- MAT Services (Medically assisted treatment)

Why does harm Reduction Work

Harm reduction is a well researched, evidence based approach shown to be effective at reducing substance related harms. These programs are effective because of the compassionate approach they use. Focusing on the whole person and meeting people who use drugs where they are at. Programs are based on the actual needs of drug users providing the support they need to make informed choices on their health and safety.

Are you a harm reductionist?

Harm reduction doesn't just apply to the use of substances. Most of us use harm reduction strategies on a daily basis and don't even know it! Can you think of any more?

Bike Helmets	Designated Driver
Face Masks	Methadone
Naloxone	Nicotine Patch
Syringe Exchange	Safety Belts
Speed Limits	Sunscreen