OverdoseLifeline

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.

- 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.

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."

"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."

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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. Substance Use Management (SUM)
   D. Recovery Oriented Systems of Care (ROSC)
   E. Continuum of Substance Use
   F. Stages of Change Model and Harm Reduction
   G. Assessing Areas for Improvement: Drug, Set, and Setting
   H. 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

Online Course 3.0 CE Credits

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Virtual Group Training

We bring the training to you. Virtual sessions are available for groups of five or more and can be tailored to meet your organization's needs. Contact us to learn more or request a custom quote.

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 offers continuing education online courses for clinicians and professionals and a 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, professional, 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 personel.

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