Harm Reduction Panel

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Prevention and Harm Reduction Panel
A Tough Pill to Swallow
August 17th, 2018

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I, Billy Brooks,

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I. Epidemiology of HIV/HCV/Opioid Epidemics
II. What is Harm Reduction
III. SSPs: Description, criticisms, and benefits
IV. Current State of Affairs
Intersecting Epidemics
Estimated 73% of annual HCV infections in KY, VA, TN, WV are among people who inject drugs (PWID).

Approximately 75% of PWID in the U.S. with HIV are infected with HCV.

4-fold increase in annual acute HCV cases between 2005 and 2016.

2-fold increase in drug overdoses between 2007 and 2017.
Drug-related Deaths per 100,000

- Tennessee: 24.5
- United States: 19.69

Inpatient Stays Resulting from Opioids per 100,000

- Tennessee: 334
- United States: 251.3

Estimated Acute Hepatitis C Cases per 100,000

- Tennessee: 31.97
- United States: 13.9

New HIV Diagnoses per 100,000

- Tennessee: 12.8
- United States: 14.7

Source: amfAR Opioid & Health Indicators Database
Drug-related Deaths, 2016
- US: 19.69 per 100,000
- TN: 24.5 per 100,000
- District: 23.5 per 100,000

New HIV Diagnoses, 2016
- US: 14.7 per 100,000
- TN: 12.8 per 100,000
- District: 2.03 per 100,000

Source: National Electronic Disease Surveillance System (NEDSS)
66.4% of Overdoses Attributable to Opioids in 2016
National Overdose Deaths
Number of Deaths Involving
Other Synthetic Opioids (Predominately Fentanyl)

Source: National Center for Health Statistics, CDC Wonder
Law Enforcement Seizures of Fentanyl, 2016
Counties vulnerable to outbreaks of HIV and hepatitis C

Source: Centers for Disease Control and Prevention

Source: amfAR Opioid & Health Indicators Database
What is Harm Reduction?
A set of policies, programs and practices aimed at reducing negative consequences associated with drug use or other risky behavior
Harm Reduction Strategies

• Information, education, communication
• Warning systems
• Motivational interviewing
• Medication assisted treatment
• Overdose reversal
• Needle and syringe programs
• Decriminalization
• Safe injection facilities
• Heroin prescribing
Key Harm Reduction Tenets

• Minimize harm vs ignore/condemn
• Functioning/wellbeing emphasis vs cessation
• Acknowledging continuum of behavior
• Non-judgmental
• Empowers users to be agents of harm reduction
• Recognizes the cumulative effect of social determinants
• Does not ignore potential harm/danger
Harm Reduction Goals

- Avoids exacerbating the harm caused by the misuse of drugs
- Treats drug users with dignity and as normal human beings
- Maximizes the intervention options
- Is based on the prioritizing of achievable goals
- Is neutral regarding legalization or decriminalization
- Distinct from a war on drugs
Syringe Service Programs (SSP)
Syringe Service Program

- Sterile needles and other injection equipment
- Safe disposal containers
- HIV/HCV testing
- Education
- Referral to substance abuse services
- Referral to medical, mental health, and social services
- Counseling, condoms, vaccination
- Overdose reversal training and equipment
Benefits

• Increase entry into substance abuse treatment by up to 5X
• Decrease or stop injecting drugs
• Reduces overdose deaths
• Reduce new HIV and HCV infections
• DO NOT increase drug use or crime
Benefits

• Access to population of drug users
  – Research
  – Policy development
  – Provision of health services
  – Surveillance

• De-stigmatization
  – Mental health improvement
  – Re-integration into community
Stages of Change

- Exercise
- Health eating
- Smoking
- Drinking
- Going back to school
- Reading books
- Playing more with our kids
- Cleaning the house
- Flossing
- Paying bills
- Doing laundry
Current State of Affairs
Syringe Exchange Program Legality, 2017

Source: amfAR Opioid & Health Indicators Database
Charleston mayor: needle exchange program was ‘bothering’ him

New mobile needle exchange launches in Northern Kentucky

Buncombe County considers needle exchange program

Posted on August 11, 2018 by David Floyd

Wise County gets approval to launch Virginia’s first needle exchange

By KATIE O’CONNOR Richmond Times-Dispatch  Apr 25, 2018

For years, it was illegal to give out clean needles in Wise County, Virginia. The state’s legislature changed that in 2017. Now, two counties hope to get a needle exchange to launch this fall.

Director of non-profit needle exchange says she won’t bow to city demands to close
References


Syringe Service Programs. CDC. Retrieved from https://www.cdc.gov/hiv/risk/ssps.html. August 2018
