

Harm Reduction Peers

Centering programs in lived experience

Harm Reduction ECHO

Northwest Portland Area Indian Health Board

Oregon Health Authority – Viral Hepatitis Prevention Program



Harm Reduction ECHO

Purpose: Support those interested in starting or implementing harm reduction programs.

We come together to

- Share information & best practices,
 - Troubleshoot questions, and
 - Learn from one another.
-



PASSION LED US HERE

Community Support
& Engagement

Program Planning,
Development, Implementation
& Evaluation

Legal Framework & Sovereignty

Trauma Stewardship, Empathy &
Trauma Informed Approaches

Peer-delivered
Services

Harm Reduction



Agenda

- Welcome & Introductions
- Topic: Peer-Centered Harm Reduction
- Issue Presentation & Group Discussion



Harm Reduction Peer Panelists

- **Francisca “Sissy” Rilatos,**
CHW, Certified Recovery Mentor, Harm Reduction Specialist
- **Blue Valentine**
CHW, Harm Reduction Specialist
- **Sabrina Garcia**
Certified Recovery Support Specialist
- **Joanna Cooper**
Certified Recovery Support Specialist



Harm Reduction

A set of practical strategies and ideas aimed at reducing the public health risks associated with drug use.

Harm Reduction 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 harm.

Harm Reduction Coalition

Harm Reduction with a capital 'H' and 'R' is the movement, one that shifts resources and power to the people who are most vulnerable to structural violence.

*Monique Tula, Executive Director of
Harm Reduction Coalition*



Harm Reduction

Harm Reduction

- Centers around,
- Trusts in,
- Roots for, and
- Celebrates any positive change with people!

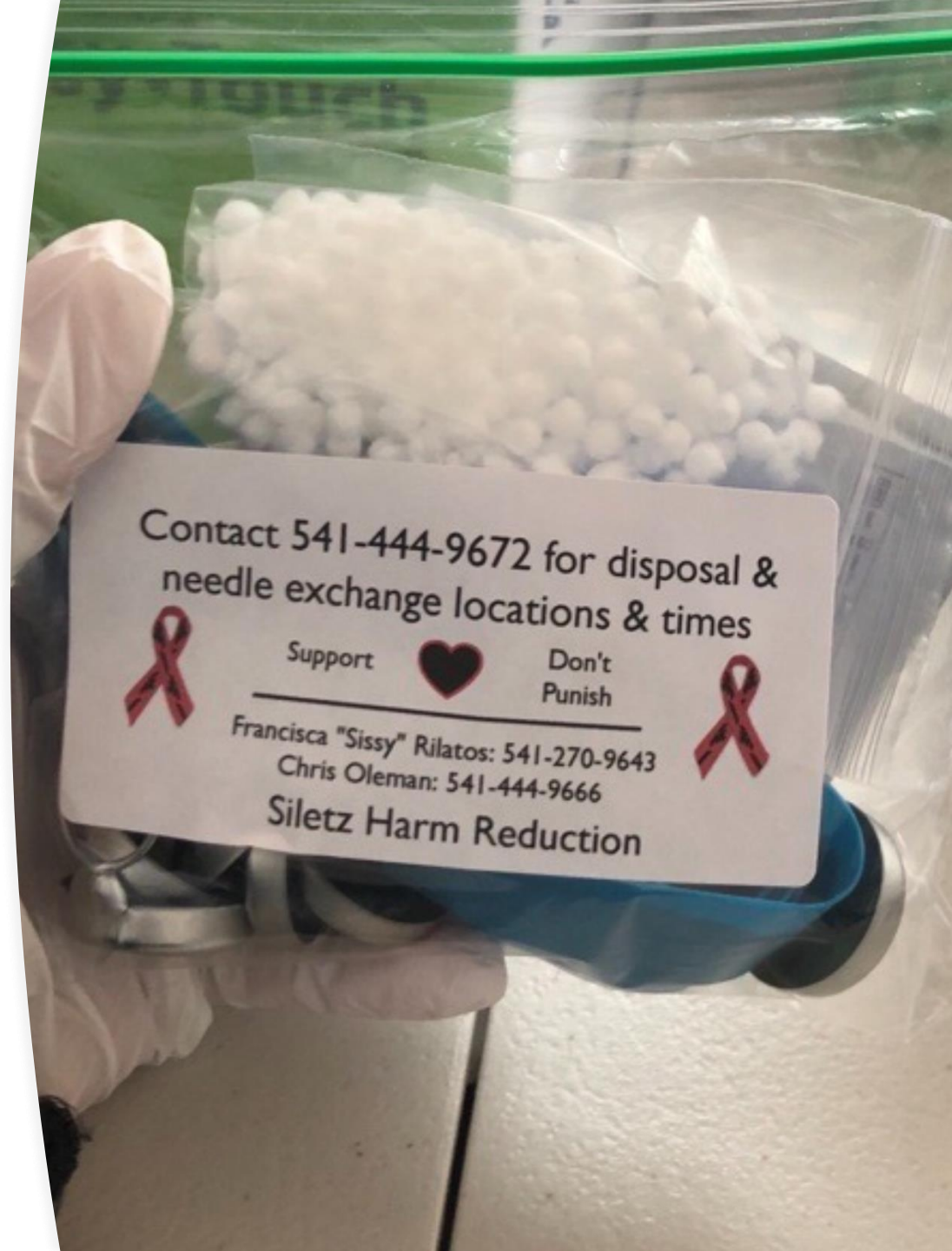
Harm Reduction asks

- How can I support you for a safer and healthier you today?
- What will change look like for you?
- How can we be supportive of any change that can happen today?

Panelist Questions

Why did you decide to become a peer?

How does harm reduction fit in your role?



Peer Support Workers

- “Experientially credited” with lived experience and knowledge to reach out, support and walk beside others
- Non-clinical, strengths-based support
- Different names or titles
Peer specialists, peer recovery coaches, peer advocates, peer wellness specialists or peer recovery support specialists



Peer Health and Harm Reduction

1960's

Pre-1960 – mutual aid fellowships and respected community member support

CHW/Promotores address basic health concerns

IHS Community Health Representative Program begins nationwide

1980's

Migrant Health Program Salud

La Clinica del Cariño in Hood River

Emergence of HIV

First US Syringe Exchange Programs

HIV response includes CHWs

2000's

Multnomah County establishes Community Capacitation Center to provide training for CHWs

CDC funds Poder de Salud/Power for Health

Bureau of Labor Statistics assigns CHW's an occupation code

2020's

ADPC Strategic Plan includes harm reduction

Center for Health Care Strategies Policy Brief on CHW workforce contributes to the health care system

Oregon Drug Addiction Treatment and Recovery Act Support Initiative placed on state ballot

CHW play important role in the COVID-19 response

APHA CHW Special Interest Group (SplG) forms

Outreach workers hired at Kaiser Neighborhood Health Clinic in Portland

1970's

Disability activism "Nothing About Us Without Us"

1st Harm Reduction Working Group Meeting held in San Francisco

Harm Reduction Coalition forms

National Community Health Advisor Study identifies CHW core roles, competencies

1990's

OCHWA founded

CCOs and THW

Health Care Workforce Committee's NTHW established

CMS rule option for CHW preventive services recommended by licensed practitioner

Oregon CHW needs assessment conducted

2010's

Oregon Health Authority Structure



- How to become a Certified Traditional Health Worker
 - <https://www.oregon.gov/oha/OEI/Pages/THW-Become-Certified.aspx>
 - <https://www.oregon.gov/oha/OEI/Pages/THW-Training-Certification-Requirements.aspx>
- Traditional Health Worker Commission
 - <https://www.oregon.gov/oha/OEI/Pages/THW-Commission-Subcommittee.aspx>



Harm Reduction Peers

- Allies who
 - Focus on client-identified priorities,
 - Hold unconditional positive regard,
 - Provide trustworthy information and compassionate feedback, and
 - Advocate for and link clients to services
- Amplify harm reduction by sharing their lived experience
 - Navigating services and systems,
 - Learning and making decisions about safer use, and
 - Personal healing and hope





Peer Panelist Questions

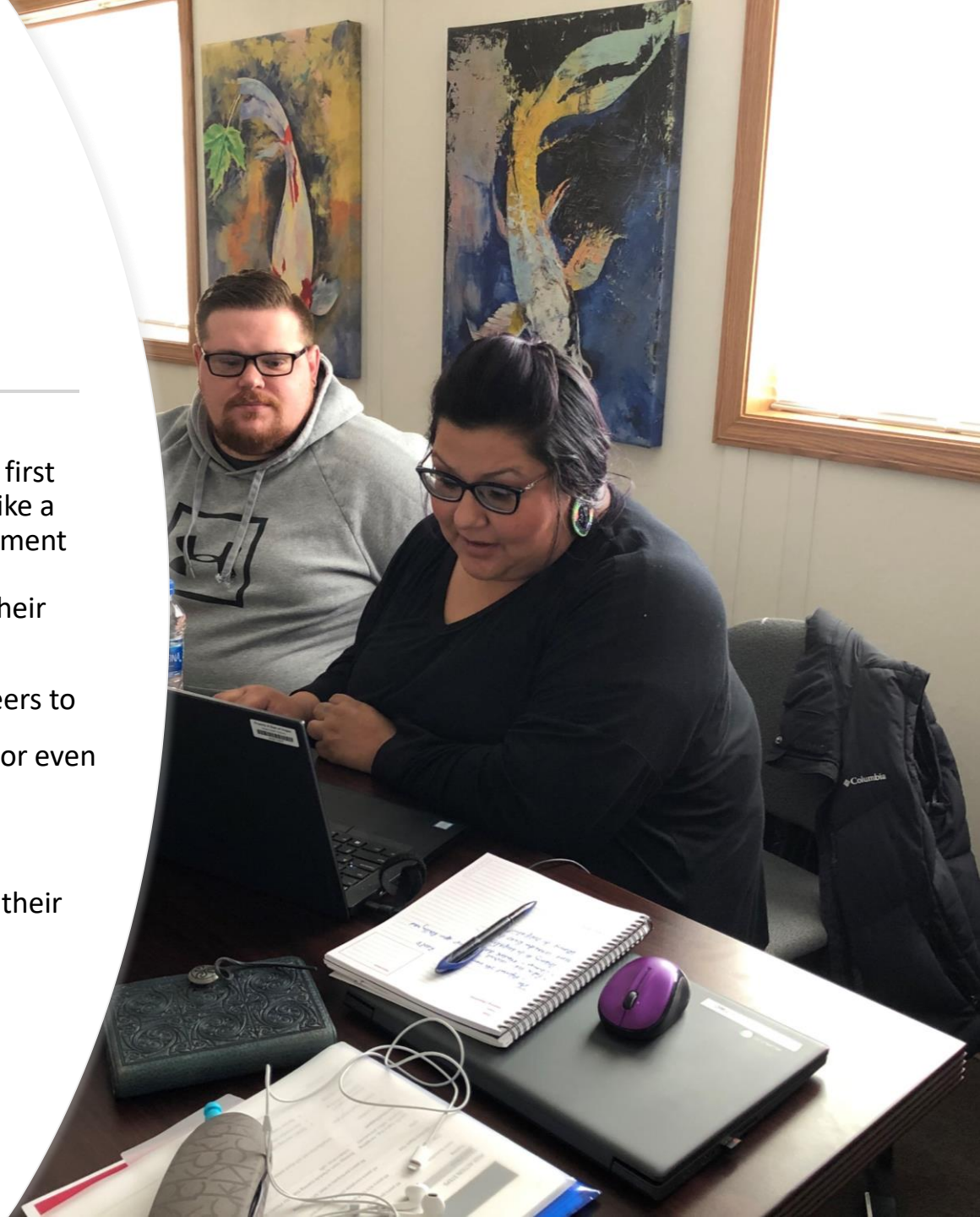
- You have slightly different titles, can share a little about your peer training?
- Have your thoughts about HR changed over time?

Issue Presentation & Discussion

When a peer-based harm reduction program first stands up, especially within a larger agency, like a community organization, substance use treatment program, health clinic or hospital, it can be a challenge for harm reduction peers to “find their way”.

What suggestions does the group have for peers to

- Engage with existing staff to get referrals, or even explain their role;
- Integrate into multi-disciplinary teams; or
- Demonstrate the value the peer brings to their organization and team members?



Thank you!

Final Questions

CME Reminder

Next Month's Topics



Websites and Document Links

- [Tribal Opioid Response: Healing our Nations Together](#)
- [Tribal Opioid Response Toolkit](#)
- [Oregon Office of Equity and Inclusion](#)
- [Role of Non-Traditional Health Workers in Oregon's Healthcare System](#)
- [Mental Health and Addiction Association of Oregon](#)
- [Oregon Community Health Worker Association](#)
- [Community Health Workers: Integral members of Oregon's Health workforce](#)
- [Harm Reduction Coalition](#)
- [Harm Reduction Research and Treatment Center](#)
- [SAMHSA Peers Supporting Recovery](#)