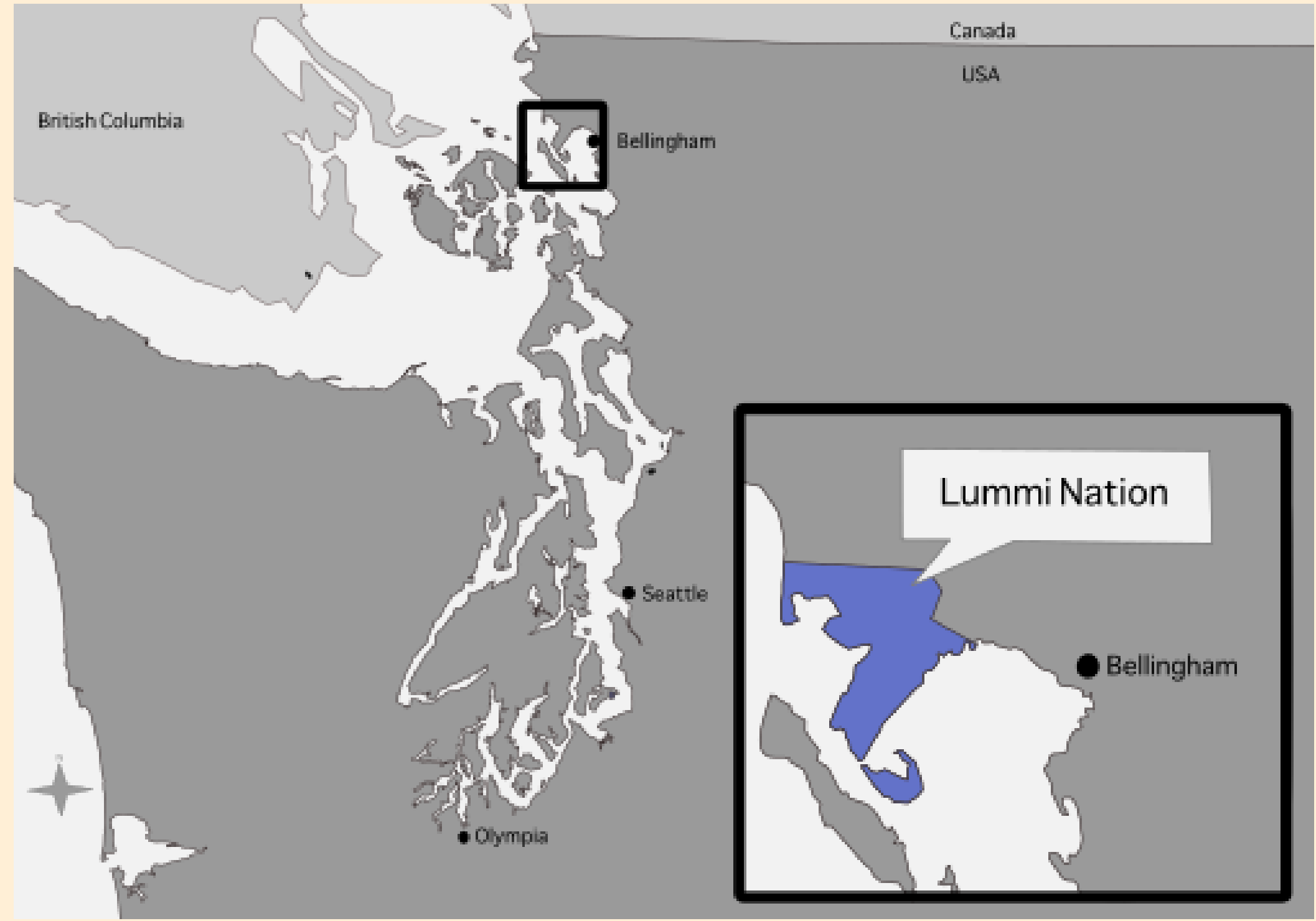


**VIRTUAL
COMMUNITY BASED
HARM REDUCTION
PROGRAM AT THE
LUMMI TRIBAL
HEALTH CENTER**

By Emma Elsner & Czarina Igama



HISTORY OF LUMMI'S HARM REDUCTION PROGRAM



2012

40% of new HCV cases in Whatcom County were Native American



2013

Preliminary SSP founded



2015

Program revamped!
Name changed to PICSSP



**2020-
March**

Community Based Harm Reduction Program, HR Van



**2020-
December**

Staggering increase in SSP participant visits and supplies out; COVID-19 Vaccination roll out efforts for Lummi Community

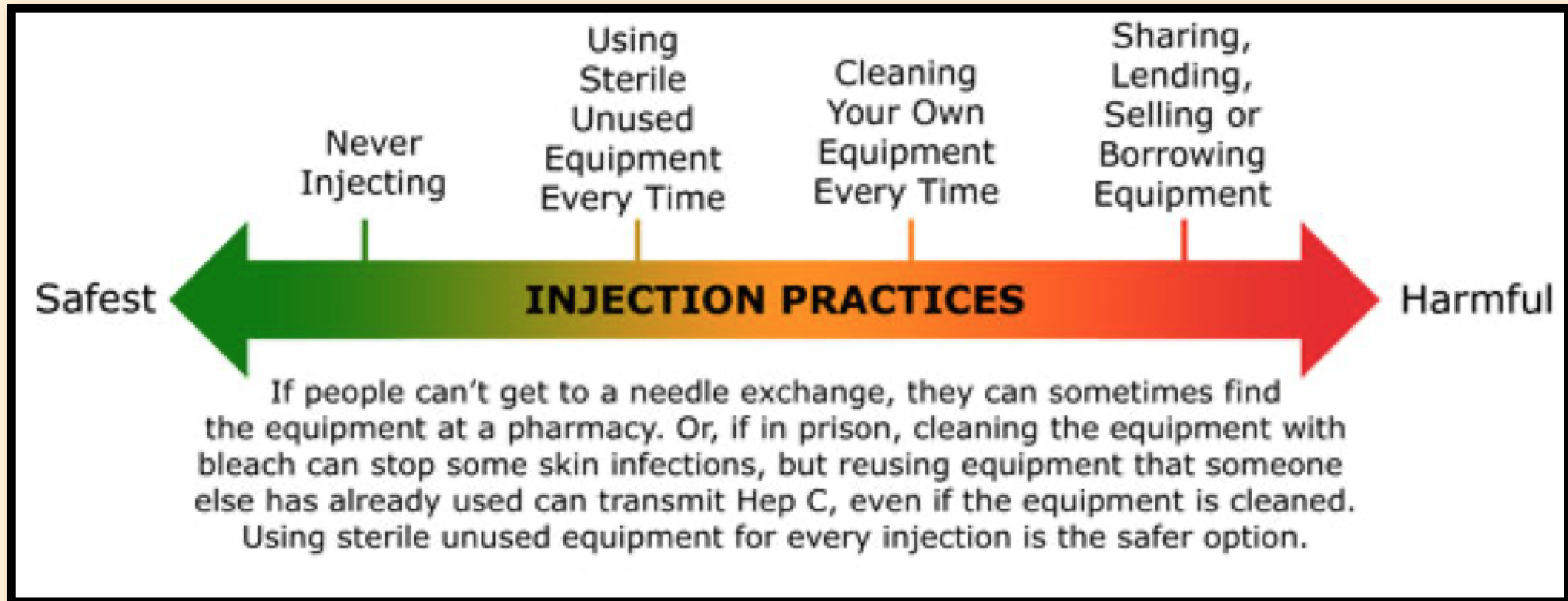


2021-2022

Tripled the # of our Community Based Harm Reduction community contractors; Community wide decline in # of injection materials out/decrease of SSP participation; increase in smoking use

ALL PATIENTS
DESERVE ACCESS TO
TREATMENT

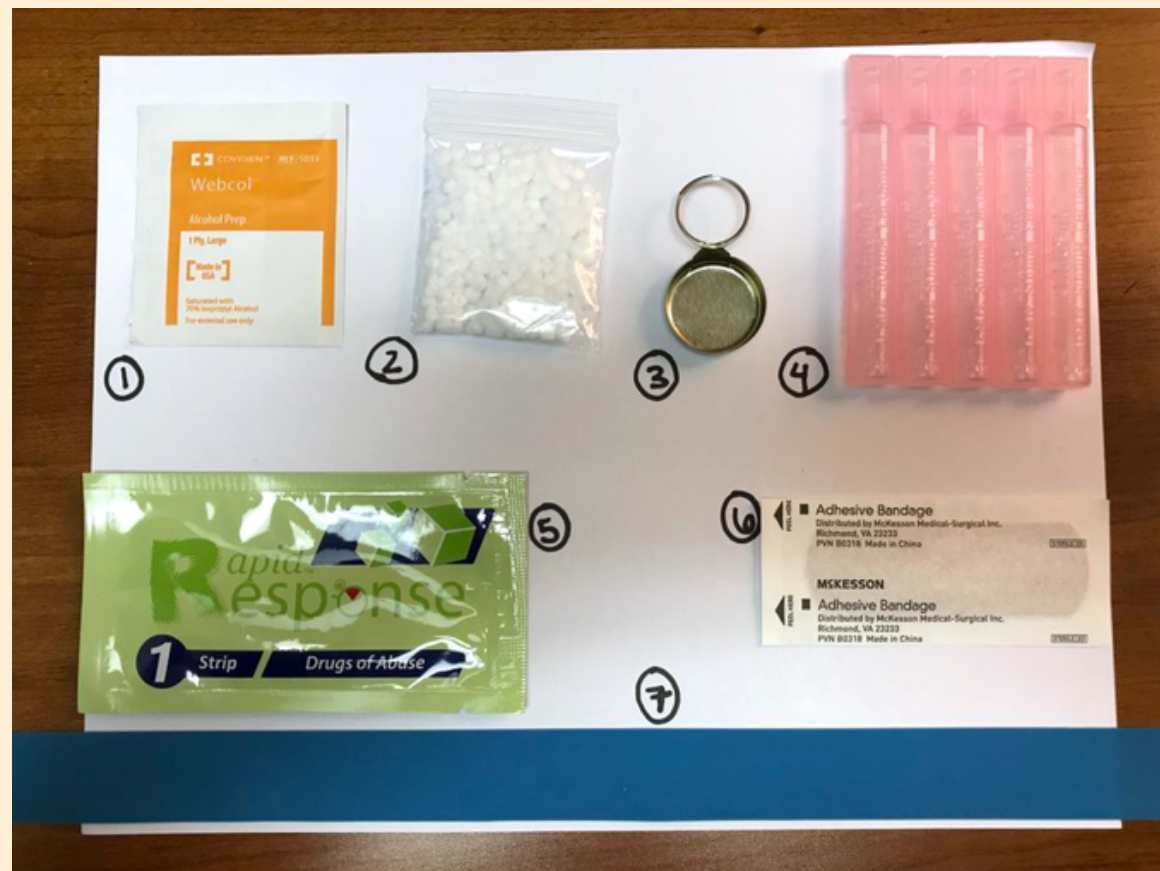
Spectrum of Harm



CURRENT PROGRAM

Staffing & Hours

Monday-Friday from 8:00AM-5:00PM



Services Provided

- HCV testing
- Naloxone distribution and training
- HIV testing
- STI testing
- Mental health care
- Primary care
- SUD treatment (i.e. OBOT)
- Social services
- Reproductive healthcare
- Case management
- Community Safe Syringe Pick-up
- Community based harm reduction program



COMMUNITY BASED HARM REDUCTION PROGRAM



Dr. Iwasaki leading a CPR training

Program Mission:

The mission of the Community Based Harm Reduction Program is to offer a low-threshold point of access to harm reduction information for high risk patients who have been difficult to reach through fixed location programs. This model of healthcare delivery will build capacity based on relatability and trust between social networks of people who use drugs to reduce rates of infectious disease and overdose deaths related to injection drug use.



PROGRAM BASICS

Meetings

Every Tuesday at 9 AM over Zoom or in-person

Confirmations

Interested participants must reach out to Harm Reduction Team on Monday to confirm their attendance on Tuesday

Surveys

Complete Survey Monkey after training to receive compensation

Communication

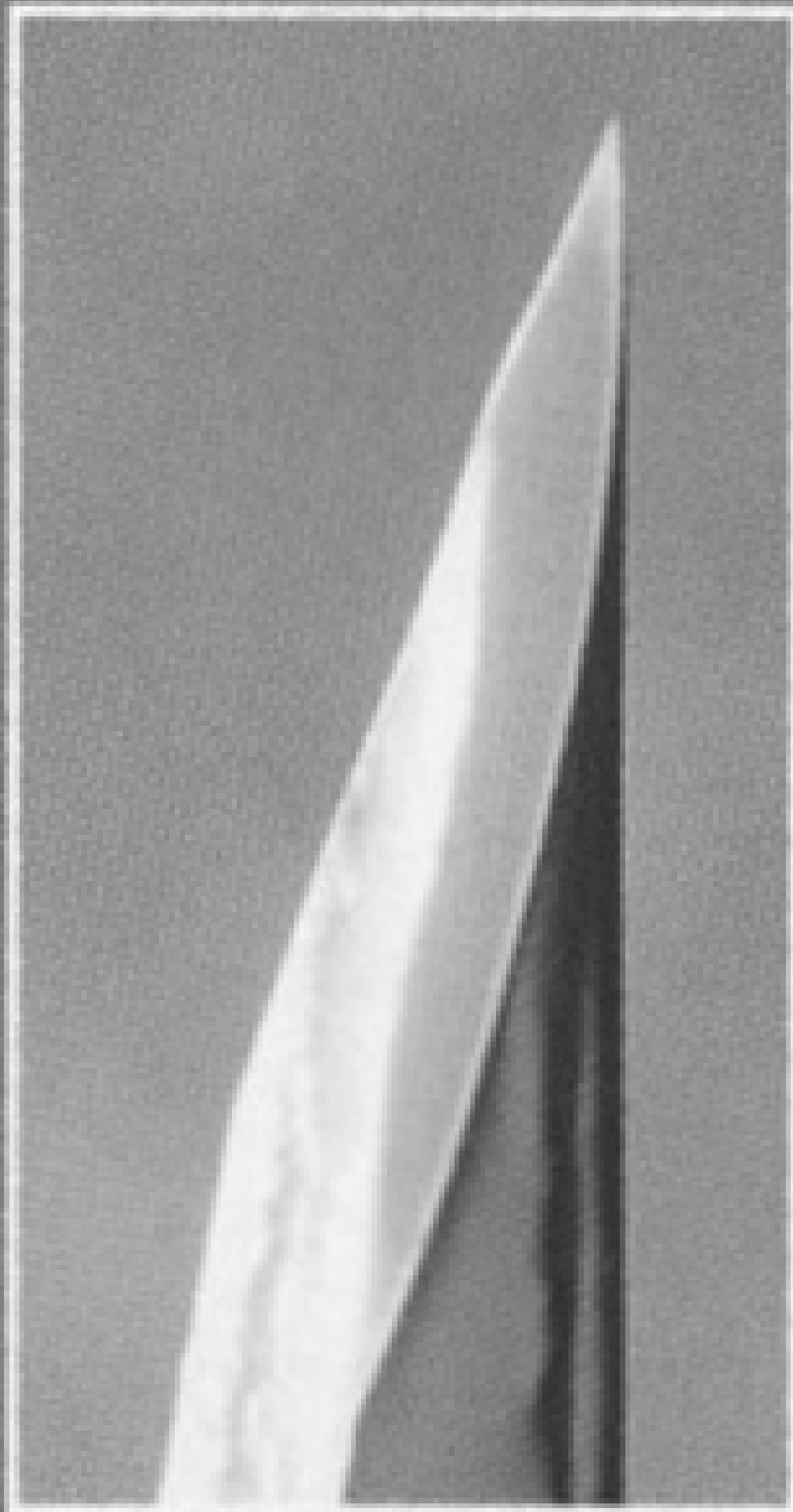
- Must share up to date phone number with Harm Reduction Team
- Need reliable Wi-Fi

Topics

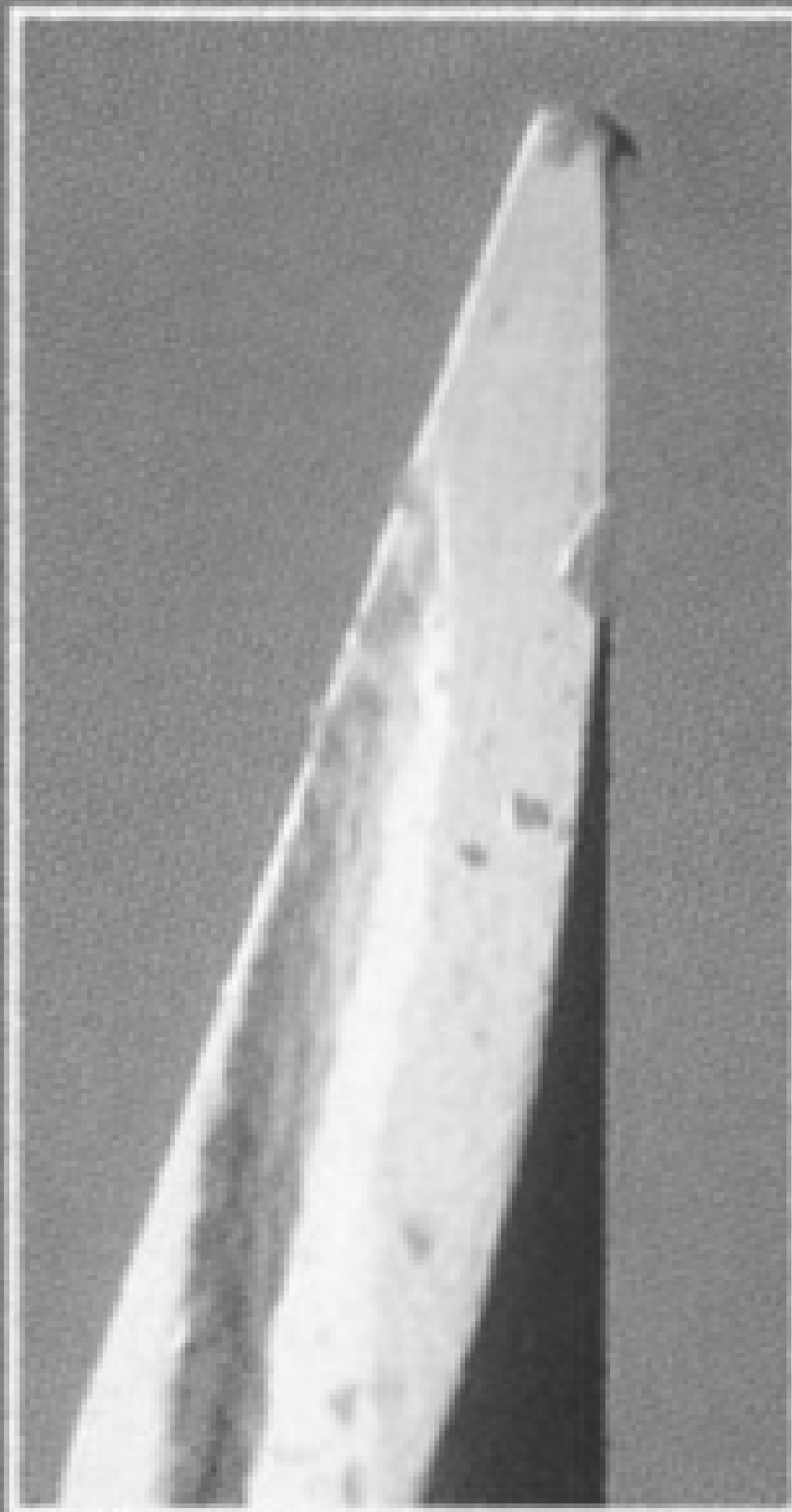
- HCV Elimination Project
- Lummi Garden Gathering
- Safe Injection & Safe Smoking Techniques
- Abscess & Wound Care
- Oral Health
- Opioid Overdose Recognition & Response
- Domestic Violence ft LVOC
- Fentanyl
- Stigma
- Family Planning

Over the last 2 ½ years:

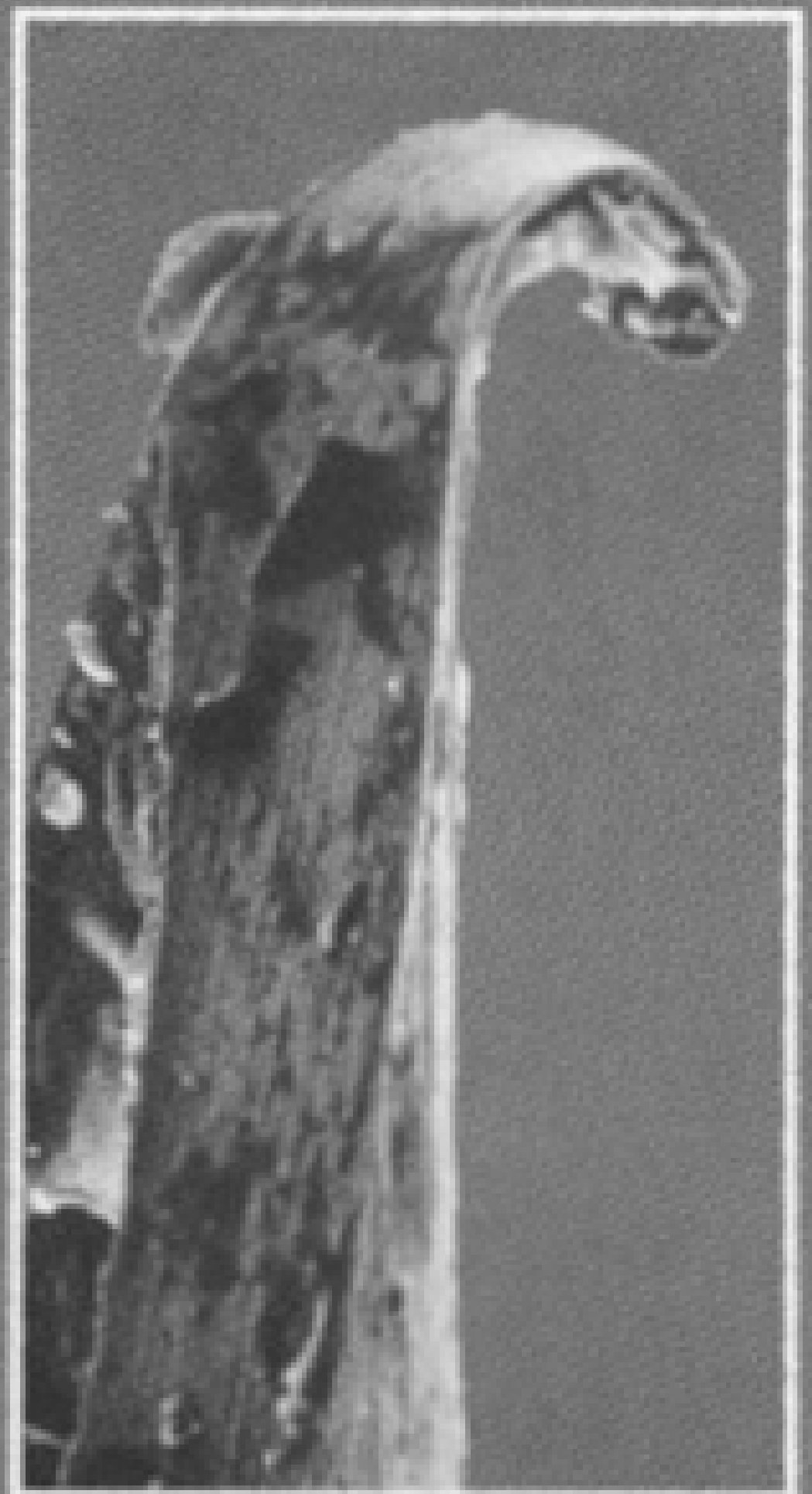
We have trained 101 unique participants and offered more than 100 trainings



BEFORE USE



AFTER 1 USE



AFTER 6 USES

Fentanyl Overview

- Fentanyl is a synthetic opioid that is 50 times more potent than heroin
- Cheap to make, a little goes a long way
- Extremely fast acting
- Rise in overdoses
- Importance of evidence-based harm reduction strategies

Family Planning

Enabling women to be agents of their own health is crucial to overcoming harmful gender norms (form of harm reduction). To do this, we need to trust women to make the decisions that are right for them and offer them services that meet their preference - through affordable, attainable, convenient, and respectful care.

TREE OF LIBERATION

TREE OF STIGMA

LEAVES: ACTIONS

Create plans together based on their goals

Ask clarifying questions to understand the whole story & needs

Share resources & education for their friends to have

LEAVES: ACTIONS

Ignore the story & project your own agenda

Require mandatory XYZ because "they won't do it otherwise"

Only talk about the "disease" & not about what they have control over

TRUNK: BELIEFS

"They can do _____"

"They're telling me the truth"

"They care about the community"

TRUNK: BELIEFS

"They're probably lying"

"They don't have the willpower"

"They can't help themselves"

Capable
Trustworthy
Caring

ROOTS: PERCEPTIONS

Not trustworthy
Lazy
Sick

CBHR Garden Gathering

Harm Reduction - Stigma and drug use



CBHR TRAJECTORY



April 2020

Start of program
-met at each of the
5 participant's
houses



June 2020

Made meetings
almost all
virtual



2020-2021

COVID



**October
2021**

Required survey
after each
training



January 2022

Started
implementing the
interview
questionnaire



2022 - present

Huge influx of new
participants.

5. What are the risks related with smoking drugs?  0

6. True or False: You cannot overdose from smoking drugs.  0

True

False

7. True or False: The Lummi Harm Reduction Office carries medical grade foil.  0

True

False

8. Select all the "PROS" associated with switching from injecting to smoking drugs:  0

Lessens vein injuries

No missed or wasted hits


Reduces abscesses

No needle marks

8. How can we encourage people to call 911 when an opioid overdose occurs?  0

9. Where should the Harm Reduction Team bring more Narcan?  0

10. Can you and are you interested in helping us distribute Narcan to people who need it the most?  0

4. What is the livers job?  0

I don't know

it detoxes the body

it filters everything we breathe, eat, drink, inhale, and inject into our bodies

I don't care

5. True or False: Hepatitis C is curable.  0

True

False

6. What are ways to prevent yourself from getting the Hepatitis C infection?  0

7. How can stigma affect people with HCV or HIV?  0

Stigma, more on sicknesses related to drug use and how some of the sicknesses that can be confused with those not associated with drugs, etc.

2/22/2022 11:38 AM

[View respondent's answers](#)

[Add to](#)

Methadone clinic for the tribe

2/22/2022 11:31 AM

[View respondent's answers](#)

[Add to](#)

Traditional food s healthy foods

2/22/2022 11:30 AM

Have a support team, have support for families of addicted and support for grief and acknowledge the addicts as people.

12/14/2021 1:39 PM

[View respondent's answers](#)

[Add](#)

Methadone program

2/22/2022 11:28 AM

Let ppl now that they won't get in trouble if they call 911 or get charged with the OD..

12/14/2021 1:11 PM

[View respondent's answers](#)

[Add](#)

I would like to learn more about what is in t

I think maybe having another number where there's the nurse or something and they call cuz it is just way too much because the cops might not mess with you that day about that but they know in the back of their head now that people are getting high right there and they're going to be watching it they can't help it their cops they're going to do what cops do and once they know that there's people using their Nirvana come back later it's just start watching the house or something you know if they were to OD

12/14/2021 1:04 PM

[View respondent's answers](#)

[Add](#)

The cops always make it a problem having clean people showing up always is a stigma an addict usually tends to hide from the rest of the population

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CBHR Interview

Questions	Yes	No
1. Do you live on the Lummi Reservation?		
2. Do you live in Schelangen or in a "drug-free" or "clean-sober" environment?		
3. Do you live in a household of people who use drugs?		
4. Do you have personal experience with substance use disorder? If yes, please circle which drugs: Cocaine, Methamphetamine, Heroin, Fentanyl, Marijuana, Alcohol, other _____.		
5. Have you ever overdosed? If yes, please list how many times and approximate year(s): _____.		
6. Are you currently in recovery or actively using drugs? Please specify which one: in recovery or actively using drugs		
6a. If you are in recovery, how long since your last use?		
7. Do you have family or friends that are actively using drugs?		
8. Have you used the Lummi Harm Reduction program? If yes, please specify if it was for yourself or others: _____.		
9. Do you work at LIBC?		
10. Do you have a smart phone? If yes, please list your number: _____		

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2022 - present

Huge influx of new
participants.

Challenges

- Increased participant interest
- Participant eligibility
- Stigma / enablement

Opportunities

- More hands on participation
- New topics
- More community members sharing their expertise
- Shifting to more in-person trainings

QUESTIONS?

CONTACT US

Mailing Address

2592 Kwina Road Bellingham, WA 98226

Phone Number

(360) 325-2779

E-mail Address

EmmaE@lummi-nsn.gov

Czarinal@lummi-nsn.gov

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