

SHEC Harm Reduction Week Research

Harm Reduction:

- An evidence-based approach to mitigate the risks associated with substance use
- Client-centred and gives substance users the latitude to decide how they will minimize the health and social harms they face
- Recognizes that abstinence is not a possibility for everyone, and the importance of “meeting people where they are”
- Increases the likelihood of substance users seeking support for other health issues
- Decreases the rate of drug overdose deaths, as well as the transmission of blood-borne illnesses like HIV/AIDS, and Hepatitis C
- Examples of harm reduction include medical and social services, programs, and practices:
 - Needle exchange programs
 - Supervised injection sites
 - Fentanyl test strips

Philosophies Behind Harm Reduction:

- *Pragmatism:* Substance use is understood as unavoidable in society, and evidence-based action must be taken to mitigate the risks associated with it.
- *Humane Values:* Assistance is provided without judgement. The dignity of people who use substances is honoured, as is their autonomy and freedom of choice.
- *Focus on Harms:* Emphasis is placed on the potential harms incurred by people who use substances, rather than on the substance use itself.

Supporting Loved Ones with Addiction:

- <https://www.farcanda.org/>
- Caring Together: Families as Partners in the Mental Health and Addiction System: <https://ontario.cmha.ca/documents/caring-together-families-as-partners-in-the-mental-health-and-addiction-system/>
- Help For Those Supporting An Addicted Loved One: [Help For Those Supporting An Addicted Loved One](#)
- Family supports, resources, and engagement at CAMH: <https://www.camh.ca/en/your-care/for-families>

SHEC Addiction Resources:

- Free naloxone kits from Shoppers (double check; only some locations)
- Alcoholics Anonymous Hamilton: <https://www.aahamilton.com/> (905-522-8392)
- Cocaine Anonymous: <https://ca-on.org/> (1-866-622-4636)
- Men for Sobriety 905-528-6823
- Narcotics Anonymous <https://nahamilton.org/> (905-522-0332)
- Secular Organization for Sobriety: <https://centreforinquiry.ca/sos-secular-sobriety/> (905-540-4839)
- Women for Sobriety: <https://womenforsobriety.org/> (905-545-9665)
- Hamilton Harm Reduction Services:
<https://www.hamilton.ca/people-programs/public-health/alcohol-drugs-gambling/harm-reduction-services>
 - Includes:
 - Street health clinic
 - Needle syringe supplies and disposal
 - The Van Needle Syringe Program
 - Get Free Naloxone Kits
- Hamilton Men's Withdrawal Management Services 905-527-9264 for men
- Womankind 905-545-9100 for women's detox.
- Ontario Addiction Treatment Centres: <https://www.oatc.ca/>
- SHEC; Drug deactivators