

Guide to Harm Reduction (GHR) – 3.0 CE Credits

Reducing Harm and Improving Health for People Who Use Drugs and for the Community



Course Overview

The purpose of this course is to convey a working understanding of harm reduction (HR) as it is applied to substance use disorder (SUD).

Harm reduction incorporates a spectrum of 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 HR 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 and illustrate where it fits within the continuum of substance use treatment and recovery. Participants will gain an understanding of harm reduction principles and services and be able to define what it means to “practice” harm reduction.

Practicing harm reduction is not simply the act of doing harm reduction like things. It is to apply Harm Reduction Principles and Philosophies to strategies and interventions. Then and only then is one practicing harm reduction.

This course is for individuals, parents, healthcare professionals, first responders, businesses, and organizations who are working to prevent and reduce the effects of addiction / substance use disorder and the opioid public health crisis. As well as groups who serve individuals at risk for opioid misuse / addiction or overdose.

What You Will Learn

- 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 its connection to structural inequalities and racism and where it fits in SUD treatment and recovery.
- Identify the principles and philosophy of harm reduction and examples of harm reduction tools and services.
- Recognize an effective Harm Reduction practice in contrast to a practice which does not apply harm reduction principles to the services / tools.



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

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 has developed layperson and clinician CE courses and 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 and layperson credits.

Law Enforcement accreditation: 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 personnel.

Online CE Course

3.0 CE credits, \$45/person

Online, self-paced continuing education

- Fulfill educational requirements
- Learn at your own pace
- Earn CE credits and certificate upon completion

Prerequisites

None. We recommend you consider "The Brain and the Disease of Addiction" — 2.0 CE Credits (\$30.00) and the "Guide to SUD Treatment and Recovery" — 3.0 CE Credits (\$45.00)

On-Site & Live Web Training

On-site and live online training, available for groups of five or more. Contact us for more information and a custom quote.

Trainer Course

Get certified to deliver the course within your community. Trainer, training is conducted via the web. Program materials are provided for on-site and webinar settings.

Fees: \$255/person

One prerequisite course, program training, and trainer's kit

Annual Program License: \$400/per group

Access for one or more trainers within an organization to use the trainer materials.

