



Public Health
Prevent. Promote. Protect.



HARM REDUCTION SERVICES

What is Harm Reduction?

What does “Harm Reduction” mean? Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences (i.e., negative health outcomes) associated with drug use.

Harm Reduction is a public health philosophy that seeks to empower individuals, remove barriers to accessing the support that they need, and supply pragmatic approaches to risk reduction in a non-judgmental/non-coercive way that is compassionate and accepting of any positive change. Harm Reduction supports a wide spectrum of strategies from doing the behavior more safely, to limiting certain behaviors, to abstinence.

Public Health Principles of Harm Reduction Include

- Meeting the client where they are, using programs designed for the community being served.
- Accepts that drug use is part of our world and chooses to work to minimize its harmful effects on the people using drugs, rather than ignore or condemn those individuals.
- Understands that drug use and behavior change are complex and multifaceted.
- They include a continuum of behaviors from severe abuse to total abstinence.
- Affirms that people who inject drugs are the primary agents responsible for reducing the harm from their drug use, and seeks to empower them to support each other and share information.
- Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination and other social inequities affect both people's vulnerability to and capacity for dealing with drug-related harm.

DAYS

FIRST WEDNESDAY OF THE MONTH - VERNONIA
SECOND WEDNESDAY OF THE MONTH-CLATSKANIE
THIRD WEDNESDAY OF THE MONTH - VERNONIA
FOURTH WEDNESDAY OF THE MONTH - RAINIER
CALL FOR MOBILE SERVICES - SCAPPOOSE
CALL FOR MOBILE SERVICES - ST HELENS

TIME

12:00PM - 2:00PM

Harm Reduction Programs Provide

- Safe syringe disposal
- Naloxone training and kits available at each event
- Overdose rescue kits
- Access to safe injection supplies
- Risk reduction counseling
- Safer sex supplies
- Resource referral to mental health care, shelter services, and alcohol and drug treatment
- Rapid Hep C testing

Contact:
TEAM HOW

Main Line- 503-438-2227 ext 4001

www.columbiacountyor.gov/departments/PublicHealth/HarmReductionProgram