



First Nations Health Authority  
Health through wellness

# THE MEDICINE BASKET OF HARM REDUCTION



A symbol of the respectful gathering of  
medicines to support our relatives who use  
substances on their healing journeys

**FNHA Indigenizing Harm Reduction Project**

MEDICINE:

# RELATIONAL PRACTICE

First Nations harm reduction is rooted in relationships, connection, love and safety for our relatives who use substances.

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***HARM  
REDUCTION IS  
LOVE AND HARM  
REDUCTION IS  
COMPASSION.***

- Polly Sutherland,  
Ankors Cranbrook



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MEDICINE:

# WHOLISTIC HEALTH

First Nations harm reduction provides care that wraps around the person and supports physical, spiritual, mental, and emotional wellness.



“

***WHEN  
REDUCING THE  
HARM OF  
SUBSTANCES, YOU  
ALSO HAVE TO  
REDUCE THE HARM  
BEING DONE TO THE  
SPIRIT***

- Koral Hamilton

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MEDICINE:

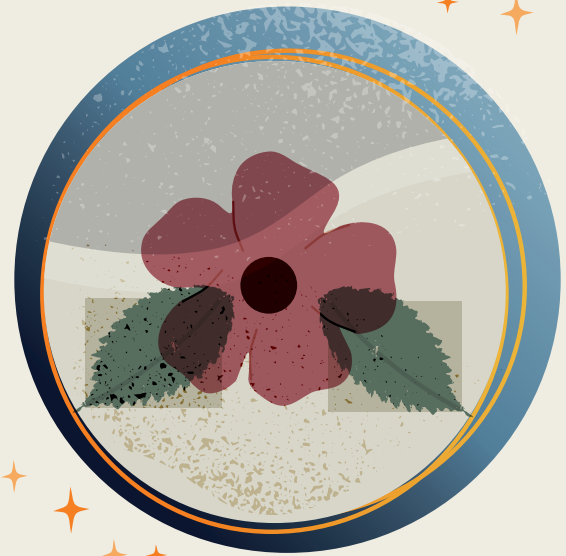
# STRENGTH- BASED APPROACHES

First Nations harm reduction draws on ancestral strengths: culture, community, and kinship.

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*WE HAVE STAFF AND PEOPLE WHO ARE USING. WE'RE ALL PEERS. THERE'S NO HIERARCHICAL THING. WE'RE NOT JUDGING.*

- Maureen Schat, Vancouver Island Region



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MEDICINE:

# PERSON CENTRED-CARE



Relational harm reduction respects individual's needs, priorities, and autonomy in determining their care plan with flexibility.

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***IT'S MEETING THEM IN THEIR SPACE.  
[...] IF IT TAKES ONE HOUR, IT TAKES  
ONE HOUR. IF IT TAKES FIVE HOURS, IT  
TAKES FIVE HOURS.***

- Participant from Fraser Salish Region

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