



Harm Reduction in BC

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What is Harm Reduction?

- Services and strategies to enhance knowledge, skills, resources, and supports for individuals and communities
- Evidence-based public health and human rights initiatives built on international best practices
- Integrates social determinants of health

-adapted from www.healthlinkbc.ca/healthfiles/hfile102a.stm

Benefits of Harm Reduction

Benefits people who use substances, families, and communities:

- Reduces risk illness and injury
- Reduces overdose and other deaths
- Provides safer drug use and safer sex education
- Increases opportunities for meaningful involvement
- Increase pathways to treatment programs, health and social services

<http://www.healthlinkbc.ca/healthfiles/hfile102a.stm>

Guiding Principles

- Pragmatism
- Human Rights
- Focus on Harms
- Maximize Intervention Options
- Priority of Immediate Goals
- Drug User Involvement

Pragmatism

- Drug use is complex and multi-faceted
- Continuum of abstinence to chronic dependence
- Produces varying degrees of harm and benefits (social, physical, spiritual)
- Use of psychoactive substances is universal

Spectrum of Psychoactive Substance Use

Non-problematic

- recreational, casual or other use that has negligible health or social impact

Dependent

- use that has become habitual and compulsive despite negative health and social impacts



Beneficial

- use that has positive health, spiritual or social impact
- e.g. medical psycho-pharmaceuticals; coffee to increase alertness; moderate consumption of red wine; sacramental use of ayahuasca or peyote

Problematic

- use that begins to have negative health consequences for individual, friends/family, or society
- e.g. impaired driving; binge consumption; harmful routes of administration

Health Officers Council of BC. (2005). *A public health approach to drug control in Canada.*

Human Rights

- Respects dignity and rights of people who use drugs
- Is non-judgmental
- Acknowledges right to self-determination
- Supports individuals to make informed decisions
- Emphasizes personal choice, responsibility and management

Focus on Harms

- Focus on harms comes before focus on drug use
- Priority to reduce negative consequences
- Different strategies used along the continuum of drug use
- Supports changes to safer practices and patterns of drug use

Maximize Intervention Options

- Recognizes different people need different approaches
- Sees need for a variety of readily-available options
- Focus on keeping people safe and healthy
- Involves individuals, and communities in creating practical options

Priority of Immediate Goals

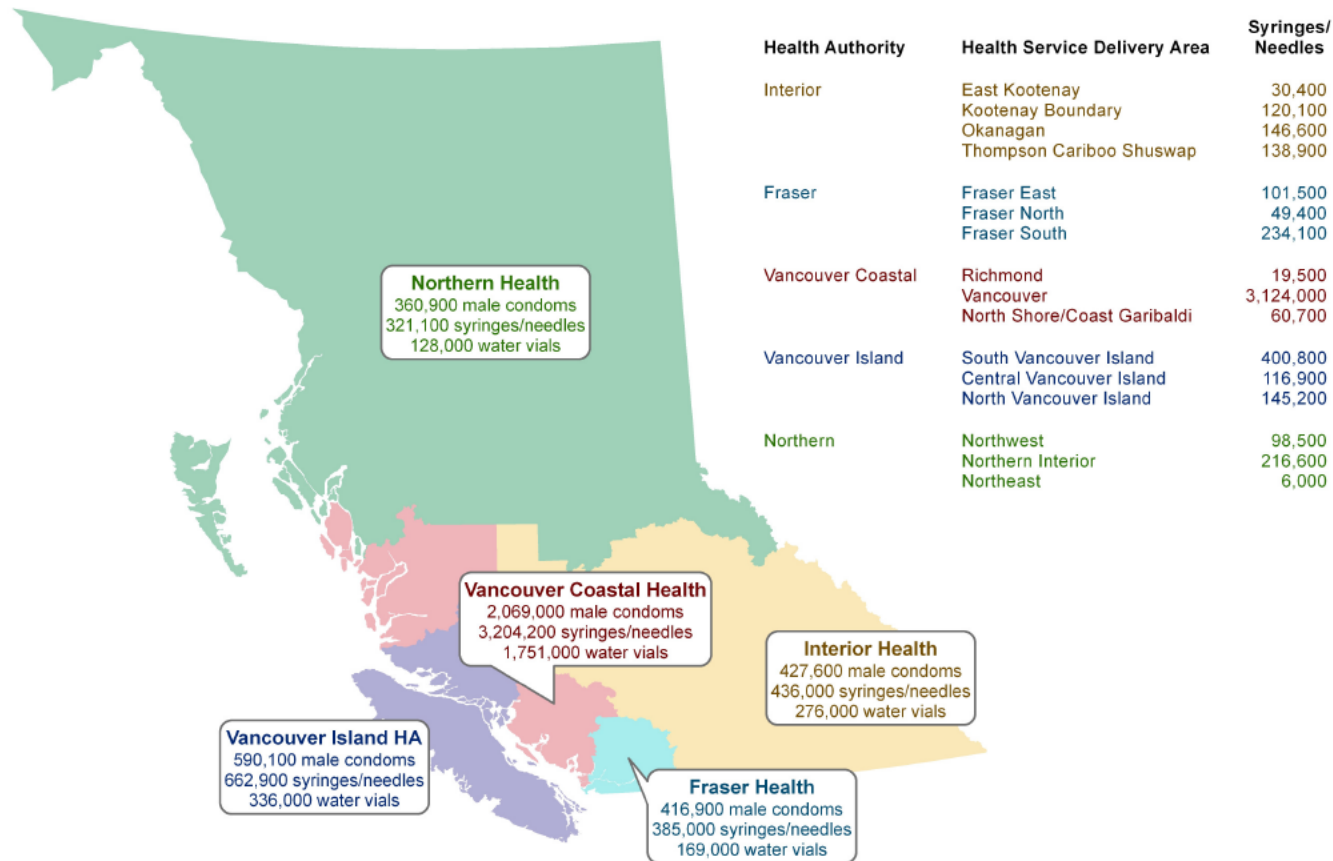
- Meets people “where they are at”
- Focuses on immediate goals and issues
- Hierarchy of achievable interventions
- Incremental gains over time lead to healthier individuals and communities

Drug User Involvement

- People who use drugs are experts in their experiences
- Empowers people to guide their own harm reduction interventions and policies
- Recognizes strengths of individuals
- People who use drugs are at the heart of individual and community harm reduction strategies!

BCCDC Provincial Harm Reduction Supply Distribution

April 1, 2009 – March 31, 2010



Safer Sex Supplies

- Condoms
 - Lubricated
 - Unlubricated
 - Flavoured
 - Female-non-latex
- Lubricant



Safer Injection Supplies

- 1cc & 1/2cc syringes
- Luer lock needles & syringes
- Sterile waters
- Alcohol Swabs
- Cookers
- Ascorbic Acid



Safer Smoking Supplies

- Wooden Push Sticks
- Mouthpieces
- Screens
- Cutters for tubing
- Swabs
- And...
 - Stems (pipes)
 - Educational materials



Additional Supplies

- Filters
 - Dental cotton
 - Sterifilts
- Stems

bccdc.ca

BC Centre for Disease Control

http://www.bccdc.ca/default.htm

BCCDC has changed its phone numbers: The new main line is (604) 707-2400

PartnerNet | About BCCDC | Contact Us | Compliments & Complaints | Site Map | PHSA Laboratories Clinics & Programs | Health Education & Events | Guidelines & Forms | News & Alerts | Statistics & Research

Information for...

DISEASES & CONDITIONS | FOOD & YOUR HEALTH | HEALTH & YOUR ENVIRONMENT | IMMUNIZATION & VACCINES | OUTBREAKS & EMERGENCIES | PREVENTING INFECTION | SEXUAL HEALTH

Text Size:



Get protected against influenza

Vaccine is now available and is free for seniors and other eligible groups

Information for...

- Health Professionals
- Aboriginal Peoples
- Media
- Travellers

 **NEW:** Follow the BCCDC on Twitter

HEALTH ALERTS

- BCCDC encourages British Columbians to protect themselves from influenza February 1, 2011
- Update on Raw, Undercooked Oyster Consumption Advisory October 6, 2010
- Salmonella Chester outbreak in British Columbia August 13, 2010
- Crow First positive test for West Nile virus in 2010 August 12, 2010
- Measles outbreak in BC - latest case count May 25, 2010

[More Health Alerts...](#)

CURRENT STATISTICS & RESEARCH

- BCCDC Annual Reports
- BC Monthly Reports of Selected Communicable Diseases
- 2008 Immunization Annual Report
- 2009 Annual Report Summary of Reportable Diseases
- 2005-2008 TB Annual Report

[More Statistics & Research...](#)

TOP 10

- Influenza vaccine
- Immunization Manual for health professionals
- Tuberculosis
- ImmunizeBC
- Sexually Transmitted Infections
- On-line Immunization Course for Immunizers
- Do Bugs Need Drugs?
- Clinics
- Harm Reduction
- Communicable Disease Control Manual

NEWS

- BCCDC-led study shows 2009 H1N1 vaccine was highly effective February 3, 2011
- Leadership Forum: Mobilizing on HIV/AIDS in Northern BC Aboriginal Communities January 27, 2011
- Do Bugs Need Drugs? Tackling Antibiotic Resistance Through Education January 4, 2011
- Combating Viral Hepatitis through Education November 22, 2010

Harm Reduction Strategies & Services

The screenshot shows a web browser window displaying the BC Centre for Disease Control (BC CDC) website. The address bar shows the URL: <http://www.bccdc.ca/prevention/harm-reduction/default.htm>. The page title is "Harm Reduction | BC Centre for Disease Control".

The website header includes the BC CDC logo and navigation links: [PartnerNet](#), [About BCCDC](#), [Contact Us](#), [Compliments & Complaints](#), [Site Map](#), [PHSA Laboratories Clinics & Programs](#), [Health Education & Events](#), [Guidelines & Forms](#), [News & Alerts](#), and [Statistics & Research](#). A search bar is also present.

The main navigation menu includes: [DISEASES & CONDITIONS](#), [FOOD & YOUR HEALTH](#), [HEALTH & YOUR ENVIRONMENT](#), [IMMUNIZATION & VACCINES](#), [OUTBREAKS & EMERGENCIES](#), [PREVENTING INFECTION](#), and [SEXUAL HEALTH](#).

The breadcrumb trail reads: [You are here: Home > Preventing Infection > Harm Reduction](#).

The page content is titled "Harm Reduction" and features a green leaf logo with the text "HRSS BC Harm Reduction Strategies and Services".

Harm Reduction

"Harm reduction" aims to keep people safe and minimize death, disease, and injury from high-risk behaviour. Harm reduction involves a range of support services and strategies to enhance the knowledge, skills, resources, and supports for individuals, families and communities to be safer and healthier.

A range of services is available to prevent harm from substance use. Some examples include:

- **Impaired driving prevention campaigns:** Create awareness of the risks of driving under the influence of alcohol and other legal or illegal substances
- **Peer support programs:** Groups for people who use substances - to improve their quality of life and to address gaps in services
- **Needle distribution programs:** Distribute clean needles and other harm reduction supplies and educate on their safe use (local)
- **Outreach and education:** Make contact with people who use substances to encourage safer behaviour
- **Substitution therapies:** Substitute illegal heroin with legal, non-injection methadone or prescription heroin
- **Supervised consumption facilities:** Prevent overdose deaths and other harms by providing a safer, supervised environment for people using substances

What are the benefits of Harm Reduction?

Harm reduction has many benefits for people who use substances, their families, and communities.

On the right side of the page, there is a "SUPPLY REQUESTION FORM" section with a link to "Authorised Distribution Sites" and a link to "To Order Supplies Use the Harm Reduction Supply Requisition Form". Below that is a "RELATED PAGES" section with links to "History of Harm Reduction in British Columbia Oct 2010 (pdf 33 KB)", "Harm Reduction Training Manual for Frontline Staff Jan 2011 (pdf 10 MB)", "Harm Reduction Strategies and Services Policy Feb 2006 (pdf 45 KB)", "Best practices for BC's harm reduction supply distribution program Sept 2003 (pdf, 204KB)", and "Harm Reduction Strategies and Services Committee Terms of Reference Jan 2008 (pdf, 22 KB)".

HARM REDUCTION PROGRAM : SUPPLY REQUISITION FORM

Please fax requisition forms to: Vaccine and Pharmacy Services
 BC Centre for Disease Control
 655 12th Ave W Suite 1100
 Vancouver BC V5Z 4R4
 Tel: (604) 707-2597



BC Centre for Disease Control
 AN AGENCY OF THE PARLIAMANTARY GOVERNMENT OF BRITAIN COLUMBIA

Fax: (604) 707-2583

PRIMARY distribution site: _____	Date Submitted: _____
Contact Name: _____	
Shipping Address: _____	Delivery Days: _____
	Delivery Times: _____
Postal Code: _____	Email: _____
Phone Number: _____	Fax Number: _____

**This form is only for distribution sites previously authorized by Health Authority representative.
 If you are not an authorized site, please contact your Health Authority representative
 as shown on next page.**

Order Enough for 3 MONTH Supply or try to meet the Minimum Order Quantity	<i>Please allow max. 2 weeks delivery. Deliveries on Mondays or later</i>
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		Unit Of Issue	Quantity Ordered
Lubricated Condoms (Durex)	ORDER IN MULTIPLES OF 5 BOXES	(144/Box)	Boxes
Non-Lubricated Condoms (Durex)	ORDER IN MULTIPLES OF 5 BOXES	(144/Box)	Boxes
Assorted Flavours - Scented Condoms (Durex)	ORDER IN MULTIPLES OF 5 BOXES	(144/Box)	Boxes
Female Condoms	<i>if request is less than 100 (ea), please call us</i>	(100/Bag)	Bags
Aqua Lube (3 mL per packet):	144/gross, 8 gross/box	(1,152/Box)	Boxes
Syringes with needle attached (1/2 cc insulin syringe & needle)		(100/Box)	Boxes
Syringes with needle attached (1 cc insulin syringe & needle)		(100/Box)	Boxes
Syringes without needles: 3 cc		(100/Box)	Boxes
Syringes without needles: 5 cc		(100/Box)	Boxes
Needle, disposable	18g x 1 1/2"	(100/Box)	Boxes
Needle, disposable	22g x 1"	(100/Box)	Boxes
Needle, disposable	22g x 1 1/2"	(100/Box)	Boxes
Needle, disposable	25g x 5/8"	(100/Box)	Boxes
Needle, disposable	25g x 1"	(100/Box)	Boxes
Needle, disposable	26g x 1/2"	(100/Box)	Boxes
Needle, disposable	27g x 1/2"	(100/Box)	Boxes
Alcohol Swabs		(200/Box)	Boxes
Water Vials - 3 ml		(1000/Case)	Cases
Disposable Cookers (Stericups)		(1000/Box)	Boxes
Ascorbic Acid	300mg sachets	(1000/Box)	Boxes
Wooden Push sticks		(100/Bag)	Bags
Cutter		(each)	Each
Plastic mouth piece	Vinyl Tubing 1/4" x 3/8"	(100 feet/roll)	Rolls
Plastic mouth piece	Vinyl Tubing 5/16" x 7/16"	(100 feet/roll)	Rolls
Plastic mouth piece	Vinyl Tubing 3/8" x 1/2"	(100 feet/roll)	Rolls



Harm Reduction Supply Ordering at the BCCDC

Health Authority contacts for site authorization

To receive harm reduction supplies, each distribution site must be pre-authorized by the health authority representative. The following are the current contacts:

Fraser health:	Amrit Rai Amrit.Rai@fraserhealth.ca	Tel 604 - 918-7605
Interior Health:	Jeanie Fraser Jeanie.Fraser@interiorhealth.ca	Tel 250 - 549-6342
Northern Health:	Susan Broomsgrove Susan.Broomsgrove@northernhealth.ca	Tel 250 - 565-2636
Vancouver Coastal Health:	Sara Young Sara.Young@vch.ca	Tel 604 - 714-3771 x2321
Vancouver Island Health:	Audrey Shaw Audrey.Shaw@viha.ca	Tel 250 - 519-7094

NEW Single Source Distributor

- In November 2008, (to improve availability and efficiency of shipping) the BCCDC switched to a single source distributor for all harm reduction supplies.
- The distributor has committed to have a minimum of 3 months stock of supplies at all times; therefore the supplies will be available when you need them.
- This will enable you to reduce your stockpiles/safety stock and save storage space.

Changes to Supplies (see supply requisition form for details)

- Following consultation with key stakeholders in the field, three (3) different sizes of mouthpieces are now available as well as disposable cookers and citric acid. Please see frequently asked questions on harm reduction page of BCCDC website for further information.

BCCDC Weekly Processing

- To order supplies, fill out the attached Harm Reduction Supply Requisition Form and fax it to the number on the form.
- BCCDC will **process requisitions in batches on Thursday AM only**, so we recommended submitting your order by Wednesday afternoon. All orders received after the cutoff time of 10am on Thursday will be processed the following week.
- The distributor will **ship the orders on Monday** or later for remote areas. Delivery time is expected to be up to two weeks.

Minimum Order Size

- Female condoms can now only be ordered in boxes of 100 from the distributor. For smaller quantities, please contact BCCDC directly.
- We recommend that you order in bulk every 3 months or longer to meet the Minimum Order Size; the distributor charges additional handling fees for small orders. For instance, the following orders would be large enough to avoid an additional handling fee:

1 box Aqua Lube – carton	(1,152 per box)	or	20 boxes of 1cc syringes	(100 per box)
5 boxes assorted flavors-scented male condoms	(144 per box)		1 case of water vials	(1000 per case)
5 boxes non-lubricated male condoms	(144 per box)		20 boxes of male condoms	(144 per box)
5 boxes lubricated male condoms	(144 per box)		1 box of Aqua Lube	(1152 per box)
2 bags female condoms	(100 per bag)		10 boxes of alcohol swabs	(200 per box)

- If you failed to meet the Minimum Order Size, BCCDC might not process your order and will fax back the Requisition Form with mention "increase your order". Your requisition might not be processed until the next Thursday and your delivery delayed.



Receiving Supplies and Questions

Please check your order. Ensure that you receive the correct quantity and that the supplies reach you in good condition. If you notice any discrepancy, or have any questions or concerns about the distribution of harm reduction supplies please call (604) 707 - 2597.

Primary & Secondary Sites

- Primary sites
 - Order supplies directly from the BCCDC
 - distribute large quantities of supplies
 - Include geographically isolated sites
- Secondary sites
 - Distribute smaller quantities of supplies
 - Can easily access supplies from a Primary site

1 box Aqua Lube – carton	(1,152 per box)
5 boxes assorted flavors-scented male condoms	(144 per box)
5 boxes non-lubricated male condoms	(144 per box)
5 boxes lubricated male condoms	(144 per box)
2 bags female condoms	(100 per bag)

or

20 boxes of 1cc syringes	(100 per box)
1 case of water vials	(1000 per case)
20 boxes of male condoms	(144 per box)
1 box of Aqua Lube	(1152 per box)
10 boxes of alcohol swabs	(200 per box)

Toward The Heart - Microsoft Internet Explorer provided by VCH - PHC Regional XPSP3 v5.0

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Address http://towardtheheart.com/ Go Links >>



WORKING TOGETHER REDUCING HARM

A PROJECT OF THE PROVINCIAL HARM REDUCTION PROGRAM

FEATURED PROJECTS



Take Home Naloxone (THN) Program

Naloxone is a medication that reverses the effects of an overdose from opioids, such as heroin, methadone, and morphine.

BC has developed a Take Home Naloxone (THN) Program to help prevent overdoses and save lives.

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ALERTS

- a) [CCENDU Alert on Illicit Fentanyl](#) across Canada.
- b) [BC's provincial health officer warns about the dangers of Fentanyl.](#) It's an increasing concern in BC.
- c) Here is the [Fentanyl Information Bulletin](#) from the Ministry of Health.
- d) [BC's Drug Overdose and Alert Partnership Committee](#) is working to better understand this situation.
- e) [RCMP warn local drug users in the Prince George area of a powerful narcotic that resembles heroin.](#)

NEWS

[Take Home Naloxone Program: Nine Month Review](#)

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Internet

Resources

- Nothing About Us Without Us: Greater, Meaningful Involvement of People Who Use Illegal Drugs: A Public Health, Ethical, and Human Rights Imperative
- bccdc.ca: search 'harm reduction'
 - Harm Reduction Training Manual
 - Order forms and HA contacts for BC
 - Information sheets, research, reports



Thank you

See bccdc.ca for more information