



# WHAT IS HARM REDUCTION?

Harm reduction is a model of practical principles and strategies that aim to reduce the negative consequences and risks of substance use.

## PERSON FIRST

Harm reduction is a person-centered approach which seeks to meet individuals "where they are" by providing services that meet their current needs and circumstances without judgment.

## THE IMPACT OF HARM REDUCTION

### SHORT-TERM

Harm reduction services manage the immediate risks associated with substance use by providing sterile supplies, testing supplies, naloxone, wound care, and education.

### LONG-TERM

Harm reduction services can improve quality of life, provide linkage to medical and social services, and active navigation to treatment.



#### HEALTH

Reduces the risk of substance use related injury, overdose, and death. Reduces the transmission of infectious diseases such as Hepatitis C and HIV.



#### SAFETY

Links underserved and marginalized populations to behavioral and social support services. Improves the safety of those using and the surrounding community through syringe removal and cleanup.



#### JUSTICE

Supports the right of each individual to make their own informed decisions, free of coercion. Recognizes the intersection of substance use with other risk factors such as poverty and trauma.