

HHHRC WFD Fellows



Lisette Acosta

Bachelor's of Social Work student at the Thompson School of Social Work & Public Health, University of Hawai'i at Mānoa



Juyeon (Julia) Suh

Senior graduating in Fall 2022 with a Bachelors of Arts in Psychology with a minor in Philosophy, University of Hawai'i at Mānoa



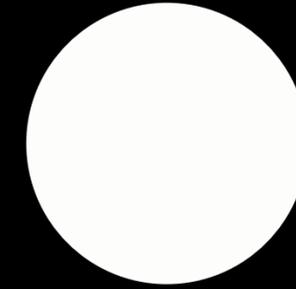
Caroline Delsaux

Second year of Master's degree in social work at the Thompson School of Social Work and Public Health, University of Hawai'i at Mānoa



Organization : HHHRC

Hawai'i Health & Harm Reduction Center

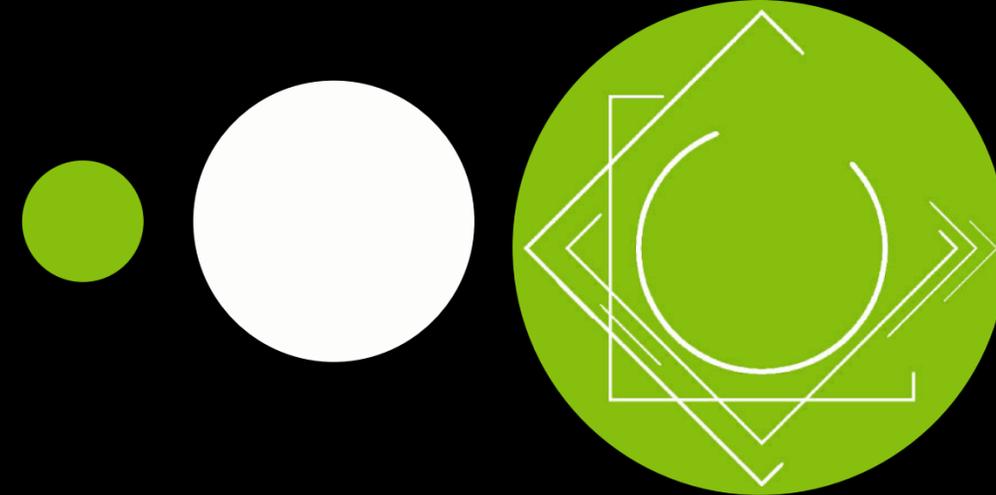


HHHRC serves Hawai'i communities by reducing the harm and fighting the stigma of HIV, hepatitis, homelessness, substance use, mental illness, and poverty in our community. We focus our efforts on those disproportionately affected by social determinants of health, including but not limited to: people living with and/or affected by HIV, hepatitis, substance use, and the transgender, LGBTQ and the Native Hawaiian communities. We foster health, wellness, and systemic change in Hawai'i and the Pacific through care services, advocacy, training, prevention, education, and capacity building.



Web site: <https://www.hhhrc.org>

Agency Representatives



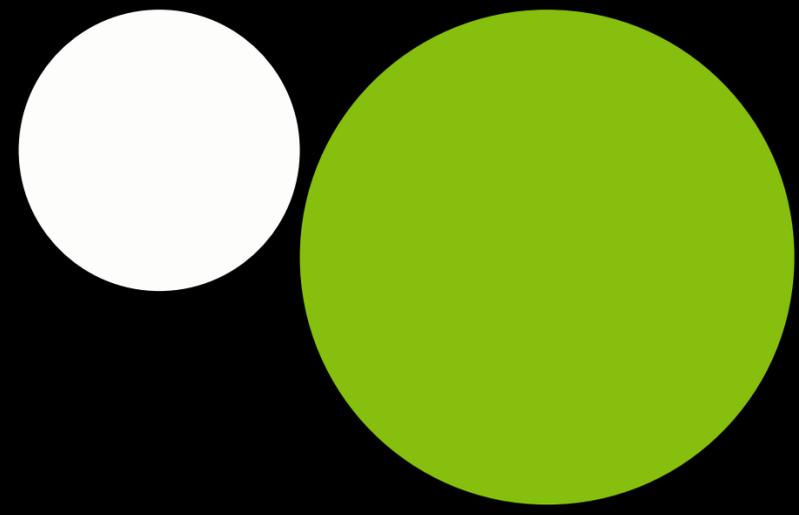
Dr. Sophie Gralapp
Harm reductionist
and community psychologist



Echo Wyche BSN, CDC II
Syringe Exchange Program Manager



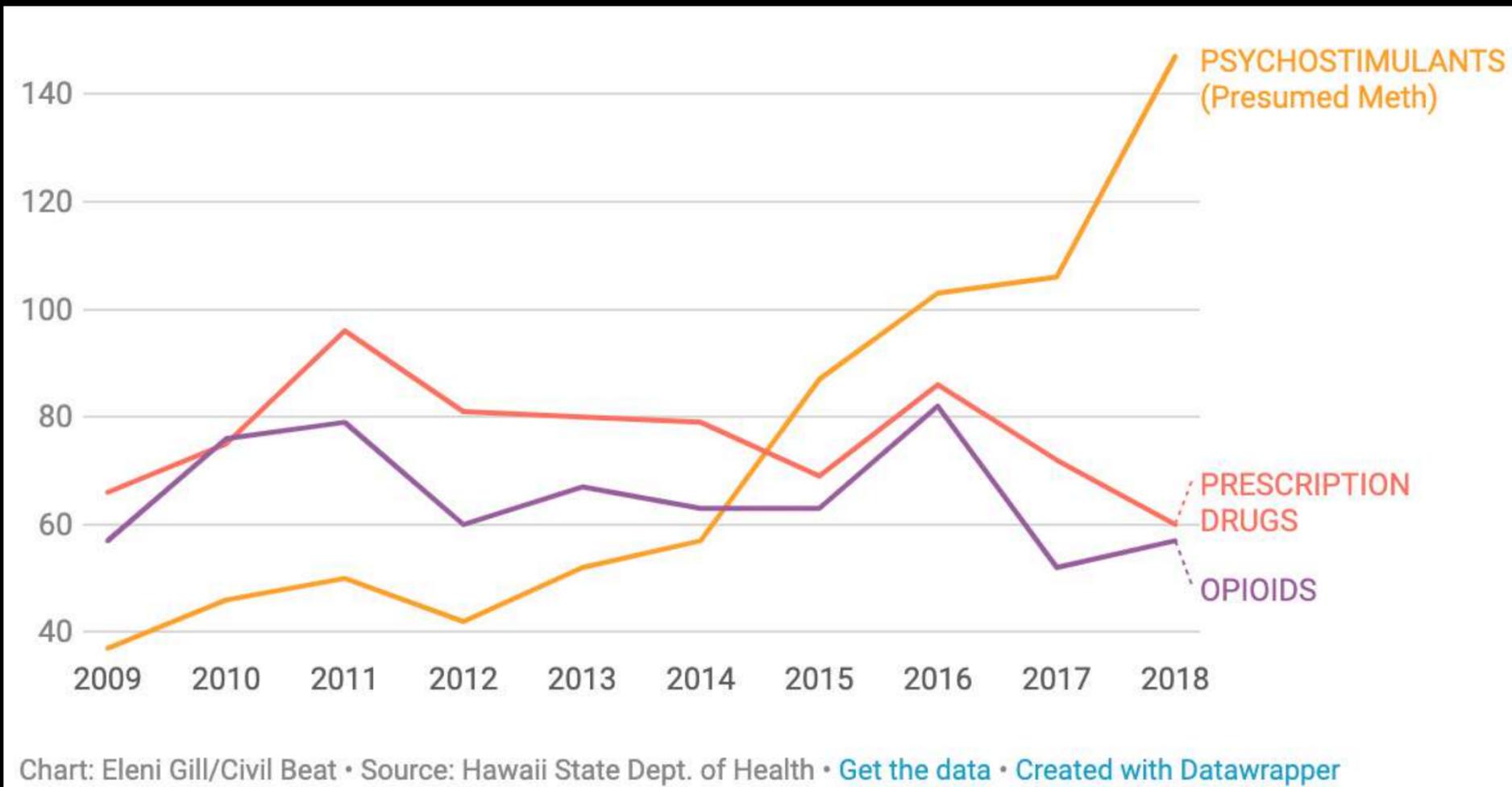
Andrew Ogata
Community Relations Manager



Presenting The Problem



Presenting Problem



There has been an increase in meth-related deaths, outnumbering opioid-related deaths since 2015.

Drug use remains a part of society.

Education and harm reduction is a key to lowering rates of transmissible diseases like HIV and HEPC.

<https://www.civilbeat.org/2019/11/meth-deaths-soar-in-hawaii-even-as-opioids-grab-public-attention/>

Harm Reduction: Umbrella term for interventions aimed to reduce the risks and problematic effects of behaviors. **

For example, wearing a seatbelt when driving, encouraging safe sex, supporting healthy eating habits for people with eating disorders, providing not used needles for people who inject drugs, etc.

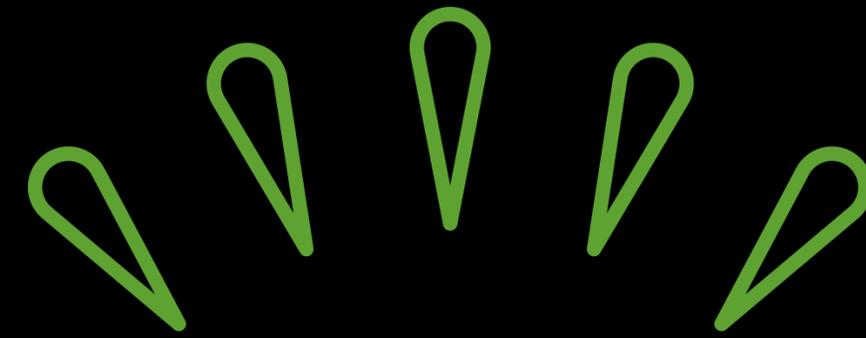
Eight tenets of harm reduction philosophy*

*National Harm Reduction Coalition. (2021, May 23). Harm reduction principles. National Harm Reduction Coalition. Retrieved August 17, 2022, from <https://harmreduction.org/about-us/principles-of-harm-reduction/>

**Marlatt GA, Baer JS, Kivlahan DR, Dimeff LA, Larimer ME, Quigley LA, et al. Screening and brief intervention for high risk college student drinkers: Results from a two-year follow-up assessment. *Journal of Consulting and Clinical Psychology*. 1998;66:604–615.



Safer smoking kits help prevent overdoses and other health risks linked to substance misuse. Terrence Antonio James/Chicago Tribune/Tribune News Service via Getty Images



Safer Smoking:

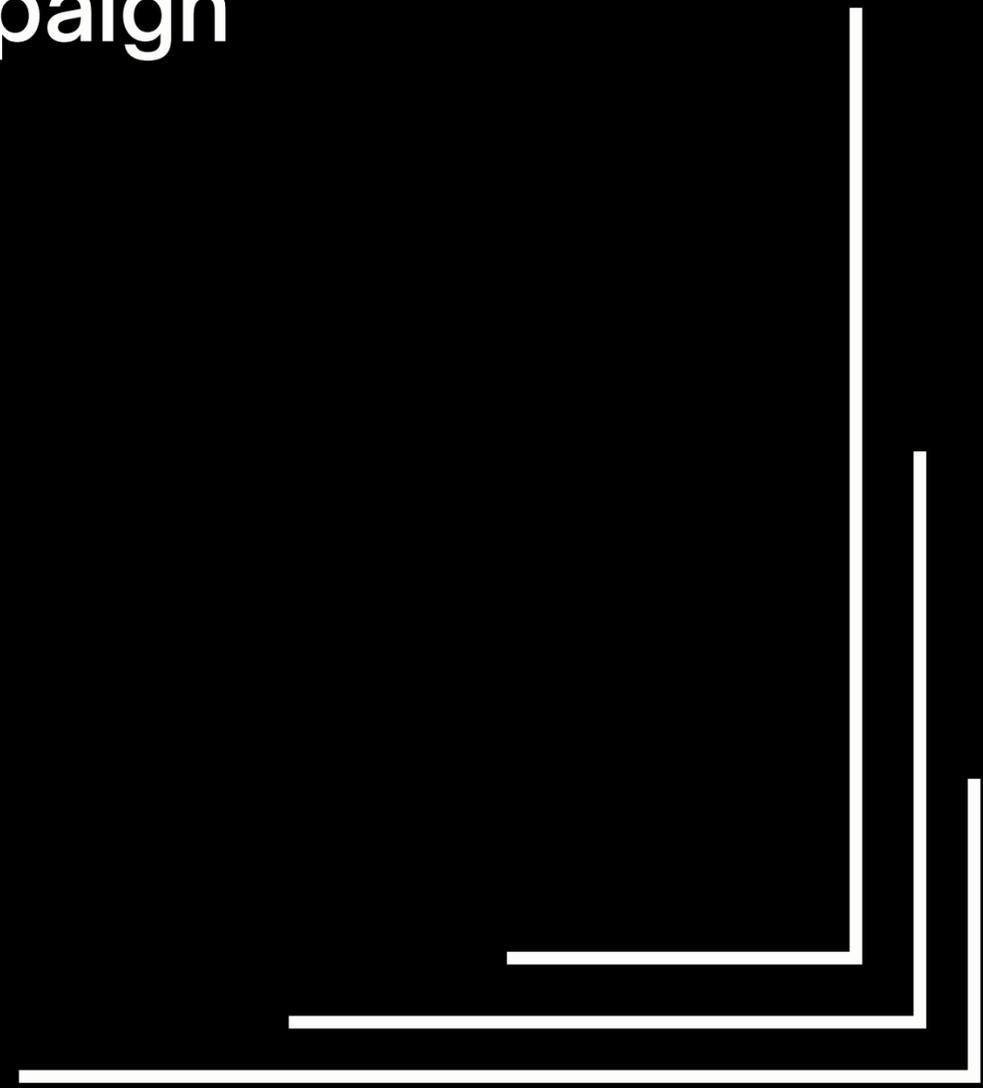
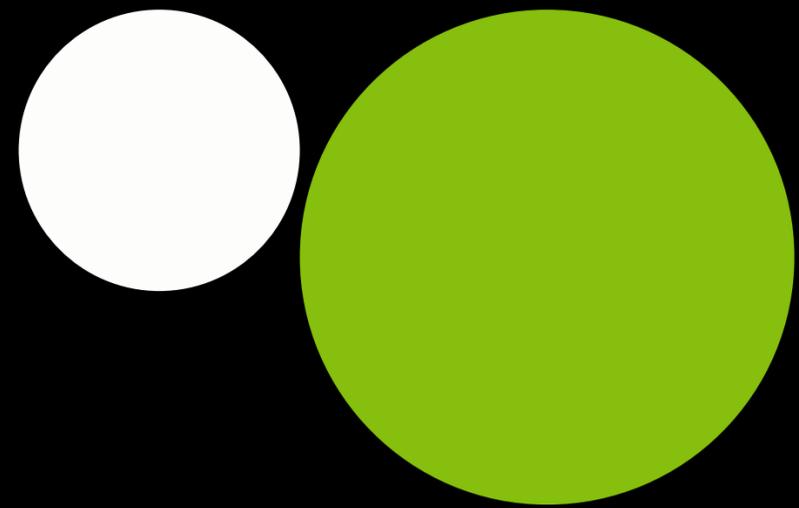
Safer smoking practices are harm reduction tools for smoking substances.

These practices help reduce the risks involved when smoking such as injuries and spread of pathogens.



Product / Project

Safer Smoking: Social Media Campaign



Product Development

Step

1

Research



Step

2

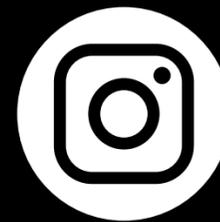
Social Media Campaign Outline



Step

3

Social Media Campaign Dry Run



Product outline

Social Media Campaign

Outline - 55 posts 

1. Introduction

2. Body

3. Conclusion

002A-C3 WPD 2022 - HHHRC

Follows: Lissette Acosta, Juyeon (Julia) Suh, Caroline Delsaux

Safer Smoking Social Media Campaign Outline

Introduction

1. Who does safer smoking affect?
2. What does it involve - what is safer smoking?
 - 2.1. What goes into a safer smoking kit?
 - 2.2. What is safer smoking?
 - 2.3. Safer Smoking Practices and HR: risks and toxic
 - 2.4. HR general services and supplies SAMHSA
3. When does smoking become a problem - signs of overamping/inhuse?
 - 3.1. What is overamping?
 - 3.2. When should someone practice safer smoking?
4. Safer smoking kits
 - 4.1. The need for safer smoking kits
 - 4.2. What are push sticks?
5. Harm Reduction and HIV/HCV
6. HHHRC SEP Impact report 2020
 - 6.1. HHHRC SEP impact on HIV
 - 6.2. HHHRC SEP impact on HCV
 - 6.3. Efficacy of SEP in reducing HIV/HCV

Body

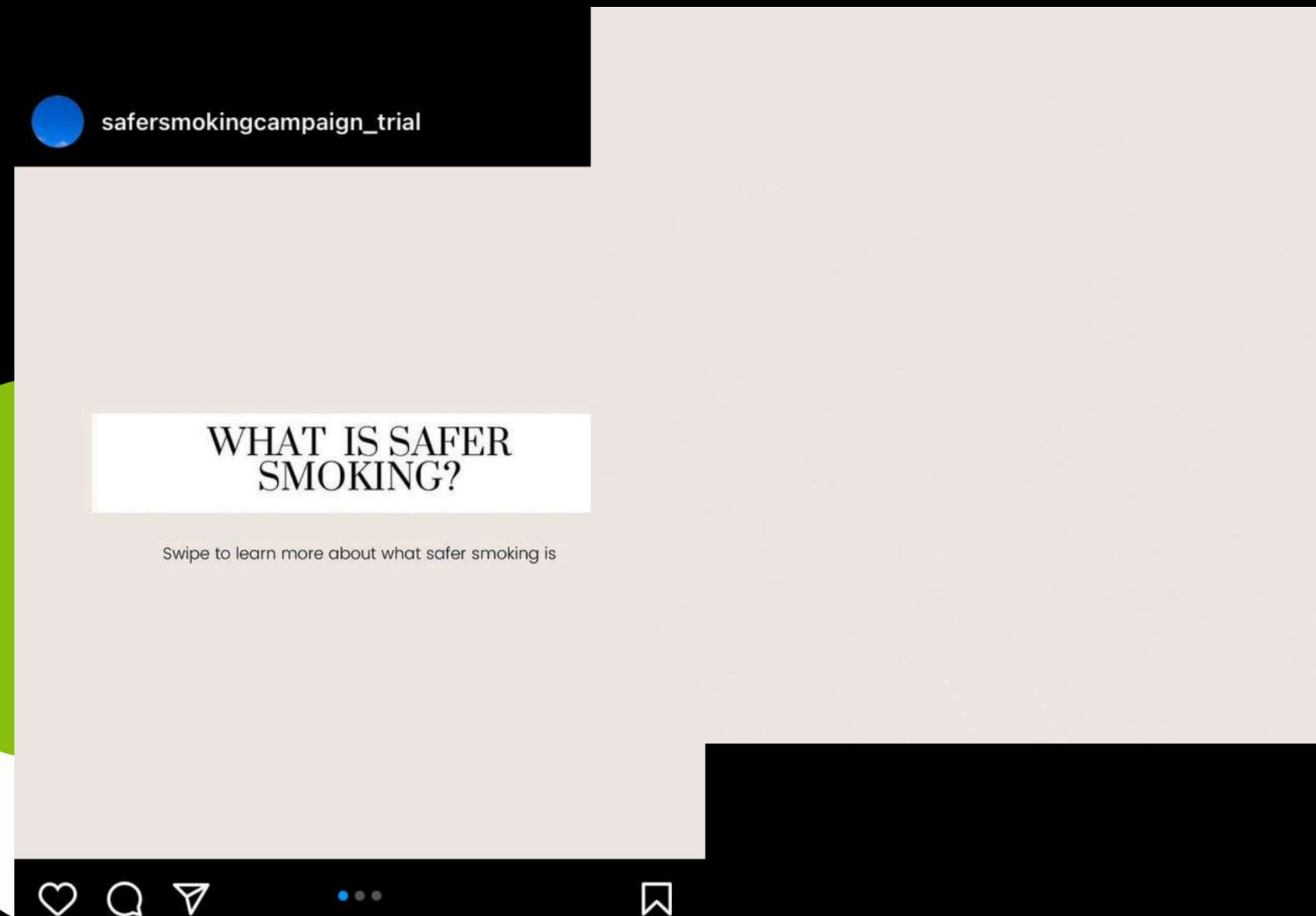
1. Facts
 - 1.1. Other countries/what they're doing for safer smoking programs
 - 1.1.1. Europe: Global State of Harm Reduction 2020
 - o Responses
 - o Non-injecting use
 - o Prisons
 - 1.1.2. The Netherlands
 - o Amsterdam Cohort Studies (ACS)
 - o Some HR services
 - 1.1.3. Safer smoking program insights: California
 - 1.1.4. Safer smoking program insights: Ohio
 - 1.1.5. Canada
 - 1.2. Law "is that even legal?"
 - 1.2.1. Is it legal to provide harm reduction supplies?
 - 1.2.2. Is it legal to have naloxone?
 - 1.3. HR Awareness
 - 1.4. Inclusive language
 - 1.5. What is meth?
 - 1.6. What are opiates and opioids?
 - 1.7. What is cocaine?
 - 1.8. What is fentanyl?
 - 1.8.1. Touching fentanyl will not kill you
 - 1.8.2. You cannot see fentanyl!
 - 1.8.3. Not all fentanyl is the same
 - 1.9. Myths
 - 1.9.1. Five harm reduction myths
 - 1.9.2. Substance use disorder myth vs fact
2. Educational tips
 - 2.1. Signs of overdose and what to do?
 - 2.2. What to do in case of overamping
 - 2.2.1. Responding to overheating
 - 2.2.2. Responding to heart attack/cardiac arrest
 - 2.2.3. What to do in case of a stroke
 - 2.2.4. What to do in case of seizures
 - 2.3. Tips to reduce risks
 - 2.4. How to put someone in the recovery position
3. Harm Reduction Practices for Smoking
 - 3.1. What is harm reduction
 - 3.2. How do you practice harm reduction during smoking
 - 3.2.1. Smoking vs injecting: a harm reduction perspective
 - 3.2.2. Harm reduction for methamphetamine smoking
 - 3.2.3. Harm reduction for crack smoking
 - 3.2.4. How to prepare meth pipe for use
 - 3.2.5. Pipe care 101: how pipes break

Conclusion

1. Harm reduction: in case you've missed it
 - 1.1. What does recovery mean (SAMHSA)?
2. What HHHRC is doing in Hawaii
 - 2.1. HHHRC Syringe Exchange Program
 - 2.2. HHHRC general Supplies
 - 2.3. How Hawaii is providing safer smoking supplies?
 - 2.4. SEP Vans
3. Ideal results wanted from safer smoking program
 - 3.1. Providing safer smoking supplies: aimed outcomes

Product

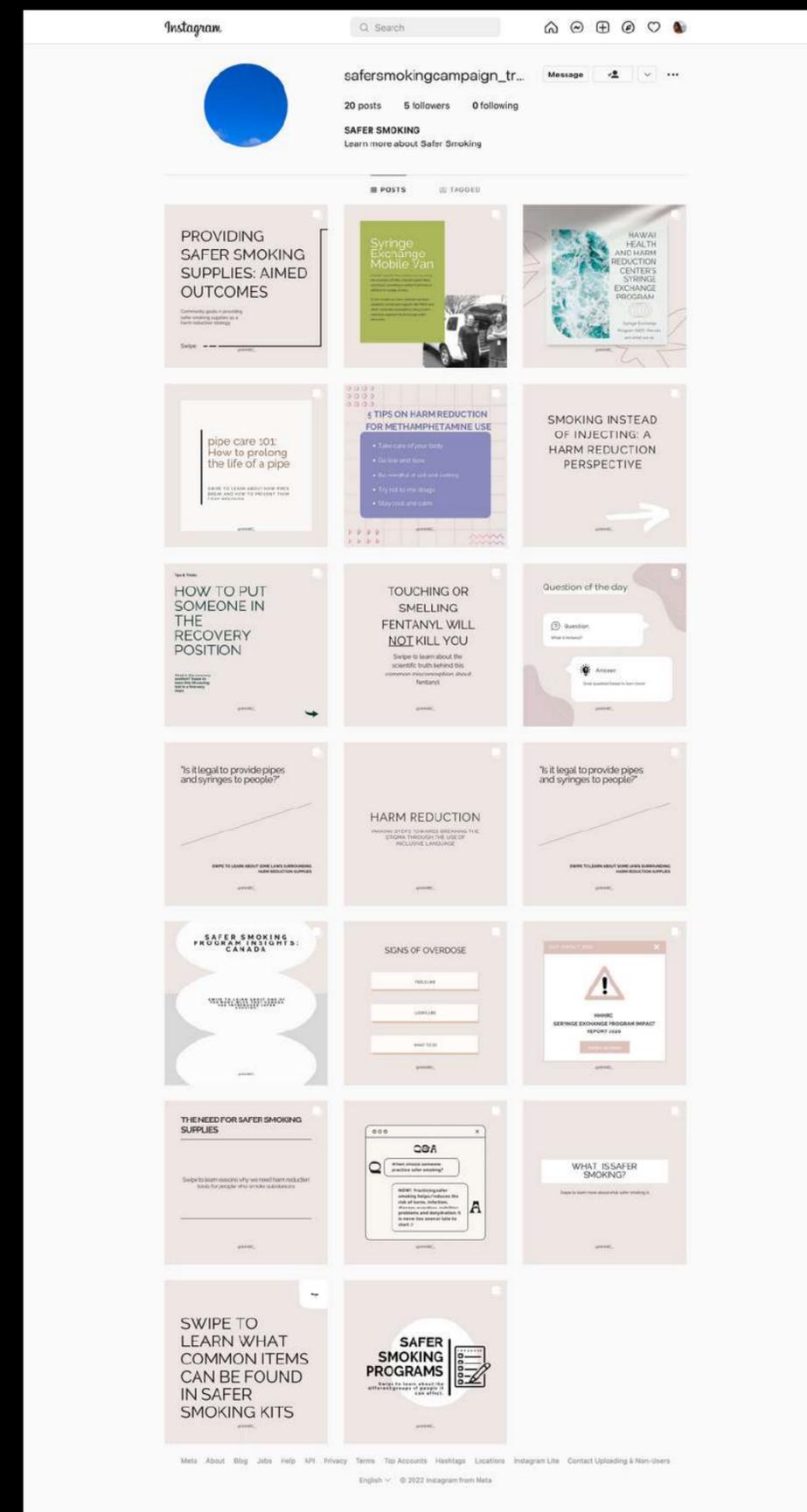
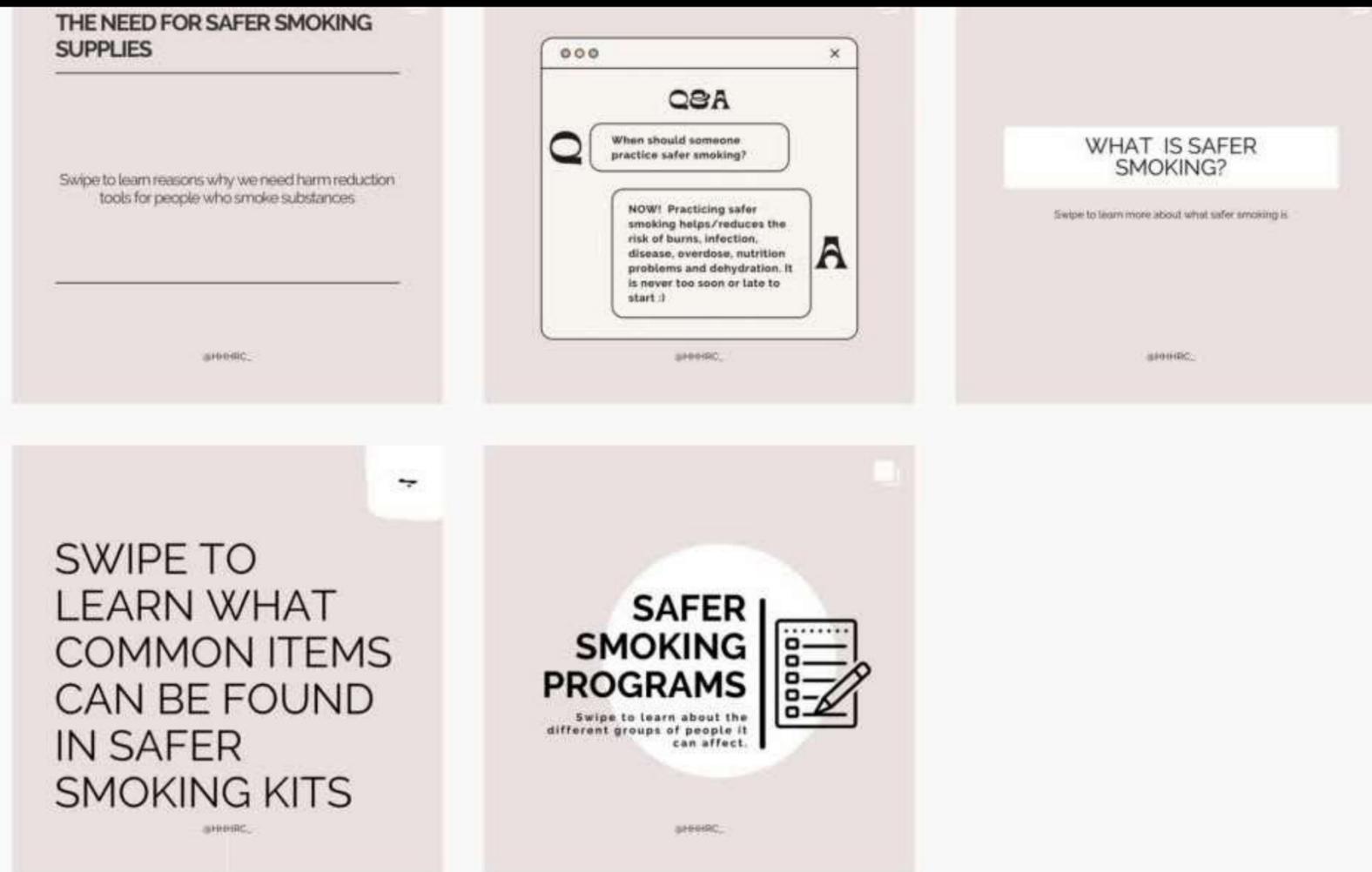
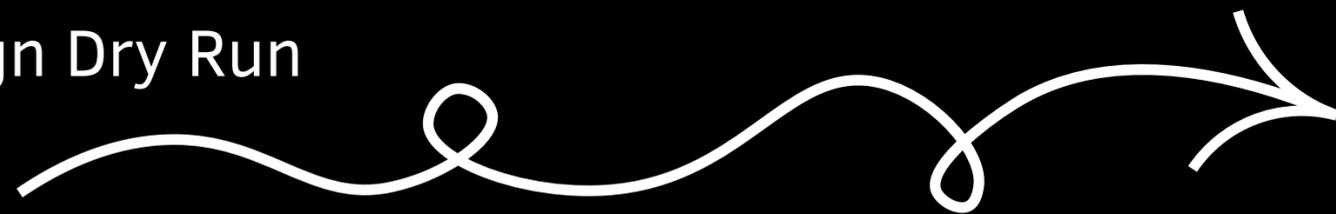
Created a Social Media Campaign which includes 55 posts for agency use.



Canva

Product/ Project

Social Media Campaign Dry Run



Conclusion/ Next Steps



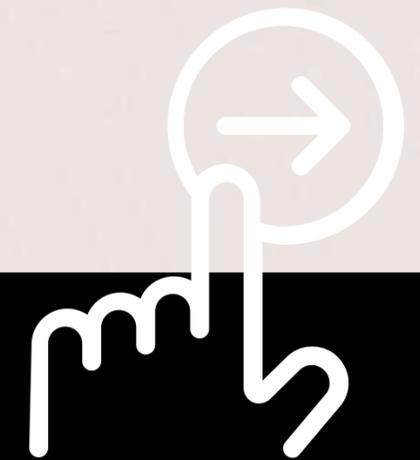
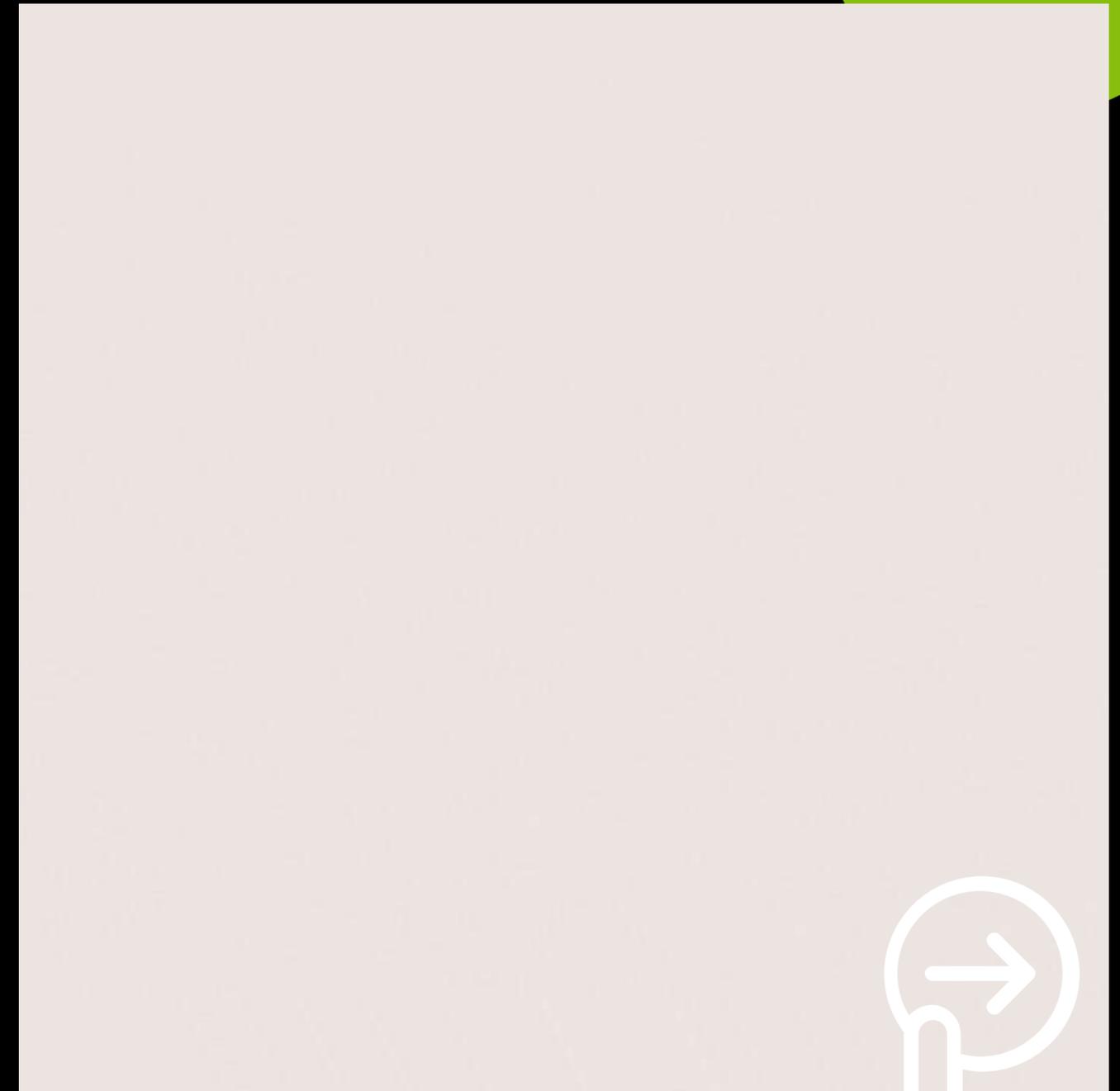
Team work and collaboration with HHHRC



Library of editable resources



Instagram post chosen by HHHRC



Reflections



Julia

Learned SO MUCH about harm reduction and safer smoking.
Built soft skills.
Gained media skills.

Caroline

Scope of the issue;
Amazing network and motivation within the field;
Harm Reduction;
Connection-Connection-Connection!!

Lisette

"Before the start of this program I did not know what harm reduction was nor its importance especially within the field of Social Work. This program has added beneficial knowledge that will help me succeed within my profession in the future. "