



HARM REDUCTION AND SEXUAL HEALTH POPULATION HEALTH



Regional Harm Reduction Program

What is Harm Reduction?

Harm reduction is a term used to describe programs, policies and practices that aim to reduce negative consequences of behaviours typically considered “high risk” such as substance use and some sexual activities.

Harm reduction includes a range of health interventions for both individuals and communities. It aims to improve health outcomes related to substance use, addiction, overdose, sexually transmitted and blood borne infections (STBBIs), other illness and injuries, social isolation, violence, oppression, trauma, and criminal justice system involvement.

Harm reduction programs and services are proven to not only reduce harms such as infections, injuries, and death related to substance use and sexual activity; they have also been proven to increase social and vocational functioning, and to reduce public disorder

What do the Regional Harm Reduction Coordinators do?

The Regional Harm Reduction Coordinators are responsible for supporting the planning and evaluation of harm reduction services throughout the Interior Health region.

Regional Harm Reduction Coordinators act as advocates, consultants and educators for internal and external service providers and communities on the delivery of evidence-based harm reduction services and strategies.

The team supports local, regional, and provincial working groups related to harm reduction by advocating for the needs of the region including equitable access to services for rural and remote communities. The coordinator also works closely with IH local operations to address community harm reduction needs.

How can the Regional Harm Reduction Team support your community?

- Support the delivery of education and training to create capacity for providing harm reduction services at the local level.
- Provide resources on best practices for service providers working with people who use drugs or engage in other high risk activities that increase the risk of transmission of sexually transmitted blood borne infections (STBBI).
- Participates and provides a broad knowledge base on harm reduction practices and philosophy to local working groups.
- Provide information on current trends, research and best practices at the provincial and regional levels.
- Facilitate the establishment of local sites to provide harm reduction supplies, the Take Home Naloxone program and other overdose prevention programming through the BC Centre for Disease Control. This includes providing training materials, resources and sample policy/procedures.

Contact us at harmreduction.coordinator@interiorhealth.ca