HARM REDUCTION IN ALAMEDA COUNTY: ENGAGING OUR PARTICIPANTS

Jennifer Duncan, MPH
Drug Overdose Deaths by Substance Type, 2018-2021: Homeless Population

- Fentanyl*
- Amphetamines
- Cocaine
- Rx Opioids
- Benzodiazepines
- Heroin

* These are “other prescription and illicit opioids. A text search revealed that almost all referred to fentanyl.

Note: A decedent may be represented in multiple lines due to multiple substance types involved in one overdose.
Precontemplation: In this stage, individuals are not yet considering change and may not be aware that their behavior is problematic. They may resist suggestions or advice from others and may not see any reason to change.

Contemplation: In this stage, individuals are beginning to consider the possibility of change but may be ambivalent about it. They may weigh the pros and cons of the behavior and may seek out information or support to help them make a decision.

Preparation: In this stage, individuals have made a commitment to change and are beginning to take steps towards that change. They may set goals, seek out resources, and make plans for how they will change their behavior.

Action: In this stage, individuals are actively changing their behavior and implementing their plans. They may encounter obstacles and setbacks but remain committed to the change process.

Maintenance: In this stage, individuals have successfully changed their behavior and are working to maintain that change over time. They may continue to seek support and resources to help them stay on track.

Termination: In this final stage, the behavior change has become fully integrated into the individual's life, and they no longer feel at risk of relapse or returning to the problematic behavior.
HOW TO USE MOTIVATIONAL INTERVIEWING TO SPEAK OUR PARTICIPANTS

MOTIVATIONAL INTERVIEWING IS A COUNSELING TECHNIQUE THAT IS PARTICULARLY EFFECTIVE WITH INDIVIDUALS IN THE PRE-CONTEMPLATIVE STAGE, WHO MAY NOT YET BE CONSIDERING CHANGE OR MAY BE RESISTANT TO IT. HERE ARE SOME KEY PRINCIPLES AND STRATEGIES TO KEEP IN MIND WHEN USING MOTIVATIONAL INTERVIEWING WITH PRE-CONTEMPLATIVE INDIVIDUALS:
Show empathy and understanding:

It's important to create a supportive and non-judgmental environment where the individual feels heard and understood. Use active listening skills to reflect back what the person is saying and acknowledge their perspective.

Explore ambivalence:

Rather than trying to persuade or convince the individual to change, focus on exploring their ambivalence and understanding both the pros and cons of their current behavior. This can help them see the need for change and begin to consider the possibility of change.
Use open-ended questions:

Rather than asking yes/no questions, use open-ended questions to encourage the individual to elaborate on their thoughts and feelings. This can help them clarify their values and motivations and begin to see the need for change.

Elicit "change talk":

This involves asking questions that encourage the individual to talk about their desire, ability, reasons, and need for change. This can help them see the benefits of change and increase their motivation to move towards it.
HIGHLIGHT DISCREPANCIES:

HELP THE INDIVIDUAL SEE THE DISCREPANCIES BETWEEN THEIR CURRENT BEHAVIOR AND THEIR GOALS OR VALUES. THIS CAN HELP THEM SEE THE NEED FOR CHANGE AND BEGIN TO CONSIDER THE POSSIBILITY OF CHANGE.

USE AFFIRMATIONS:

POSITIVE REINFORCEMENT AND AFFIRMATIONS CAN HELP BUILD THE INDIVIDUAL’S SELF-ESTEEM AND CONFIDENCE, WHICH CAN INCREASE THEIR MOTIVATION TO CHANGE.
TAKE AWAY

• DEVELOP A THERAPEUTIC ALLIANCE WITH THE CLIENT BY DISCUSSING THE CLIENT’S CONCERNS, ISSUES, AND GOALS
• DIRECTS THE CLIENT BY FOCUSING ON A NARROW DISCUSSION OF BEHAVIORS, HABITS, PATTERNS, ETC., THAT THE CLIENT WANTS TO CHANGE
• DIRECTS THE CLIENT TO MAKE A DECISION ABOUT AMPLIFYING THE NEED FOR CHANGE, INCREASING THEIR MOTIVATION TO CHANGE, AND PROMPTING THE REALIZATION OF THE IMPORTANCE OF CHANGING THEIR BEHAVIOR
• ASSIST THE CLIENT TO PLAN THE STEPS THEY WISH TO TAKE TO MAKE DESIRED CHANGES IN THEIR BEHAVIOR
Now what?
MI and stages of change to utilize Harm Reduction Services
A FUTURE ROOTED
in HARM REDUCTION

ACCOUNTABILITY

BLACK BROWN
folks
supported
in LEADERSHIP
with RESOURCES &
AUTONOMY

JOYFUL

SOLIDARITY & JUSTICE
in PRACTICE

HEALING

BOLD

A QUILT of
our STORIES,
COMMUNITIES,
& EXPERIENCES

OUR PEOPLE
are SURVIVING & THRIVING

TRUST BUILDING

LOVE as a VERB
Harm reduction services include...

- Syringe Access
- Syringe Disposal
- Safer Drug Use
- Naloxone
- Medication Assisted Treatment
- Supervised Consumption Services
- Drop-In Centers
- Housing First
- Pharmacy Access
- Referral & Linkage
Directory of Syringe Services Programs in California

There are **more than sixty** programs in California that provide syringe services. Many have fixed locations, but other operate at various locations and times throughout the week. For more information, contact the program listed below.

<table>
<thead>
<tr>
<th>County</th>
<th>Program</th>
<th>City</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Alameda</td>
<td><strong>Berkeley Free Clinic Syringe Services Program</strong></td>
<td>Berkeley</td>
<td>(510)559-0327</td>
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<tr>
<td>Alameda</td>
<td><strong>Needle Exchange Emergency Distribution (NEED)</strong></td>
<td>Berkeley</td>
<td>(510) 463-1843</td>
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<tr>
<td>Alameda</td>
<td><strong>HIV Education &amp; Prevention Project of Alameda County (HEPPAC)</strong></td>
<td>Oakland</td>
<td>(510) 703-2132</td>
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<tr>
<td>Alameda</td>
<td><strong>Tri-City Health Center</strong></td>
<td>Fremont</td>
<td>(510) 456-3503</td>
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<tr>
<td>Alameda</td>
<td><strong>Community Outreach Wellness and Advocacy Project (a project of Punks with Lunch)</strong></td>
<td>Oakland</td>
<td>(510) 371-4465</td>
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References


