| **1. Skip to page 9 of this document**
http://harmreduction.org/wp-content/uploads/2012/02/participant-workbook.pdf | ● Complete the survey. YOU WILL NOT BE REQUIRED TO SHARE YOUR ANSWERS. This is simply for your own knowledge. So, please take time to reflect and answer honestly. |
|---|---|
| **2. Watch this Video on Addiction:**
https://www.youtube.com/watch?v=8-irZgCy2SI | ● Discuss the video with your team, and post your thoughts to the Student Hotspotting google group |
| **3. Watch the full InSite Video:**
http://www.youtube.com/watch?v=rOax9hge8pY | ● What feelings came up for you as you watched this video?
● Describe your gut reaction. What did your body feel like as it watched the video? What images elicited stronger reactions than others? Do you find yourself completely disagreeing, or are you somewhere in the middle? Why?
● When was the last time you had a patient/friend/family member who was an active drug user? What feelings came up for you when you cared for him/her?
● Feel free to post your thoughts to the Student Hotspotting google group |
| **4. Look at the powerpoint under "Understanding Drug Related Stigma "**
http://harmreduction.org/wp-content/uploads/2012/02/Slides.pdf | ● Complete slides 17,18, & 19 and write your responses
● Feel free to post your thoughts to the Student Hotspotting google group |

**Harm Reduction Article Summaries:**

**Instructions:** Based on your current viewpoints, chose articles to read from the summaries below that expand your thinking on harm reduction. All articles are located at the link above.
Injecting drug users: A stigmatized and stigmatizing population
Lesley Simmond, Ross Coomber

This article points out the many negative stigmas[VD1] placed on the IV drug using population. The different stigmas come from different angles. The employees of the Safer Injecting Service (SIS) are there to help the IV drug using population but they also have their own judgments regarding the clients they serve. It is displayed in their attitude, the looks they give, lack of a casual greeting, etc. The pharmacist who own the SIS sites also have some reservations about the services they provide. The “regular” customers that use the SIS for their medication supplies don’t want to interact with the IV drug population that also use the SIS. Even the IV drug users place stigmas on each other[VD2]. The article reveals how many people react to and internalize these stigmas[VD3]. If some of these negative stigmas were changed, more of the IV drug using population would seek out and use the services the SIS offer.

For future research, this article makes you think about different ways to educate employers, employees, the public, and the IV drug using population that would improve attitudes in order to have more positive points of views.

“You cannot solve a problem from the same consciousness that created it. You must learn to see the world anew” -Albert Einstein, theoretical physicist, philosopher and author

“A man is but the product of his thoughts, what he thinks, what he becomes.”
-Mohandhas Gandhi, pre-eminent political and spiritual leader of India during the Indian independence movement

Stigmas and its public health implications
Bruce G Link, Jo C Phelan

This is a brief article that breaks down the five components of a stigma[VD1]. All five of the components are intertwined resulting in a stigma. The article also describes the three major forms of discrimination and the effects it has on people. The negative effects stigma and discrimination have on people add to stress levels. The increased stress levels, in turn, make it difficult for people to cope with life. For future research, people can be taught different coping skills that will lessen the chances of indulging in risky behaviors.

I’m already so ashamed of being a junkie. Now I have Hep C, and I feel as if that
announces to everyone that I’m a junkie. - Marcus R., from The First Year: Hepatitis C

“Drugs made me feel normal.” -Carrie Fisher, an American novelist, screenwriter and actress

Stigma and the Law
Scott Burris

This is a very short piece explaining how the law plays a role in protecting the public against stigmas. Access to health information is now protected by laws. There are laws that discourage discrimination

“How about some shame with those syringes?”
Donald Grove

This article tells of the shame and exclusion directed toward IV drug users. Shaming should not be used by outreach workers. This type of approach is non-productive in working with IV drug users and the community. Shaming is very discouraging to the IV drug user to seek out programs that offer cleaner, safer environments for them to use drugs. Outreach workers need to be supportive in the process. Their own personal stereotypes and prejudices must be set aside in order for the IV drug user to feel comfortable about seeking out programs designed to help them. Boundaries and the recovery process are very important. Quoting the article, “the most valuable thing you can offer an active user is empathy and understanding - not shame.” In the regards to the recovery phase, the author states, “Who offers it, and how it is offered can make the difference between life and death”.

The information offered in this article about shaming, coupled with the information on stigmas, the law, and stress all combine into useful resources needed to help reach the goals outreach programs have set in order to touch lives of as many
people as possible. These are a few components that need to be focused on in order for outreach programs to continue to grow.

The trouble with people is not that they don’t know, but that they know so much that ain’t so. - Josh Billing, the pen name of humorist born Henry Wheeler Shaw

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**Look in the mirror**
Rose Lease

This is a brief article about one woman’s testimony of how harm reduction played in important role in her life. She has dealt with many sufferings in life (HIV positive, recovering drug addict, alcohol and marijuana user). Learning to use “harm reduction” has taught her to love and respect herself. She strongly believes everyone should adopt the concept of harm reduction. Through harm reduction, she has learned self worth. Her newly found self worth has led her to want to better for herself. It has provided her with self-confidence and the desire to make changes in her life. This could be a very inspiring article for anyone who wants to start making self-improvements.

“As parents, we need to talk to young people about drugs and make sure they understand that drugs are dangerous, addictive substances that can ruin their lives and harm their communities.” -John Walters, former Director of the White House Office of National Drug Control Policy (ONDCP)

“A junkie is someone who uses their body to tell society that something is wrong.” -Stella Adler, an American actress and an acclaimed acting teacher

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**Let’s get real. Looking at the lives of pregnant drug users**
Sheigla Murphy and Paloma Sales

This article is a study of 126 pregnant women. These women also use drugs and are in abusive relationships. Typically, women are viewed by society as being the primary caregivers of their children. The women in this study have major strikes against them when it comes to carrying out the “protective” role that society expects them to play. These women verbalize horrific stories of their past. The pain associated with their
past experiences has been deeply internalized. They needed to find ways to cope with the pain. Drug and alcohol use is an outlet for them. The low self-esteem they have has keep them in their abusive relationships. The article describes two categories of violence the women could be listed under. It also goes on to describe some of the reasons these women use the drugs and alcohol (survival, pain relief, sense of control).

The women in this study state that the temporary assistance given to by health care facilities and personal, and police services were the most helpful to them. There is an apparent need for more Harm Reduction facilities, Women and Children care facilities, and substance abuse programs. This article supports how beneficial Community Health resources can be.

No man is good enough to govern another man without that other’s consent. -Abraham Lincoln, served as the 16th president of the United States

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You can leave that baggage at the door, Miss Thing

Heather Edney

This article is written by a member for the gay/lesbian community. She is HIV positive. She has also been a drug user since the age of 15. She tells of her experiences of living with the stigmas and labels directed at her for her lifestyle choices. She is very open about her sex life and compares the violent nature of both her sex & drug activities. She is completely aware of, and suffering the consequences, that have resulted from her lifestyle choices. She credits her work with her local Needle Exchange program and Harm Reduction Coalition with giving her the necessary tools to live a productive life with still using drugs. She is not naïve in understanding that having these types of resources available will “save” everyone who uses drugs. She simply feels it is necessary for society “to offer support” or have places available “where they (drug users in the gay community) can get that support”.

This is yet another article that supports the positive effects of Harm Reduction programs. Heather Edney doesn’t always practice what she preaches in regards to precautionary safety measures being used 100% of the time. She prides herself in possessing the knowledge and being able to openly share it with others in order to hopefully make a difference to others.

People always want to ask me about my drug problem - I never had a drug problem; I had a self-esteem problem! - Gloria Gaynor, American singer, best known for the disco era hits
I always get along with all types of people - popular people as well as drug addicts. -
Amy Sedaris, American actress, author and comedian

The most potent weapon of the oppressor is the mind of the oppressed. - Steve Biko, a political activist and writer, is regarded as the father of the Black Consciousness movement in the Union of South Africa

**A dog and pony show? Users in the Harm Reduction Movement**

Paul Cherashore

This article is written from the point of view of an active drug user who has become a voice in the Harm Reduction Movement. There is a very small number of active users who are willing to speak out about their drug use. Society has already left them with the feelings of shame, being insignificant members of society, “dirty”, worthless, etc. All these negative stigmas drive the active drug user to remain secret. When the opportunity presents itself to speak out on behalf of the benefits of Harm Reduction programs, there are not many people willing to step forward. The author of this article was able to come to terms with his drug use and made a conscious decision to become more verbal about his lifestyle. By doing this, it provided a sense of freedom. This openness led him to join the fight against oppressive drug policies and laws. Indulging and believing in the Harm Reduction process has provided him with a sense of dignity and respect. The author feels this is the type of treatment drug users seek out and are grateful for.

The point of view this author has could lead to controversial opinions from the reader. Not everyone will agree with the superior attitude he seems to have in relation to his standing in the Harm Reduction Coalition. He seems to believe he deserves more financial benefits because his type of lifestyle is what the Harm Reduction programs are all about.