

## Common Questions of Concern:

**Q: Does harm reduction make it easier for people to use drugs or stop them from quitting?**

**A:** People may not want or be able to quit, or they may continue to relapse into drug use. Harm reduction reduces the risks of drug use including the spread of hepatitis and HIV. Harm reduction creates opportunities for people to lead healthier lives.

**Q: Does harm reduction activities encourage people to use substances?**

**A:** No, harm reduction activities do not encourage substance use.

**Q: Does harm reduction drain funding from treatment programs?**

**A:** Treatment programs are part of harm reduction. Specific harm reduction activities are cost-effective, and prevent costly outcomes like hepatitis and HIV.

**Q: Is harm reduction trying to legalize substance use?**

**A:** Legalization is not part of harm reduction. Harm reduction applies to both legal and illegal substance use.

## Hiiye'yu Lelum Vision:

To promote wellness and unity the Hiiye'yu Lelum (House of Friendship) Society addresses the needs and aspirations of aboriginal people by providing holistic programs and services.

## Responding to an Overdose:



1. **2. You do not have to give your name, but tell them you suspect an overdose or that drugs are involved**
3. **Once paramedics arrive, tell them as much as you know about the drugs the person was using and what you did to help to ensure they provide the best care and response.**

## For more information contact:

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**Hiiye'yu Lelum**  
*House of Friendship Society*

## Kw'am Kw'um S'uli:



**“Strengthening our Spirit“**

## Harm Reduction:



## Medicine bag:

Self selected medicine for curing ailments & a means of preparedness in self-care that Reduces Harms.

## What is harm reduction?

Harm reduction aims to keep people safe and minimize death, disease, and injury from high risk behaviour, especially substance use.

Harm reduction involves a range of support services and strategies to enhance the knowledge, skills, resources, and supports for individuals, families and communities to be safer and healthier.



**Bookwis'** purpose is to bring people into the ghost world. Many a story has been told to shape the mind toward safer choices and life habits. This is Harm Reduction pre-contact.

### Preventing Harm from Substance Use:

**Distribute** sterile needles and other harm reduction supplies, recover used needles and other supplies, and provide information and containers for their safe disposal;

**Substitution therapies** that substitute illegal heroin with legal, non-injection methadone or other prescribed opioids;

**Take home naloxone** that is used to reverse overdose by opioids, thereby preventing brain injury, due to depressed breathing, and death;

**Outreach & Education Services** (NARSF) that make contact with people who use substances to encourage safer behavior;

**Peer support programs** run and attended by people who use (Narcotics Anonymous or Alcoholics Anonymous) to improve quality of life and to address gaps in services;

**Impaired Driving Campaigns** create awareness of the risks of driving under the influence of alcohol and legal or illegal substances.

### Benefits of Harm Reduction:

Harm Reduction benefits people using substances, their family, and community.

**Reduce:** HIV and hepatitis infection; overdose deaths and other early deaths; drug injection in public places, and the number of used needles in public; the sharing of needles and other substance use equipment; crime and criminalization.

**Educate** about safer injecting and reduce injecting frequency; about safer sex and sexual health and increase condom use.

**More referrals** to treatment; health and social services; employment among people who use substances.

### Harm Reduction for people who use substances means that;

Make it as easier for people who use, to get help.

Services are open to all people who use substances, at any stage of their substance use. Help is available when someone is ready. This includes connecting to outreach, health care services, and accessing substance dependence treatment.

People who use substances are encouraged to participate in harm reduction activities. Services aim to involve people in their own health by keeping them connected to the health system, empowering people to improve the quality of their lives.



*Harm Reduction can also mean more time with loved ones*