

DART Prevention Coalition

SEPTEMBER PART TWO: HARM REDUCTION

September is Recovery Month!

For the second part of our September Awareness Campaign, we wanted to provide a little insight to the benefits of **harm reduction** methods on the path to recovery.

Please take a look at our one-pager below, as well as a special **Question and Answer** session with one of our **Institute for Prevention and Recovery's** Peer Recovery Program Managers, **Amanda Kube**!

As always, please feel free to reach out with any questions!

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Harm Reduction: Meeting People Where They're At



Substance use disorders impact millions of individuals, their families and the communities we live in. However, there is hope. Recovery is possible.

Everyone's path to recovery is unique. For many, that journey may start with or include harm reduction. Harm reduction focuses on reducing the negative consequences of substance use as opposed to moving directly to a place of abstinence. By doing so, harm reduction opens a window into recovery for individuals.

Harm reduction for substance use may take many forms, including carrying naloxone, medications for opioid use or alcohol use disorder, along with other safe use strategies. These strategies all take different approaches to harm reduction; however, they have one thing in common: meeting people where they are at.

By utilizing harm reduction strategies, individuals can navigate their recovery journey in a way that is manageable and achievable. In this way, harm reduction is and can be a stepping stone for maintaining long-term recovery. This approach can help people stay safe and alive while navigating the road to recovery.

Celebrating Recovery

Each year in September, we recognize National Recovery Month, honoring individuals on their path to recovery and celebrating the peers who support them on their journey. However, we can celebrate recovery every day by helping reduce addiction and recovery stigma.

One strategy for reducing addiction and recovery stigma is to be mindful of the language we use. Below are some examples of how language can help change our perception of substance use disorder and recovery.

Negative Language

Addict, Alcoholic,
Substance Abuser

Clean, Sober, Former Addict

Substance Abuse

Positive Language

A person with a
substance use disorder

A person in recovery

Substance Use Disorder

Helpful Tips

- Use person-first language. Substance use disorder is a treatable medical condition; it is a part of an individual, but it does not define who they are. By using person-first language, you center the person instead of the struggles they are experiencing.
- Speak with empathy and understanding. We all struggle with something.
- Normalize conversations about substance use and mental health.

Practical Harm Reduction Strategies and Resources

- Contact the Never Use Alone (800-848-3741) hotline.
- Carry naloxone, which can reverse an opioid overdose. The Naloxone365 Program provides free naloxone at participating pharmacies. Learn more about the program by visiting: nj.gov/humanservices/stopoverdoses/. Always call 911 before administering naloxone.
- Test Substances. Use test strips to check substances for the presence of dangerous additives such as fentanyl or xylazine.

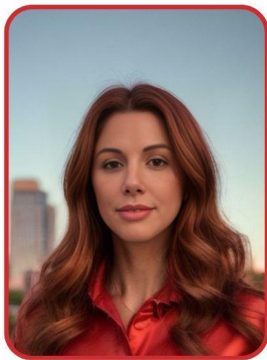
Remember, the goal is progress not perfection! Every safer choice is a step towards healing.

Substance Use Support

If you are using substances and want help stopping, please contact our Peer Recovery Program at **848-303-0008** for recovery support services. If you or someone you know is in crisis, please call 911.

**Click Here to Download and Share the One-
Pager**

Q & A



Amanda Kube
Manager

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and Recovery

Q

What role does harm reduction play in recovery?

A

Recovery really does look different for everyone. Harm reduction is a necessary and legitimate form of recovery.

Q

How has harm reduction impacted your personal story of recovery?

A

Harm reduction saved my life. Taking a harm reduction path allowed me to focus on being a new mom while also ensuring the safety of my unborn baby.

Q

What role does prevention education play in youth communities to help them understand the risks of substance use?

A

Having individuals with lived experience share their stories is crucial. It adds a level of relatability to the education and builds trust in the conversation. Kids will be honest when they can relate and know they won't be judged.

Q

What are some of the stigmas you see around harm reduction?

A

Many individuals see abstinence-only or 12-Step programs as the only path to recovery. However, recovery is not one-size-fits-all. Harm reduction is another pathway to recovery.

Q

How has IFPR improved the patient experience in terms of harm reduction?

A

We meet people where they are and utilize a model that embraces all pathways to recovery. Our goal is to help individuals with the path that best fits their needs.



Looking for Previous Awareness Campaign Materials?

Check out our [DART Resources](#) portal page for past awareness campaigns, one-pagers, fact cards, and more! | rwjbh.org/dartresources



Find these Awareness Campaign images (and more) on our Facebook!

[DART Prevention Coalition of Ocean County](#) | facebook.com/DARTCoalition

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