



Supply Distribution Program at Community Access

Duysal Karakus (she, her, hers)



Community Access, Inc.

THEN:

- Founded in 1974
- Friends, families, activists came together to rent, renovate and run housing on the Lower East Side in NYC

NOW:

- Low-threshold, supportive housing throughout the Bronx, Manhattan & Brooklyn
- Howie the Harp Advocacy Center
- Peer-Operated Respite Center
- Art Collective
- Self-Direction program
- Health & Wellness Department
- Supported Education program & more

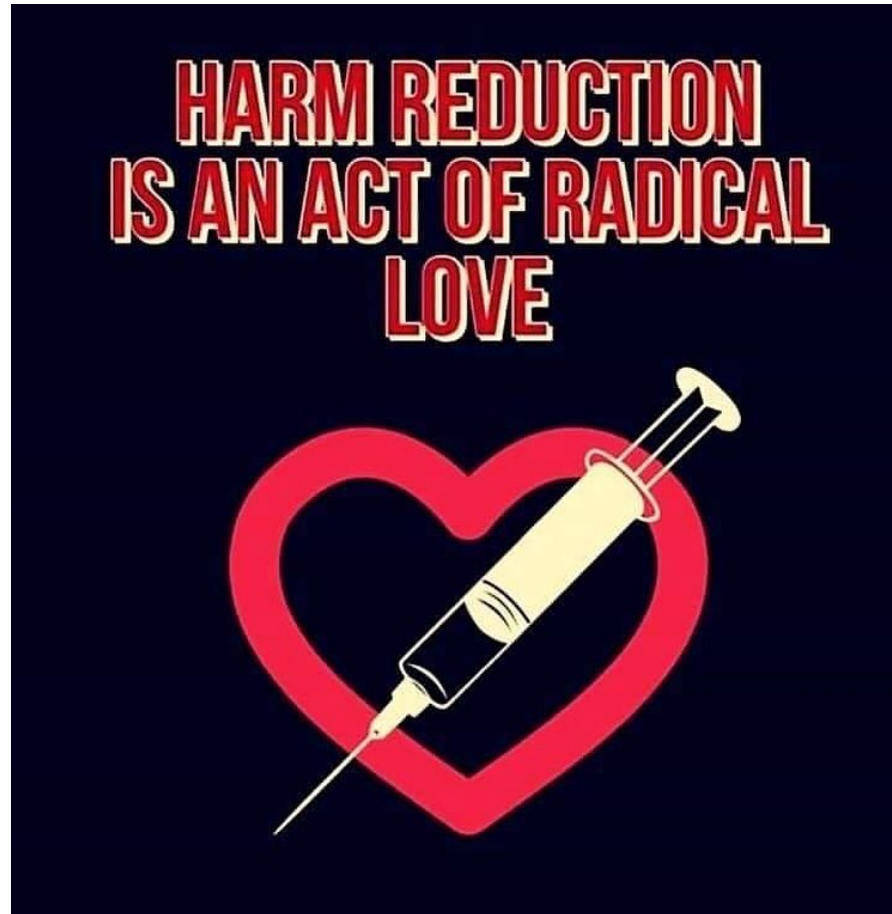


Harm Reduction at Community Access

- Low-Threshold Housing
- Opioid Overdose Prevention Program
- Health Justice & Harm Reduction
- Hearing Voices/Altered States
- Psych Drugs
- Safer Sex Supplies
- WHCP Pop-Ups
- Safer Use Supplies



Safer Use Supply Distribution Program



- 2008-Present
- Dignity, Compassion and Professional Unconditional Love
- Gaining Trust & Anchoring Engagement
- Impacting Participants' Well-Being

Our Supplies

- Safer Smoking (Full & Half)
- Safer Injection (Full & Half)
- Abscess Care
- Safer Sniffing/Safer Sniff Test Kit
- Fentanyl Strip Test Kit
- Safer Cigarette Smoking Kit
- Safer Self-Injury Kit
- Loose Chore Boys
- Safer Meth Use (in preparation)
- And more



Which kit is this?



Which kit is this?



Sample Flyers

There is no substitute for friends and naloxone (Narcan)

Opioid ODs can happen whether the person sniffs, injects, smokes, or takes the drugs another way.

Naloxone (better known by the brand name Narcan) is a medication that reverses an opioid OD by temporarily blocking the effects of the drug. It is the best and most effective current tool for saving the life of someone who is overdosing. Someone who is overdosing will be unconscious and unable to give naloxone to themselves. **For this reason, using drugs alone is often more dangerous than using with people.**

When using opioids like heroin or drugs that might have fentanyl in them it is best to use in groups of two or more and to make sure there is naloxone available and that everyone there knows where the naloxone is and how to use it.

Don't all inject/use at once; if someone falls out someone else will have to be aware enough to use the naloxone. *If you do not have naloxone or don't know how to use it, please ask the person or agency who gave you this kit about where to get trained and supplied*



If you are using: Coke, Meth, Heroin, K2, or Benzos Have you heard about Fentanyl?

What you Need To Know to Stay Safer

Fentanyl and various fentanyl analogs are highly potent synthetic opioids between fifty and many hundreds of times stronger than heroin. They are largely responsible for the dramatic increase in drug overdose-related deaths over the past few years.

Unfortunately, many forms of illicit fentanyl don't necessarily have a certain color, taste or odor, which makes it extremely hard to identify whether or not you're taking it. People have also died after consuming counterfeit pharmaceutical pills containing fentanyl, as well as fentanyl-laced cocaine, crack, K2, and meth.

It is safer to assume that drugs you are consuming could contain Fentanyl

This information is provided by



MISSION

Community Access expands opportunities for people living with mental health concerns to recover from trauma and discrimination through affordable housing, training, advocacy and healing-focused services. We are built upon the simple truth that people are experts in their own lives.

VALUES

Human Rights
We challenge and lead the mental health system towards greater rights-based policies and practices.

Peer Expertise
We are dedicated to a workforce where at least 51% of our employees identify as having a personal experience using mental health services. We ensure that the voices and wisdom of individuals who have used mental health services have a visible and active presence in all aspects of our work.

Self-Determination
We defend the right of all individuals to create lives of their own choosing.

Harm Reduction
We embrace policies and practices that promote dignity, wellbeing and access to health care.

Healing and Recovery
We seek out and promote culturally relevant, trauma-informed and research-based opportunities for individual and community wellness.

17 Battery Place, 13th Floor
New York, NY 10004 • (2,12) 780-1400
<http://www.communityaccess.org/>

Healthier Tips for Smoking Crack



Thanks to NYHRE for most of the content in this pamphlet

MAKE A PLAN BEFORE YOU USE:

- Buy from a source you trust
- Decide how much you're going to use before you start
- Try a little first to check the strength
- Try to put aside money for food and rent before you spend money on drugs
- Try to smoke at times that will allow you to rest and be sober in time for work or other commitments
- Hydrate with water and prepare to stay hydrated with water or energy drinks

USE A GLASS PIPE:

- They do not break or crack as easily. They do not get as hot, so they are less likely to burn you.
- Pipes made out of beer cans, plastic, or copper release toxic fumes. Light bulbs or other thin glass pipes can crack or break which leads to cuts.

USE CHORE BOY OR A PIPE SCREEN:

Chore boy or a pipe screen are safer than steel wool such as Brillo. Steel wool breaks down when heated and the pieces that come loose can cause burns and sores on your lips and can also get into your throat and

lungs. Don't use anything with soap on it. You should change your screens often so they don't get brittle.

USE A RUBBER MOUTHPIECE:

Rubber mouthpieces prevent burns. It is important to avoid burns because they can transmit viruses such as Hep C. Change the mouthpiece every couple of weeks or when they get brittle.

MOVE THE FLAME ALONG THE STEM:

Another way to prevent burns is to touch the flame to the stem to melt the rock, then hold the flame next to the stem, not directly on it. This prevents the stem from getting too hot while still allowing the crack to be smoked. Move the flame along the stem rather than leaving it in the same spot to spread out the heat.

LET THE PIPE COOL BETWEEN HITS:

It is important to avoid burns because they can transmit viruses such as Hep C.

ALWAYS USE YOUR OWN EQUIPMENT:

Sharing equipment can lead to exposure to Hep C and other viruses. You should always use your own equipment when possible. If you must share, use your own rubber mouthpiece and clean everything with alcohol wipes.

USE A WOODEN PUSHER:

When packing chore boy into a pipe, or when cleaning a pipe, use a wooden pusher such as a chopstick. Using metal can cause damage to the stem by scratching and weakening the glass causing it to break easier. Using plastic can melt to the stem and give off harmful toxins.

KEEP AIRFLOW:

When smoking inside, make sure there is adequate airflow. TB can be spread through the rooms with no fresh air. Always cough into your elbow and ask others to do so as well.

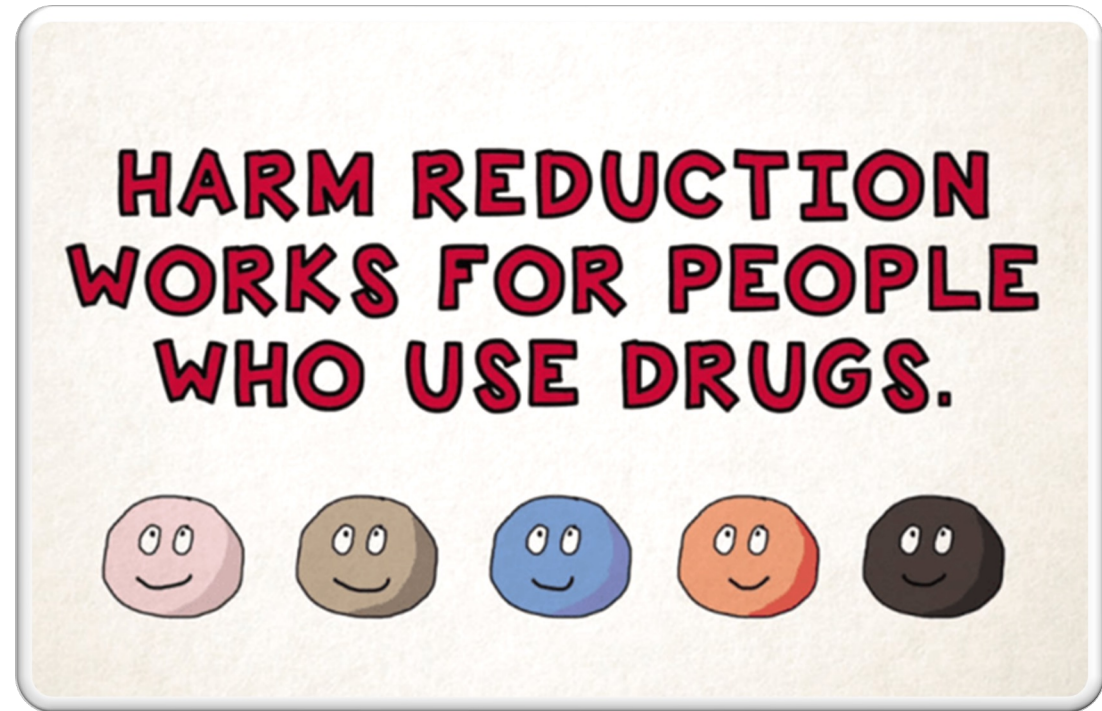
TAKE CARE OF YOUR BODY:

- Consult a doctor when sores are not healing.
- Use less when having trouble breathing or coughing blood. Consult a doctor if it continues.
- Combining more than one drug can increase your risk for overdose or death.
- Take Vitamin C it helps heal cuts, fights colds, and lung problems.
- Drink lots of water (8 to 10 glasses a day).



Important Implementation Steps

- Project Manager to Oversee the Program
- Create Systems
 - Training
 - Storage
 - Ordering
 - Kit Making
 - Documentation
 - Distribution
- Starting Small



Cost Examples

Kits

- Fentanyl test Strips ~2.15
- Safer Smoking ~ .80 cents
- Abscess care ~.40 cents
- Safer Injection ~.45 cents

Individual Supply

- Chore boy \$30 a box makes 216 pieces to 360
- Gauze .04 cents
- Ointments .13cents
- Cookers .07cents

Protocols

- Providing Training to Staff
 - What Supplies are
 - What they are used for
 - Documentation
- Storage
- Documentation
 - Notes
 - Inventory

Distribution

- Pick Up
- Shipping
- Emergency Plan
- Team Effort!!!



Feedback from Our Customers



“Kits are helpful, and I am glad that I can come to staff without fear of judgement.”

- Chore Boy size
- More alcohol pads in injection kits
- Cigarette holders are too small
- Less limits
- Inquiry about safer methamphetamine supplies

Thank you for your
participation!

dkarakus@communityaccess.org
training@communityaccess.org

Physical Health and Substance Use

SHNNY Conference

June 2, 2022

Emily Gerteis, NP
Director of Primary Care



Overview

1

(Re-) familiarize ourselves with the **language** of substance use and harm reduction

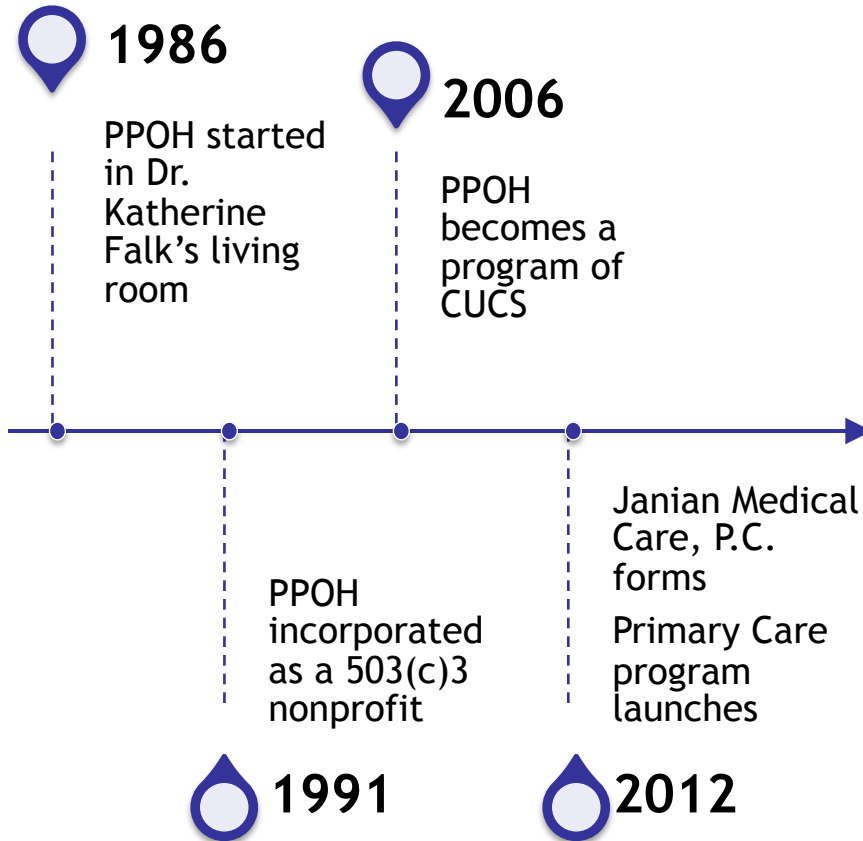
2

Briefly study the **intoxicating effects** & common **withdrawal symptoms** of substances on the body

3

Understand the **health impacts** of substance use, and what we are preventing with harm reduction

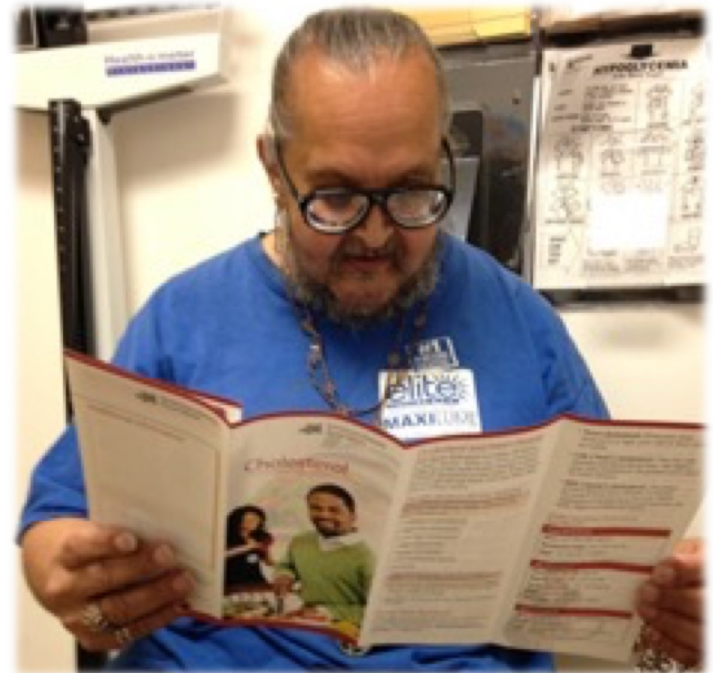
History of Janian Medical Care



TODAY

- Primary Care in **Supportive Housing Programs** in Manhattan, Brooklyn & the Bronx
- **Street Medicine Programs** in Manhattan, Queens & Brooklyn
- Primary Care in **Shelters & Safe Havens** in Manhattan, Brooklyn, Queens & the Bronx
- **Nursing** services in shelters, on Street Medicine and in mobile teams

Checking in...



Language of Harm Reduction

Avoid using words that label people negatively

Addict

Junkie

Crackhead

Instead, use person first language.

People Who Inject Drugs (PWID)

‘Substance use’ doesn’t mean there’s a problem

Coffee

Alcohol

Marijuana

Nicotine

Substance use itself is not necessarily a problem for health.

What is Substance Use Disorder?

Using larger amounts or using for a longer time than intended

Persistent desire or unsuccessful attempts to cut down or control use

Great deal of time spent obtaining, using, or recovering

Craving the substance

Fail to fulfill major roles (work, school, home) due to substance use

Persistent social or interpersonal problems caused by substance use

Important social, occupational, recreational activities given up or reduced

Use in physically hazardous situations

Use despite physical or psychological problems being caused by continued use

Physical tolerance: need to use larger amounts to get same effect

Withdrawal symptoms when abstinent

Diagnostic Language

Severity depends on number of symptoms endorsed by the client

Mild 2-3 symptoms

Moderate 4-5 symptoms

Severe 6 or more symptoms



Physiological Basis of Relapse

HOMEOSTASIS

The body is always trying to achieve balance

It becomes accustomed to substance when it's used regularly

WITHDRAWAL

If the substance that's been used for a long time is suddenly gone, the brain is still expecting the substance and acting accordingly

Symptoms like low mood, strong cravings, etc. are side effects of not having the substance in the body

RELAPSE

Relapsing is fueled by the body trying to regulate the brain's functions in order to feel normal

Relapse is not a 'willpower failure'

Common Substances and their Effects



Opiates and Opioids

- **Codeine** Rx cough syrups, Tylenol #3
- **Hydrocodone** +Tylenol = Vicodin
- **Morphine**
- **Oxycodone** +Tylenol = Percocet
- **Hydromorphone** Dilaudid
- **Heroin** Illegal opiate
- **Fentanyl**



Opioids: Effects on the Body

Intoxication

Physical pain relief

Sense of euphoria, floating, distance

Sedation, sleepiness

Slower heart and breathing rate

Lower blood pressure


Pinpoint pupils

Constipation

Withdrawal

Watery eyes & runny nose, goosebumps, nausea, vomiting, diarrhea, body pain, chills, depressed mood, agitation

Usually not life-threatening



**Respiratory
Depression is
what kills during
an overdose**

Benzodiazepines



- **Alprazolam** Xanax
- **Temazepam** Restoril
- **Lorazepam** Ativan
- **Triazolam** Halcion
- **Clonazepam** Klonopin
- **Diazepam** Valium
- **Chlordiazepoxide** Librium

Benzodiazepines

Pros

- Offer immediate relief for overwhelming symptoms of anxiety
 - Like alcohol, 'Benzos' provide a sense of well-being and euphoria
- Don't have a lot of side effects or aftereffects
 - They are legal prescription medications

Cons

- Very hard to stop using them
 - Does not allow experiencing natural diminishment from peak of anxiety
 - Can worsen anxiety over time
- Dangerous in combination with other substances
 - Increases OD risk when using opiates, alcohol and stimulants
- **WITHDRAWAL** is potentially life threatening (seizure, coma, death)
 - Common withdrawal symptoms include anxiety, irritability, insomnia, fatigue, tremor, sweating, poor concentration

Stimulants!

- **Cocaine & Crack**
- **Amphetamine** Speed
- **Methamphetamine** Meth
- **Mixed Amphetamine Salts**
 - Adderal, Ritalin
- **MDMA** Ecstasy
- **PCP** Angel Dust



Stimulants: Effects on the Body

Binge – Crash Cycles

Binge

doses are repeatedly administered every 5-30 minutes

Crash

anxiety, irritability, fatigue, depression

Cannabis - Honorable Mention

Cannabis

aka

Marijuana

aka

**Pot, Weed,
etc.**

- **Legalized in NY State**

- Can be prescribed by certified providers
- Expensive, limited dispensaries
- In a few years, may even be covered by Medicaid?!?

- **Has evident benefits**

- Relaxation, anti-nausea, appetite stimulant, sleep aid
- However, some people react negatively (anxiety, paranoia)

- **Excellent for harm reduction!**

- Use pot instead of opioids, benzos, alcohol, K2, crack...
- *However*

be careful with psychotic disorders

Heavy smoking can damage the lungs

Heavy use is bad for cognitive and social development in youngsters

Harm Reduction & Physical Health

We know about common substances and why they are used...

So, what are we preventing by using harm reduction tools?

Human Immunodeficiency Virus

HIV

- blood to blood via IVDU & sexual activity
- dies quickly outside the body

not commonly transmitted via inhalation drug use

Sequalae

- Lifelong disease
- Immunocompromised - even without AIDS diagnosis
- Opportunistic infections
- Negative psychological effects of shame, stigma

Hepatitis A and B

Hepatitis A

Transmitted via fecal-oral route

- In contaminated food, water
- Unwashed hands and close contact

Outbreaks in US amongst homeless folks, drug users, MSM

Prevented with a 2-dose vaccine series

Hepatitis B

Transmitted through blood or body fluids

- IVDU
- Sexually transmitted

Can become chronic, most people clear infection on their own

Prevented with a 3-dose vaccine series

- Given at birth
- Many people need boosters

Hepatitis C

Transmitted the same as HIV

- But Hep C can live outside the body for longer than HIV

Of those people exposed to Hep C:

- 1/3 naturally clear it
- 2/3 get chronic infection

Chronic infections can lead to:

- liver scarring → cirrhosis
- Hepatocellular Carcinoma (liver cancer)

Curable!

- adherence to 8-12-week regimen can be difficult if using, +mental illness, +homelessness

Infections

Cellulitis - infection of skin

Abscess - infection of tissue into a lesion

Sepsis - blood infection

Endocarditis - infection with a bacterial colony on a heart valve

Osteomyelitis - infection of bone

Tetanus - infection of tissue with a bacteria that causes 'lockjaw'

ALL PREVENTED BY HARM REDUCTION!

Resources

SAMHSA

www.samhsa.gov

- Substance Abuse and Mental Health Services Administration

NIDA

www.drugabuse.gov

- National Institute on Drug Abuse

AAAP

www.aaap.org

- American Academy of Addiction Psychiatry

ASAM

www.asam.org

- American Society of Addiction Medicine

Mouse Party

If you want to know more about biochemical effects of substances on the brain