Supply Distribution Program
at Community Access

Duysal Karakus (she, her, hers)
<table>
<thead>
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<th>THEN:</th>
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<tr>
<td>- Founded in 1974</td>
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<td>- Friends, families, activists came together to rent, renovate and run housing on the Lower East Side in NYC</td>
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<table>
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<th>NOW:</th>
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<td>- Low-threshold, supportive housing throughout the Bronx, Manhattan &amp; Brooklyn</td>
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<td>- Howie the Harp Advocacy Center</td>
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<td>- Peer-Operated Respite Center</td>
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<td>- Art Collective</td>
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<tr>
<td>- Self-Direction program</td>
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<td>- Health &amp; Wellness Department</td>
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<td>- Supported Education program &amp; more</td>
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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?

- Latex Gloves
- Gauze
- BZK
- Alcohol Pads
- Bandages
- Tourniquet
There is no substitute for friends and naloxone (Narcan).

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 Community Access.

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 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 borosilicate, plastic, or copper release toxic fumes. Light bulbs or other thin glass pipes can crack or break which leads to cuts

Use choke boy or a pipe screen:
Choke boys or a pipe screen are safer than steel wool such as Bells. Steel wool breaks down when heated and the pieces come loose can cause burns and some 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 as they 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 around 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 whenever possible. If you must share, use your own rubber mouthpiece and clean everything with alcohol wipes.

Use a wooden pusher:
When packing, always 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 are next to the stem and give off harmful toxins.

Keep airflow open:
When smoking inside, make sure there is adequate airflow. It 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 symptoms 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 helps heal cuts, fights cold, and long problems.
- Drink lots of water (8 to 22 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!

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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

- **1986**: PPOH started in Dr. Katherine Falk’s living room.
- **1991**: PPOH incorporated as a 503(c)3 nonprofit.
- **2006**: PPOH becomes a program of CUCS.
- **2012**: Janian Medical Care, P.C. forms Primary Care program launches.

**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...
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
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
- Stimulants
- Benzos
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
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

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**JANIAN Medical Care**
An Affiliate of CUCS
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