



Harm Reduction & Treatment Program Integration Panel and Discussion

March 5, 2024



A Continuum of Substance Use Interventions



Youth Development & Health Promotion

- Programs at school- and community-level

Drug Use Prevention

- Universal, selected, and indicated prevention

Harm Reduction → Currently largely serves people who are using drugs and not yet interested in SUD treatment

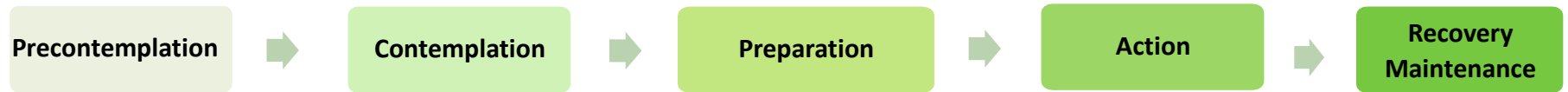
- Low threshold services proven to reduce morbidity and mortality, including outreach, overdose prevention (naloxone and fentanyl test strip distribution, etc), syringe exchange, peer services, linkages to SUD treatment and other needed services, etc.

SUD Treatment & Recovery → Currently largely serves people who are ready for abstinence

- Involves a spectrum of settings: opioid treatment programs, outpatient, intensive outpatient, residential, inpatient, withdrawal management, Recovery Services, Recovery Bridge Housing, field-based services, care coordination and navigation, etc.

Surveillance of drug use and its community impact

Stages of Change



Harm reduction programs

- Initial engagement
- Harm reduction supplies
- Skills development to reduce risks
- Linkage to health care and social services
- Outreach: street teams
- Low-threshold medications for addiction treatment

Recovery is Possible!

- Of those in the U.S. with a history of substance use disorder, 75% are in recovery

Harm Reduction is Essential

- Harm reduction is practiced all across health care settings and services
- In the context of the worst overdose crisis in history, harm reduction reduces mortality risks, increases treatment access and access to other health and social services, and supports recovery

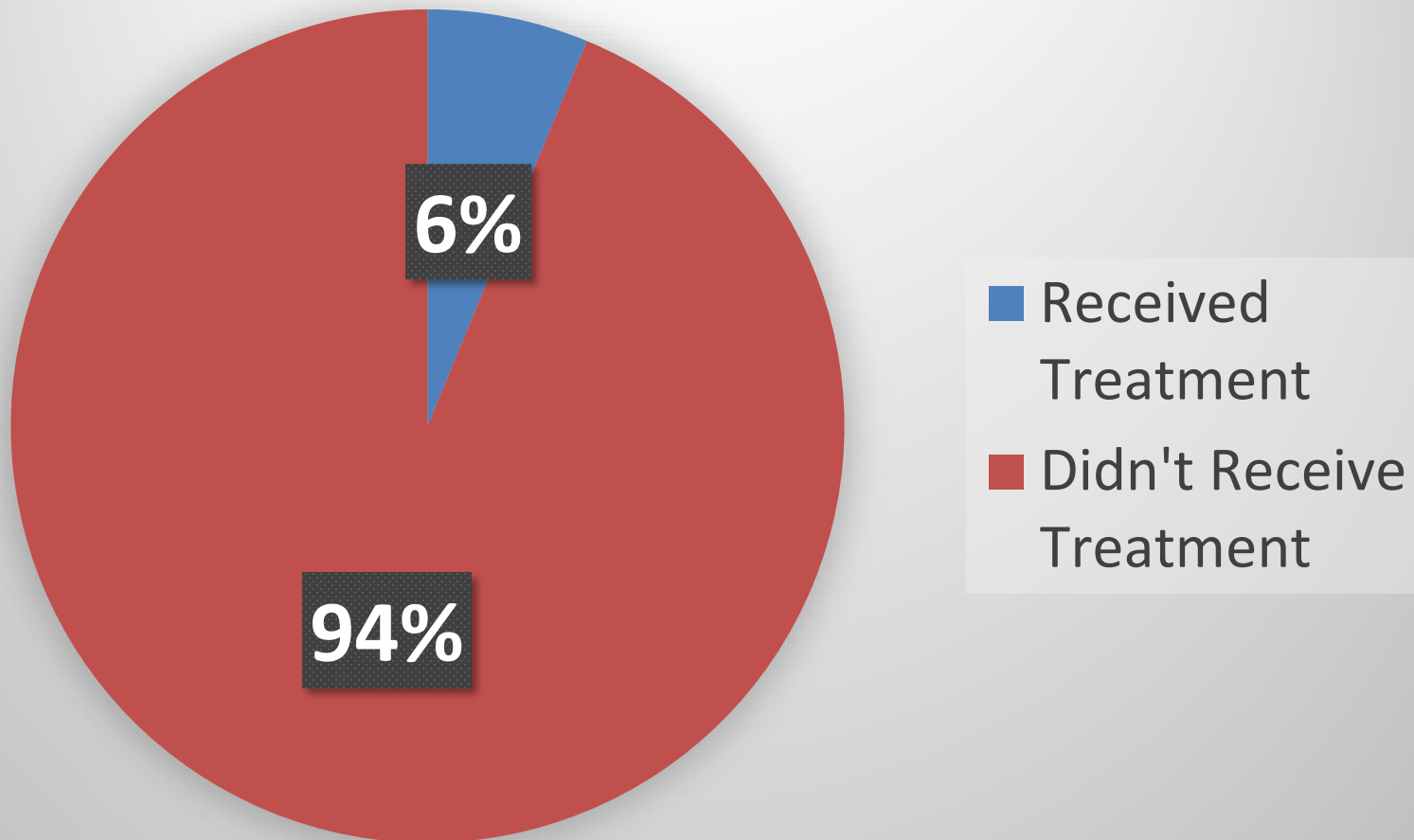
Treatment programs

- Biopsychosocial treatment for substance use (including medication services, individual and group therapy)
- Linkage to other medical and social services
- Crisis care

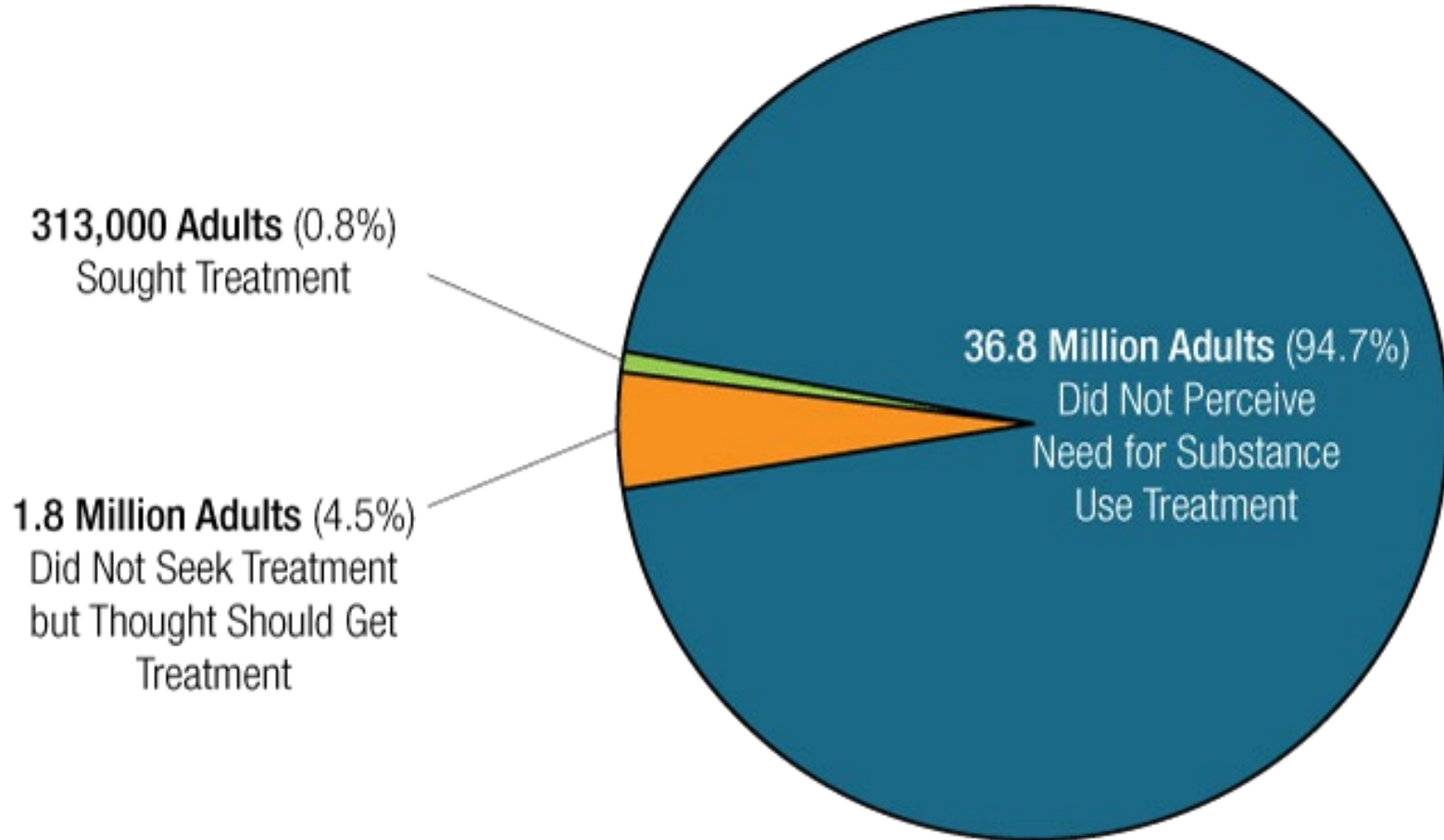
Aligning Services with Readiness is Essential

- Addiction is chronic and recurrent, and not all people are at the same stage of readiness to change.
- Only focusing on individuals in some stages of change as opposed to ALL stages of change limits service reach and impact → We need the widest service net possible

Receipt of Any Substance Use Treatment among People with a Past Year SUD



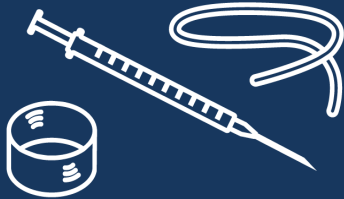
Substance Abuse and Mental Health Services Administration. (2022). *Key substance use and mental health indicators in the United States: Results from the 2021 National Survey on Drug Use and Health* (HHS Publication No. PEP22-07-01-005, NSDUH Series H-57). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2021-nsduh-annual-national-report>



39.7 Million Adults with a Substance Use Disorder Who Did Not Receive Substance Use Treatment

Substance Abuse and Mental Health Services Administration. (2023). *Key substance use and mental health indicators in the United States: Results from the 2022 National Survey on Drug Use and Health* (HHS Publication No. PEP23-07-01-006, NSDUH Series H-58). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2022-nsduh-annual-national-report>

Harm Reduction Services



**Harm Reduction
Supplies Access**



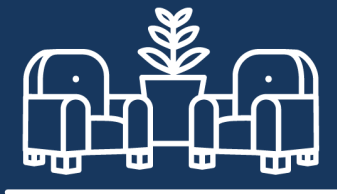
**Syringe Exchange &
Disposal**



**Naloxone and
Test Strips**



**Medications for
Addiction Treatment**



Drop-In Centers



**Linkage to Ho using
Services**



Pharmacy Access

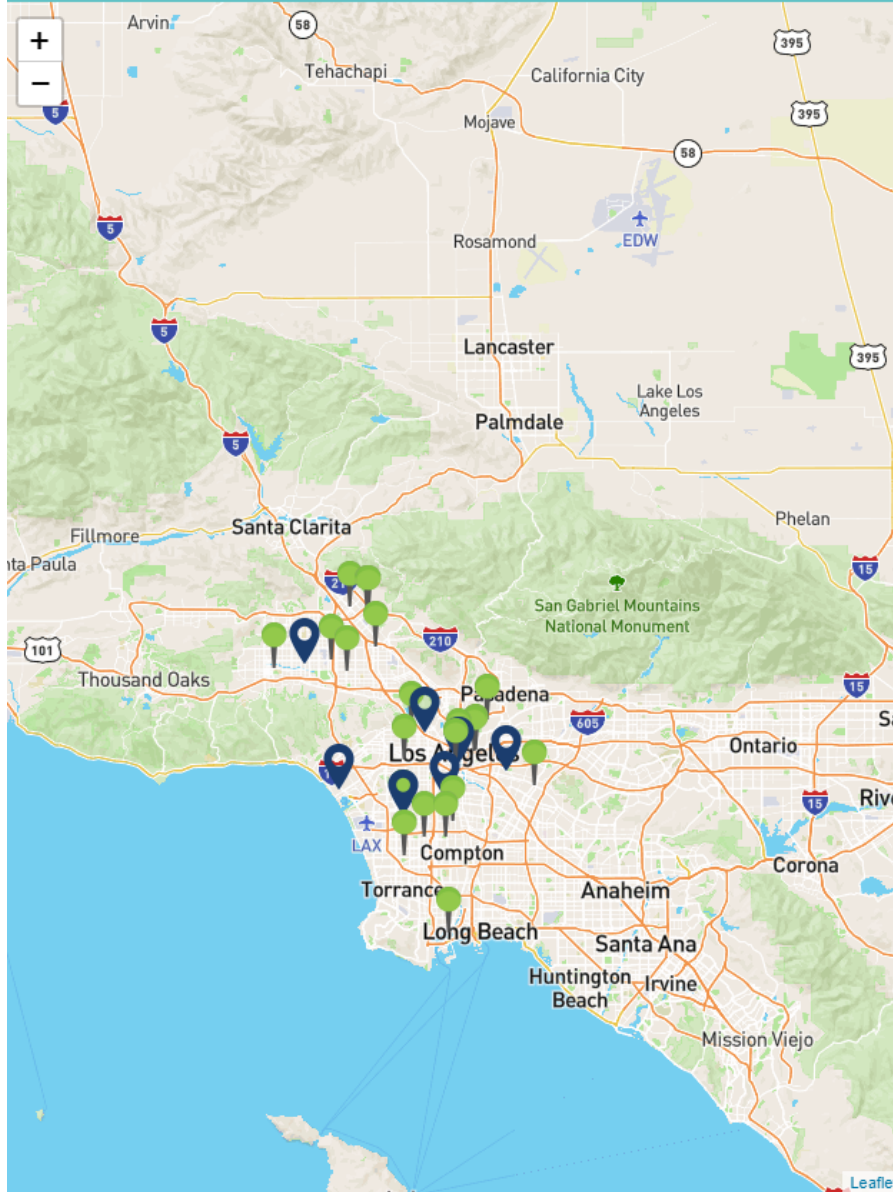


**Referrals for Needed
Services**

- **GOAL** → Meeting people where they are, both figuratively and literally
 - While brick and mortar locations are needed, mobile services that go out to people who are unlikely to go to brick and mortar locations are also needed

SAPC's Engagement and Overdose Prevention (EOP) Hub Network

- SAPC certified 16 harm reduction syringe services programs and contracts with 7 of these agencies (known as EOP Hubs)
- EOP Hub agencies are spread out over 26 field sites and 71 street-based outreach events every week
- **EOP Hub Network in FY 2022-2023**
 - **Over 3,500 lives saved** (overdose reversals) reported by EOP Hub service recipients
 - ~20,500 encounters serving nearly 11,100 individuals
 - Over 52,000 naloxone doses distributed
 - Over 14,000 fentanyl test strips distributed



Finding Harm Reduction Services

Engagement and Overdose Prevention (EOP) Hubs

The Engagement and Overdose Prevention (EOP) Hubs are LA County contracted syringe service providers who provide harm reduction services, peer-led education, and peer-led support services. Harm reduction services include conducting syringe exchanges, providing safer use supplies including safer smoking equipment, distributing naloxone overdose reversal kits, and connecting participants to other important services and programs such as:

- Education about overdose prevention and harm reduction practices.
- Naloxone distribution and education.
- Screening, care, treatment for viral hepatitis and HIV.
- Referrals to medications for addiction treatment, and other medical, mental health, and substance use disorder (SUD) treatment services.
- Fentanyl test strips distribution and education.

LA County EOP Hubs

[Click here to view EOP Hub Program Schedule \(PDF\)](#)

<http://publichealth.lacounty.gov/sapc/public/overdose-prevention.htm>

SAPC's Substance Use Treatment Network

Reach of Treatment Services

- 86 agencies
- 294 sites of care
- 33,800 unique individuals served across 53,443 admissions (annually)



Types of Treatment Available

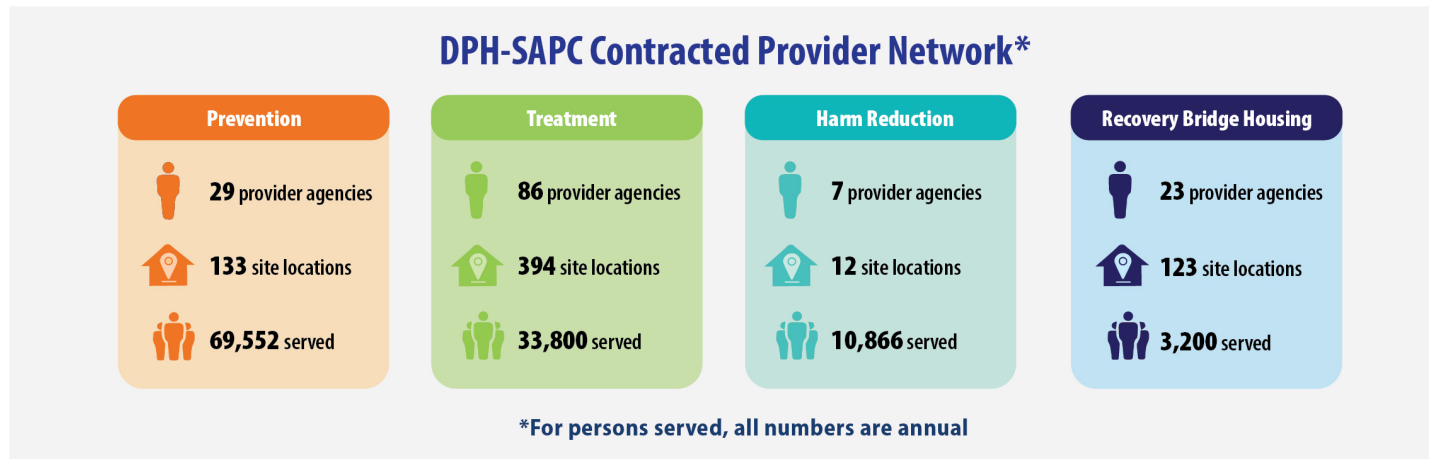
- Early Intervention Services
- Outpatient
- Intensive Outpatient
- Residential Treatment
- Opioid Treatment Program
- Addiction Medication aka Medications for Addiction Treatment (MAT)
- Withdrawal Management
- Recovery Services

About SAPC

- The Department of Public Health’s Division of Substance Abuse Prevention and Control (DPH-SAPC) oversees the most diverse and comprehensive continuum of SUD services in California.



- SAPC is committed to innovative, equitable, and quality-focused substance use **prevention, harm reduction, treatment, and recovery services.**



R95 2F-1 Bidirectional Harm Reduction MOU Between Harm Reduction & Treatment Programs

1. Establish Clear Communication Protocols

- Designated key points of contact with scheduled meetings

2. Defined Referral Pathway

- Agreed-upon process for low-threshold initiation of services

3. Cross-Agency Training

- Enhance mutual understanding of services

4. Information Security

- Compliance with all applicable privacy regulations

5. Care Coordination

- Ensure coordination of care for individuals served by each agency.

6. Service Recipient Feedback

- Feedback regarding participant experiences (evoking successes and information about barriers) is obtained and applied to quality improvement

Better Blending Treatment & Harm Reduction

- We know recovery is a continuum, but the separation and programmatic divide between treatment and harm reduction services is often wide and needs to be addressed to better match the continuum of SUD services with client experience.
- Better integrating treatment and harm reduction services within agencies is both a cultural and operational issue, with the cultural issue being the more challenging to address.
 - Achieving this goal will require addressing this from both angles and will require agency-level interventions on top of what SAPC focuses on given that agencies have different cultures and agency leadership know their culture best.
- **Ingredients for culture change at the agency-level**
 1. Knowing what we're dealing with – Opening the door for discussions to explore staff thoughts/feelings around this topic (e.g., individual/supervision/staff meetings, office hours, etc.) --> **ESSENTIAL FOCUS!**
 2. Leadership making the end goal clear – Aligning the agency and staff
 3. Evaluating progress – How do we know when treatment and harm reduction service are more integrated?
 4. Adjusting approaches as needed – Our evaluations will allow us to modify our interventions to more effectively achieve this integration

Thank You!

SAPC website:

<http://publichealth.lacounty.gov/sapc/>

SUBSTANCE ABUSE SERVICE HELPLINE

 **1.844.804.7500**

RecoverLA.org (*try it out on your mobile browser!*)



SAPC's filterable Service & Bed Availability Tool:

<https://sapccis.ph.lacounty.gov/sbat/>