



INTRODUCTION TO HARM REDUCTION

**JANUARY 29, 2019
1400 – 1530**

This videoconference session will build participants' understanding of substance use as a multi-faceted and complex human behavior. Knowledge of the underlying reasons for substance use will improve understanding of how stigma affects the quality of life for people who use substances and their loved ones. We will discuss harm reduction as a culture, its principles, practices, and services. A review of evidence-based benefits of harm reduction interventions will be provided, along with addressing some myths and facts around harm reduction. At the end of this presentation, participants will feel more confident advocating for harm reduction services in their communities and learn key tools to help adapt harm reduction to meet their community's unique needs.

Learning Outcomes:

- Identify how stigma affects quality of life for people who use substances (PWUS) and adopt practices to reduce stigma.
- Be able to identify harm reduction principles, practices and services
- Understand benefits of harm reduction to the individual, community, and society
- Feel more confident advocating for harm reduction approaches and conceptualizing harm reduction principles into community service structures

This session is the first of a planned Harm Reduction Series

Presented By: Sara Gill, Educator & Jennifer McLaren, Edmonton Zone Lead. Both speakers are Registered Nurses with provincial AHS Harm Reduction Services Team.

Audio lines and Live Streaming will be available for those who cannot attend via videoconference

To register visit the First Nations Telehealth Portal at www.fntn.ca

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