Indigenous Harm Reduction: Decolonizing Substance Use & Addiction

Andrea Medley, MPH (Jaad ahl' K_iiganga)
she | her Haida Nation
Outline

1. Group Guidelines
2. What is Addiction?
3. What is Harm Reduction?
4. Indigenous Harm Reduction Approaches
5. Q & A/Next Steps
Group Guidelines

• Take care of ourselves
• What’s shared here, stays here; what’s learned here leaves here
• Open heart, open mind
• Respect
• Patience
• Parking Lot
What is Addiction?
Substance Use

- Trauma
- Stigma
- Mental Health
- Colonialism
- Intergenerational Trauma
- Racism
- Abuse
- Environmental Exposure
- Shame
Abstinence

Recreational

Social Curiosity/Experimentation

Increased Substance Use

Spiritual/Ceremony

Abstinence

Recreational
How Familiar I am With Harm Reduction
What is Harm Reduction?
Indigenous Harm Reduction

- Culture & Healing
- Community Dialogue
- Recognizing Grief & Loss
- Creating Options
Recognizing Grief & Loss
Culture & Healing
Creating Options
Creating Dialogue

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Next Steps: What Can We Do?

- Continue to have conversations and learn
- Reflect on our understandings and beliefs
- Work with peers who are actively using substances and those who have lived experience of substance use
- Destigmatize our language
Instead of...

"Drug user, addict, substance user, user..."

"Clean needles"

"Substance misuse, substance abuse"

"Clean"

..Try

"Person who uses substances/person with lived/living experiences of substance use"

"Sterile syringes"

"Substance use"

"Not using substances, on healing journey"

Destigmatizing Language
RESORCE LIST

01. BCCDC COVID-19 LANGUAGE GUIDE

02. BCCDC PEER ENGAGEMENT PRINCIPLES & BEST PRACTICES

03. POLICY BRIEF: INDIGENOUS HARM REDUCTION = REDUCING THE HARM OF COLONIALISM

04. EXPANDING THE CIRCLE OF CARE: SSPS IN TRIBAL COMMUNITIES

05. FNHA INDIGENOUS HARM REDUCTION: PRINCIPLES AND PRACTICES
Moving Forward

Was there anything we chatted about today that you can take forward in your role?
Haw’aa/Thank you

amedley7@jh.edu