

LIVE THE LIFE YOU WANT.

A HARM REDUCTION GUIDE MADE FOR EVERYONE WITH INPUT FROM PEOPLE WITH LIVED AND LIVING EXPERIENCE.

#stackthedeckRI

Rhode Island's "Stack the Deck" initiative aims to empower everyone with harm reduction tools and resources to successfully find care through compassionate, human connection and use substances more safely. This deck is made with input from people with lived and living experience.

Deck created in November 2023.



New England (HHS Region 1)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



We use harm reduction to protect ourselves against risks every day.



The Substance Abuse and Mental Health Services Administration (SAMHSA) defines **harm reduction** as a practical and transformative approach that incorporates community-driven public health strategies – including prevention, risk reduction, and health promotion – to **empower people who use drugs and their families with the choice to live healthy, self-directed, and purpose-filled lives.**

Harm reduction is an approach that is fluid.

It applies everywhere on the continuum from primary prevention to overdose prevention to treatment.



Your use goals may change over time, and prevention, harm reduction, recovery and treatment professionals can help you reach them.

You deserve respect and care

from professionals across the continuum who want to help you with your substance use. Scan below for options available in Rhode Island.

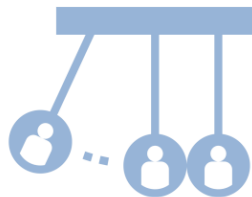


preventoverdoseri.org/get-help/

Help is available to make positive changes that work for you.

Some people who use substances may develop **Substance Use Disorder (SUD)**, a medical and behavioral health condition.

SUD can significantly **impact health, relationships, and overall quality of life.**



It can be life-threatening - it's also treatable.

THINGS TO REMEMBER

You inspire all of us.

YOU ARE WORTHY OF LOVE AND THE LIFE YOU WANT.

You can achieve your goals.

You can lean on others.

PEOPLE CARE ABOUT YOU.

All positive changes count.

YOU MATTER

HOW YOU FEEL MATTERS

You can look forward to tomorrow

You can do hard things

YOUR VOICE MATTERS.

There are many opportunities to advocate and provide your expertise for change. Attend a Rhode Island work group meeting virtually to give your input on state efforts to prevent overdoses and save lives. There are several focus areas to choose from:

PREVENTION

RACIAL EQUITY

HARM REDUCTION

SUBSTANCE EXPOSED NEWBORNS

TREATMENT

FAMILY WORK GROUP

RECOVERY

RESCUE



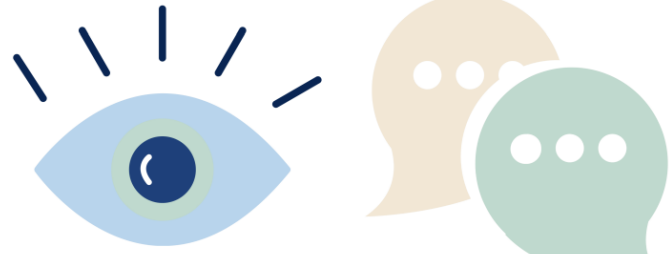
For more information:

<https://preventoverdoseri.org/task-force-work-groups/>

See Something? Say Something.

BHDDH has a grievance hotline for issues related to issues related to a BHDDH licensed facility regarding abuse, neglect or financial exploitation

(401) 462-2629



Services & Supplies

Available for pickup or delivery from trusted sources



Naloxone



Substance Testing for Contaminants



Fentanyl Test Strips



Safer smoking and injection kits



HIV, STI, and Hepatitis C testing and PrEP



Condoms and safe sex kits



Find services and supplies

preventoverdoseri.org/people-who-use-drugs/

Services & Supplies

Available for pickup or delivery from trusted sources



Harm reduction vending machines



Lock Boxes



MAT, MOUD, and residential treatment



Toiletries



Wound care



Find services and supplies

preventoverdoseri.org/people-who-use-drugs/

CREATE A SAFE ENVIRONMENT

1. Try not to use alone
2. Have Naloxone near you
3. Test for fentanyl
4. Use clean supplies
5. Use one substance at a time
6. Take turns to monitor each other
7. Keep your phone charged and nearby

preventoverdoseri.org/safer-drug-use-practices/

On Your Own?

Use with others on apps like Brave, BeSafe, or call the Never Use Alone Hotline at **1-800-484-3731**. If in a bathroom, leave the door unlocked.



Protect others from accidental exposure



Store substances in a lock box or bag



Put used sharps in a sharps box or capped bottle



Get rid of trash after using



Wipe down surfaces where substances were used

Order Your Free Safe Storage Bag Here:



<https://bit.ly/freesafestoragebag>

Xylazineⁱ



Xylazine is a powerful veterinary sedative not intended for human use that can cause severe respiratory depression and persistent wounds.



It has been found in the drug supply along with other contaminants like **fentanyl**.



Xylazine, in combination with other substances, can **contribute to overdose**.



Since it is **not an opioid**, Naloxone is not effective against it, but keep it nearby in case there is fentanyl in your substance.



Test for **xylazine** before using. Drop off testing is available.

Drop off locations for substances testing



AIDS Care Ocean State

557 Broad Street
Providence, RI 02907
(401) 273-1888
M-F 8:30am - 4:30pm*



LifeSpan

1125 N. Main Street
Providence, RI 02904
(401) 793-4715
Fridays 10am - 3pm*



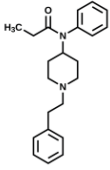
Project Weber / RENEW

640 Broad Street
Providence, RI 02907
(401) 383-4888
M-F 10am - 4pm*

*Days/times of operation subject to change, please call ahead to confirm



Fentanyl ⁱ



Fentanyl is a very strong opioid often found in counterfeit pills and other drugs such as heroin, crack cocaine, cocaine and other substances.

Fentanyl is about **100x** stronger than morphine, **50x** stronger than heroin, and is a **major contributor to overdose**.

3 out of every **4** overdose deaths in Rhode Island involve **fentanyl**.



Test for fentanyl before using.
Find **Fentanyl** test strips near you



preventoverdoseri.org/fentanyl-test-strips/

24/7 RESOURCES FOR HELP RIGHT NOW



Suicide and Crisis Line

Dial **9-8-8** to talk with a trained crisis counselor.



Buprenorphine Hotline

Can be reached at **401-606-5456** to connect with providers who can prescribe buprenorphine to help reduce opioid dependence.



BH Link

A walk-in center that is always open to connect you to immediate care and recovery supports. Located at: **975 Waterman Avenue, East Providence, RI 02914**

HOUSING OPTIONS



If you are actively using substances and need housing immediately, call Coordinated Entry at **(401) 277-4316**



To access recovery housing call **942 - STOP**
If you have concerns about your recovery housing after placement, call RICARES at **(401) 475-2960**

If recovery is your goal...



Peer Recovery Specialists (PRS) are people in recovery who can connect you to resources, like:



Recovery Housing



Wellness Planning



Mutual Aid Groups

For more information:

bhddh.ri.gov/substance-useaddiction/recovery-services



The Good Samaritan Law

Rhode Island provides **legal protection** when you call 911 when someone is overdosing, whether you have substances on you or not.



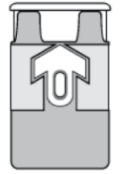
For more information scan here:



riprc.org/wp-content/uploads/2020/12/RI-Good-Samaritan-Law-Factsheet-Final-Version-1.28.2021-1.pdf

Auto-injector


The naloxone auto-injector needs no assembly and can be injected into the outer thigh, even through clothing. It contains a speaker that provides step-by-step instructions.




Injectable naloxone

This requires assembly. Follow the instructions below.

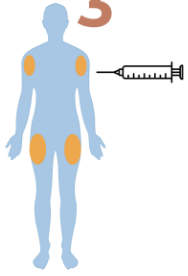
- 1**



Remove cap from naloxone vial and uncover the needle.
- 2**



Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.
- 3**



Inject 1ml of naloxone in an upper arm or thigh muscles
- 4**


If no reaction in 3 minutes, give second dose.

Source: Washington DC DPH and GW's Milken Institute.


HOW TO USE NALOXONE NASAL SPRAY

Naloxone is a lifesaving medication that can reverse an opioid overdose. Carrying naloxone can help you save a life if you see a possible overdose.

- 1**




Call 9-1-1 then carefully remove naloxone from packaging.
- 2**




Tilt Head Back

Hold the nasal spray with your thumb on the plunger and place the tip of the nasal spray in either nostril of the person experiencing an overdose until fingers are touching their nose
- 3**



Firmly press the plunger to release the entire dose of medication into the nose.
- 4**



2-3

Wait 2-3 minutes for the person to respond. If no response, give additional doses, switching nostrils, until help arrives.

Source: Virginia Dept. of Public Health

Suspect an overdose?

- 1**



Call 911 for help
- 2**



Administer Naloxone for opioid overdose
- 3**



Support breathing
- 4**



Give more Naloxone if needed
- 5**



Put them on their side
- 6**



Avoid touching substances in case of fentanyl
- 7**



Stay and monitor their response

The Good Samaritan Law in Rhode Island provides legal protection when you call 911 when someone is overdosing, whether or not you have substances on you.

Learn more about overdose response:



preventoverdoseri.org/respond-to-overdose/