

# Harm Reduction Services Research

What do we know about how to reduce overdose deaths  
in San Francisco

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# Drug, Set, and Setting (Norman Zinberg)

## Drug Use and Overdose is impacted by

- **Drug:** the frequency of use, route of administration, potency of drug, and effect of the drug
- **Set:** the mindset and characteristics of the people using the drug
- **Setting:** the social, environmental, and structural influences on drug use practices

# Harm reduction services: Drug

- Safe drug supply
  - Provide access to uncontaminated drugs in well delineated doses and formulations
    - Selective serotonin reuptake inhibitor
    - Methadone
    - Buprenorphine
    - Diacetylmorphine
    - Psilocybin
- Overdose education and naloxone distribution
- Drug Testing
  - Learning what is contained in substances
    - FTIR and Mass Spec machines
    - Fentanyl test strips
    - Benzodiazepine test strips
- Safe equipment
  - Providing sterile equipment for preparation and ingestion of drugs
    - Syringes, pipes, cookers, water

# Harm reduction services: Set

- Gender
- Race/ethnicity
- Homelessness
- Youth
- People involved in sex work
- Gay and bisexual men

# Harm reduction services: Setting

- Safe consumption sites
  - Sanctioned safe consumption sites
  - Overdose prevention services
  - Unsanctioned safe consumption sites
- Drop-in sites
- Supportive housing and single residency hotels

# Evaluating Overdose Prevention Services in San Francisco: The RE-AIM framework

- **R**each
- **E**ffectiveness
- **A**doption
- **I**mplementation
- **M**aintenance

# Status of Overdose Prevention Services in San Francisco

	Reach	Effective	Adopt	Implement	Maintain
Syringe Access	High	High	Yes	High	34 years
Naloxone	Medium	High	Yes	High	24 years
Drug Tx	Medium	Medium	Yes	Medium	50 years
Test strips	High	Medium	Yes	High	4 years
Drug Check	Low	High	Pilot	Early	4 months
Overdose Prevention Services	Low	High	Pilot	Early	9 months
Drop-in	Low	High	Yes	High	40 years

# Recommendations

- Existing harm reduction services have prevented more overdose deaths.
- We know how to reduce overdoses. We simply need to increase RE-AIM of existing harm reduction services.
- Maintain Syringe Access Services Programs
- Expand naloxone more in African American communities and implement naloxone programs like Brave Buttons in supportive housing and SROs
- Increase access to medically assisted treatment, increase modalities (including residential treatment), and bolster contingency management
- Maintain fentanyl and benzodiazepine test strips
- Fully implement drug checking and increase venues that provide this service
- Implement overdose prevention services in a variety of settings in highly impacted neighborhoods.
- Provide more drop-in services in many neighborhoods.

# Thank you

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