HARM REDUCTION WORKBOOK

NAME
INTRODUCTION

This is a workbook for you to complete. Please take time to work through this pack and be as honest as possible. There will be an opportunity to discuss your work and learning with your Recovery Navigator.

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INFORMATION SHEET 1: HOW TO USE SAFELY WHEN INJECTING:

1. Stop sharing equipment, but if this is not possible:
2. Clean injecting equipment before sharing
3. Do not share spoons
4. Use a filter
5. Do not use hits prepared by others
6. Remove air from the syringe
7. Change the sites you use
8. Do not wear rings
9. Reduce the number of people with whom equipment is shared
10. Move from injecting to smoking
11. Switch to a prescribed drug
12. Find support from appropriate services

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13. Stop-abstinence
**WORKSHEET 1: RISKS OF USING**

All drugs carry risks. This pack is designed to provide information to assist in lowering the risks of drug use.

The risks central to all drug use are:

- The effects may be unexpected
- Many drugs sold on the ‘street’ have been mixed with other substances, so users can NEVER be sure what they are getting
- Users may become tolerant to some drugs. This means their bodies have become so used to the drug they need to take more to get the desired effect
- Users may overdose (take too much for their bodies to handle), this could prove to be fatal
- Users increase the chance of catching communicable diseases

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<thead>
<tr>
<th>How are you putting your health at risk?</th>
<th>How can you prevent it?</th>
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<table>
<thead>
<tr>
<th>What risks are you taking when using?</th>
<th>What can be done to reduce it?</th>
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**WORKSHEET 2: THE LADDER OF HARM**
A way of recognising levels of harm

Put the statements regarding drug use in the order you think they should go, the most harmful should go at the top and the least harmful at the bottom.

Multi drug use of street drugs by shared works, poor injection technique with alcohol use

Smoking heroin

Multi drug use of street drugs by using own injecting equipment and poor injection technique, with no alcohol use

Injection barrier

Multi drug use of street drugs by using own injecting equipment, poor injection technique with alcohol use

Oral methadone

Smoking pure cannabis

Multi drug use of less dangerous street drugs by using own injecting equipment and poor injection technique, with no alcohol use

Oral amphetamine

Indicate where you are on the ladder and explain your answer.

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

WORKSHEET 3: HEPATITIS AND HIV QUIZ
1. Hep C is less harmful to your general health than Hep B.
   True or False?

2. Which types of hepatitis can you be vaccinated against?
   _________________________________________________

3. Injecting drug abusers are the only source of Hep C.
   Yes or No

4. How can Hep A, B and C be transmitted?

<table>
<thead>
<tr>
<th>Hepatitis A</th>
<th>Hepatitis B</th>
<th>Hepatitis C</th>
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5. What organs of the body are most affected by Hep A, B and C?
   Use the diagram below to help explain your answer.

   ![Diagram of a person]

6. If you are infected with Hep C you have problems getting insurances or mortgages similar to those with an HIV infection.
   True or False?

7. It is generally recommended that Hep C infected personnel get counselling in comparison to HIV personnel.
   True or False?

8. There are effective treatment for Hep C patients.
   True or False?
9. Pregnant mothers pass infection to their babies at birth. True or False?

10. Hep C together with an HIV or Hep B infection can be much more harmful to your health. True or False?

11. What is the nature of the symptoms to do detect Hep C?

________________________________________________________________________________________
________________________________________________________________________________________

12. How can you protect yourself from hepatitis or HIV?

________________________________________________________________________________________
________________________________________________________________________________________

13. Shaking hands with someone who has Hepatitis or HIV can put you at risk. True or False?

14. Tattooing is not a risk factor for acquiring Hepatitis or HIV. True or False?

15. Prisoners are not at a higher risk of contracting Hepatitis or HIV. True or False?
Snorting cocaine can permanently damage the inside of the nose.
True or False?

A bad trip on LSD (Acid) is more likely to happen to first time users.
True or False?

Many drugs sold on the street have been mixed with other substances so users can never be sure what they are getting.
True or False?

It is possible to drink so much alcohol that you can overdose and die.
True or False?

You can overdose on cannabis.
True or False?

Sniffing solvents can result in immediate death.
True or False?

If you have heart trouble, it can be dangerous to take nitrates.
True or False?

Using cannabis can lead to anxiety attacks.
True or False?

It is easy to become dependent or addicted to solvents and crack.
True or False?

Many people in the UK are addicted to tranquilisers.
True or False?

Tranquilisers are depressant drugs, they slow you down.
True or False?

Heroin kills more people than any other drug in this country.
True or False?

Tobacco kills more people than any other drug in the UK.
True or False?

**WORKSHEET 5: DON’T GO OVER!!!**
Overdose is now the main cause of death amongst injecting heroin users. True or False?

Walking people around who have overdose helps. True or False?

Putting people who have overdosed in cold baths wakes them up. True or False?

Hurting and hitting people who have overdosed can bring them round. True or False?

Injecting people with salt water is an antidote to overdose. True or False?

Strong coffee will help bring people who have overdosed round. True or False?

Frank has been in prison for 1 month. He is told his tolerance levels have dropped. True or False?

Most overdoses happen when people have alcohol or downers in their system at the same time as heroin. True or False?

Taking too much speed does not strain your heart. True or False?

Smoking heroin is safer than injecting. True or False?

Which is the correct recovery position?
PLEASE ASK YOUR RECOVERY NAVIGATOR FOR NALOXONE IF YOU DO NOT HAVE THIS ALREADY!!

USEFUL NUMBERS
National Drugs Helpline: 0800 776 600
A 24-hour confidential free helpline

Cocaine Anonymous: 0800 612 0225
A fellowship of men and women who share their experience strength and hope to help others to recover from their addiction

Drinkline: 0800 917 8282
A free and confidential line, which offers advice about alcohol and sensible drinking.

Drug Addicts Anonymous 0781 836 0811
Can’t stop using Drugs? Finally had Enough?

Narcotics Anonymous: 0207 730 0009
A community based organisation for recovering addicts.

Alcoholics Anonymous: 0845 769 7555
A voluntary fellowship of people who are alcoholics who help each other to achieve and maintain sobriety.

Families Anonymous: 0207 498 4680
Helps families and friends of drug and alcohol users.

Ad Fam: 0208 678 5284
Provides support and advice for families and individuals involved in drug misuse and confronted with the reality of HIV/AIDS.

National Aids Helpline: 0800 567 123
Offers advice, support and information to anyone worried about HIV/AIDS.