


# Harm Reduction: Reducing Stigma & Saving Lives

July 2, 2024

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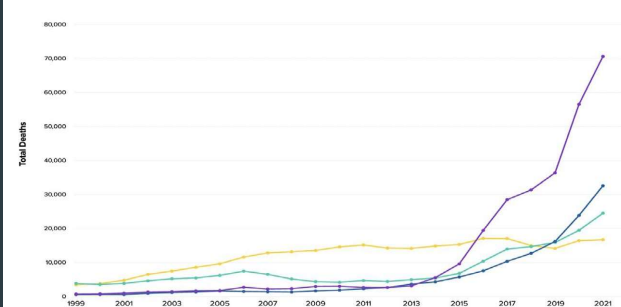


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## Fentanyl is Driving Overdose Deaths (U.S.)

### Trends in U.S. Drug Overdose Deaths (1999 - 2021)

The overdose crisis has evolved over time and is now largely characterized by deaths involving illicitly manufactured synthetic opioids, including fentanyl, and, increasingly, stimulants.



- Synthetic opioids** excluding methadone overdose deaths increased **97-fold**
- Psychostimulants with abuse potential** (primarily methamphetamine) overdose deaths increased **59-fold**
- Cocaine** overdose increased **6.4-fold**
- Rx opioid** overdose deaths increased **4.9-fold**

*This graph shows the total number of drug overdose deaths in the United States from 1999 to 2021 (the 2021 are provisional). The data shows that overdose deaths involving synthetic opioids excluding methadone have increased 97-fold. Overdose deaths involving psychostimulants (primarily methamphetamine) with abuse potential have increased 59-fold. Overdose deaths involving cocaine have increased 6.4-fold. And overdose deaths involving prescription opioids have increased 4.9-fold. Source: National Vital Statistics System Mortality File*

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# Overdose Deaths: Michigan (1999-2023)

## Michigan Overdose Data to Action Dashboard

**Home**

**Explore data**

Current Trends

**Technical Notes**

**Frequently Asked Questions**

If you are in crisis, or know someone who needs help, contact the National Suicide Prevention Lifeline NOW at: 1-800-273-TALK (8255) [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Click here for information on programs and resources to prevent overdose and treat substance use disorder.

View Historical Trends
View Monthly Comparison
View Health Inequities
(?) Helpful Tips

### Overdose Deaths per 100,000 Residents, Michigan vs United States, 1999 to 2023

\*2023 data are preliminary data and subject to change upon finalization. 2023 data are a projection based on January-November 2023 data.

#### The Michigan Overdose Data to Action (MODA) Team

Please send questions about this dashboard to [MODASurveillance@michigan.gov](mailto:MODASurveillance@michigan.gov).

The Michigan Department of Health and Human Services (MDHHS) MODA team is funded by the Centers for Disease Control and Prevention (CDC) Overdose Data to Action (OD2A) grant to bring surveillance and prevention.

#### Historical Trends, Monthly Comparison and Health Inequities Data

The charts above display the most recent Michigan overdose data available compared to US data, the previous year by month, and data regarding inequities in overdoses by race/ethnicity group in Michigan. On the inequities graph, NH stands for "non-Hispanic", API stands for "Asian/Pacific Islander".

NOTE: Michigan is one of several states experiencing longer than usual delays in drug overdose death data reporting. November 2023 data are subject to change.

#### Number of Overdose Deaths by Year

2019	2020	2021	2022	Jan-Nov 2023
2,354	2,738	3,096	2,998	2,545

Source: <https://www.michigan.gov/opioids/category-data>

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# Overdose Deaths: Michigan (2016-2022)

## Michigan Overdose Data to Action Dashboard

**Home**

**Explore Data**

Specific Drug Trends

**Helpful Tips**

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Deaths and ED Visits represent all drug overdoses. EMS Responses represent probable opioid overdoses only. Due to the differences in how frequently each data source is updated, the time period shown may vary by indicator.

Select Geographic Category: Statewide
Select Sub-Category: All

Go to...
Historical Trends
Geographic Patterns
Demographic Patterns

### Overdose Deaths by Drug<sup>1</sup> by Year in Michigan

\*Drug categories are not mutually exclusive; multiple drugs may be involved in a death. Poly-drug refers to deaths in which more than one drug (e.g., heroin AND cocaine, heroin AND fentanyl, etc.) are involved in death.

#### Percent of Overdose Deaths with Specified Drug Involved in Michigan, 2022

100% All Drugs	35.9% Cocaine
5.3% Heroin	16.3% Other Psychost.
61.7% Poly-Drug	74.3% Synth. Opioids

#### Select Drug to See Data Interpretation

All Drugs

Cocaine

Heroin

Other Psychostimulants

Poly-Drug

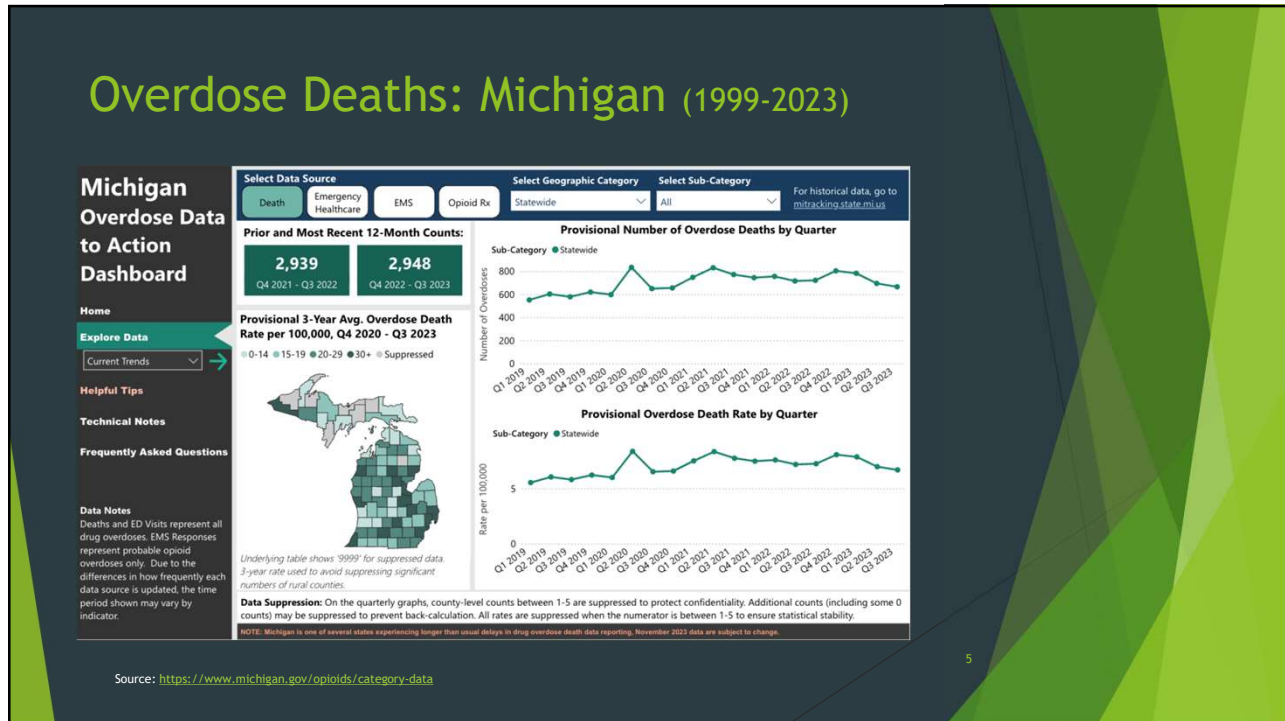
Synthetic Opioids

**In Michigan, all drug overdose deaths are stable.**

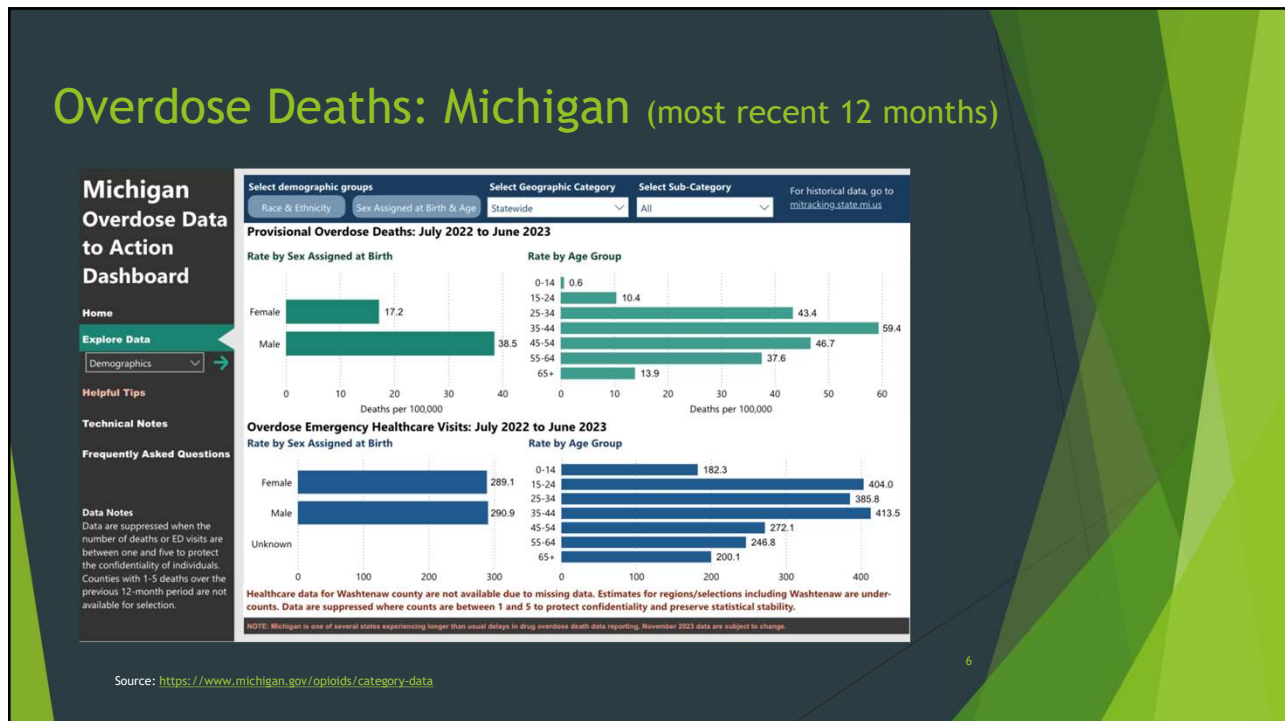
In 2022 in Michigan, there were 2,991 drug overdose deaths. All drug overdose deaths decreased 3% (-93) in Michigan from 2021 to 2022.

Source: <https://www.michigan.gov/opioids/category-data>

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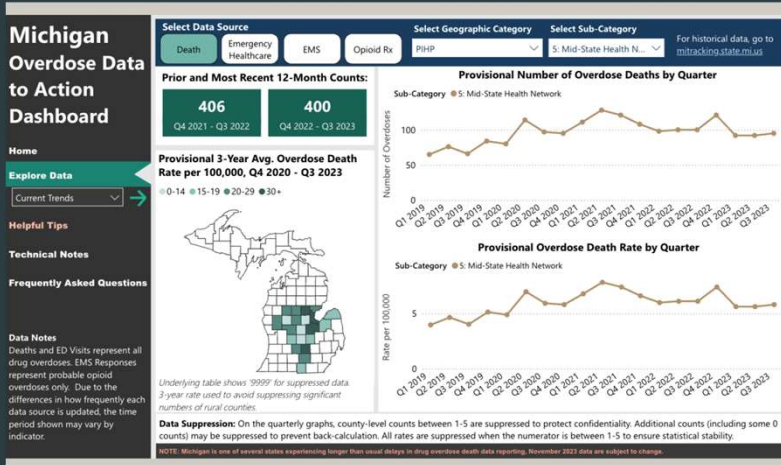


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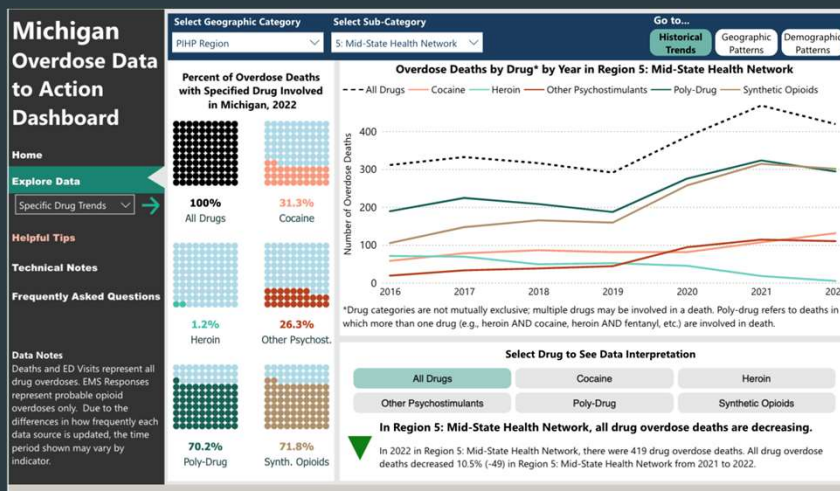
# Overdose Deaths: Region 5 (most recent 12 months)



Source: <https://www.michigan.gov/opioids/category-data>

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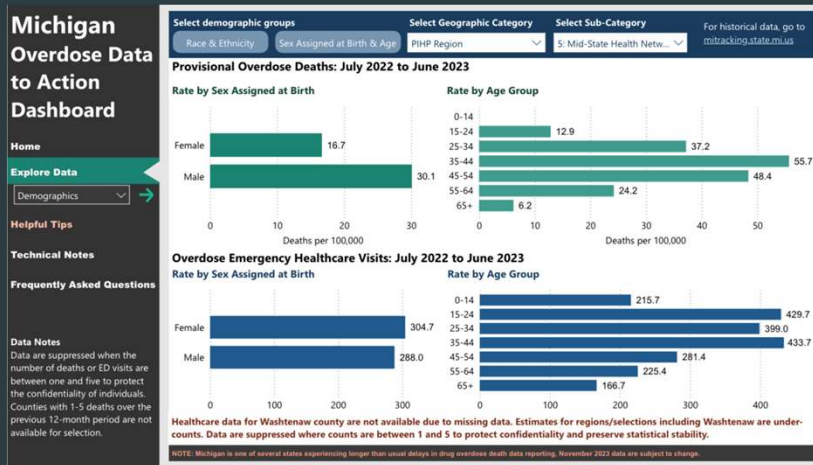
# Overdose Deaths: Region 5 (2016-2022)



Source: <https://www.michigan.gov/opioids/category-data>

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## Overdose Deaths: Region 5 (most recent 12 months)



Source: <https://www.michigan.gov/opioids/category-data>

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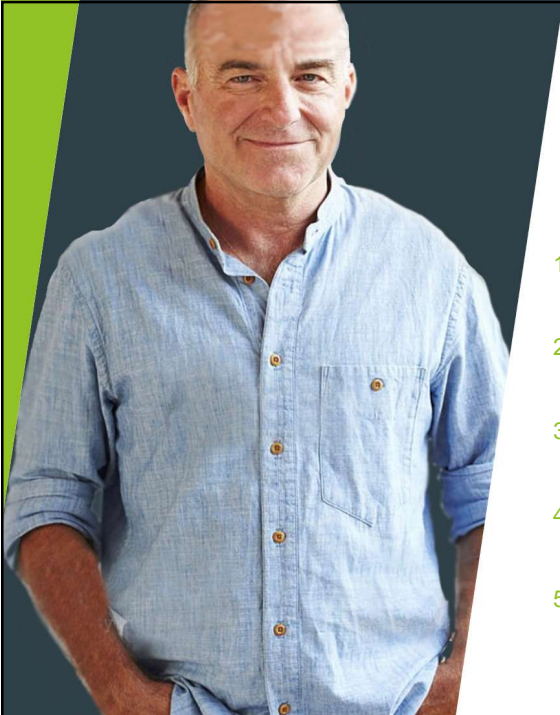
## What's Harm Reduction?



“Harm reduction is an *evidence-based approach* to reduce the negative ... public health impacts of behavior associated with alcohol and other substance use *at both the individual and community levels.*”

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## Principles of Harm Reduction

1. Focus is on reducing harm & saving lives.
2. Treat people who use drugs (PWUD) with dignity.
3. Accept that drug use may occur despite risk.
4. Avoid pre-defined outcomes (like abstinence).
5. Promote connection & hope.

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## Tools of Harm Reduction

- ▶ Education on SUD, safe use & infectious disease risks
- ▶ Provide Narcan & fentanyl strips
- ▶ Referrals to SUD treatment
- ▶ Syringe service programs (SSPs)
- ▶ Overdose Prevention Centers (OPCs)



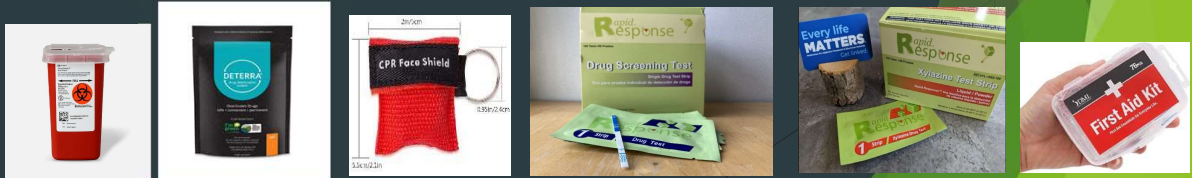
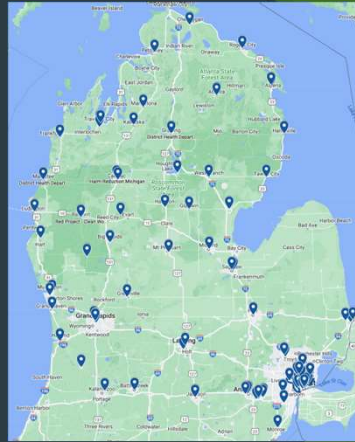
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## Tools of Harm Reduction

- Syringe Service Programs
- 16 Narcan Vending Machines in Region 5 (currently or pending)
- Overdose Prevention Training- (Narcan)
- HIV & Hepatitis C testing (ICHC's)
- First Aid Kits (for wound care)
- Safer sex education & supplies
- Fentanyl Test Strips
- Xylazine Test Strips
- Sharps Containers
- CPR Face Shields



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## Myth: *"People don't recover"*

### Harvard Study (2017)

- ▶ 10% of American Adults reported having a SUD
- ▶ 9.1% of the U.S. adult population (22.35 million) reported having resolved a significant AOD problem

### CDC Study (2018)

- ▶ 3 out of 4 who have a SUD recover

**Fact: Most people recover.**

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**MSHN**  
Mid-State Health Network

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## Harm Reduction (SSPs & OPCs)

### MYTHS:

1. **MYTH:** Harm Reduction “encourages” drug use.
2. **MYTH:** Harm reduction programs increase danger to nearby residents.
3. **MYTH:** SSPs/OPCs increase crime in neighborhoods where they are located.
4. **MYTH:** It costs taxpayers too much.

### FACTS:

1. **FACT:** SSP users are 5X more likely to enter SUD treatment & 3X more likely to stop using drugs. OPC users are 30% more likely to enter treatment.
2. **FACT:** OPCs reduce public use & reduce used needles discarded in public areas.
3. **FACT:** There’s no documented increase in crime. NIMBY objections evaporate.
4. **FACT:** Studies show that for every dollar spent on harm reduction, >\$2 is saved in public health costs

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People in recovery can share their gifts with loved ones & their communities ... As do these individuals from across Region 5.



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*Note: These photos are shared thanks to the generosity, courage & permission of the people pictured here.*

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## MSHN Region Harm Reduction Activity

- ▶ Harm Reduction Vending Machines around the region contain items such as Narcan kits, fentanyl and xylazine test strips, Deterra medication disposal pouches, wound care kits, CPR face shields and more. Each of the below counties have at least one vending machine, and some have more than one.
  - Arenac (coming soon- location pending)
  - Bay
  - Eaton
  - Gratiot
  - Hillsdale
  - Ingham (2 in place, 2 additional coming soon)
  - Ionia
  - Jackson
  - Saginaw (coming soon- location pending)
  - Tuscola (4)

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## MSHN Region Harm Reduction Activity

In FY23, providers around the MSHN region distributed

**1,160**  
Fentanyl Test Strips

**3,586**  
Naloxone Kits

To date in FY24, providers around the MSHN region distributed

**295**  
Deterra Bags

**45**  
First Aid Kits



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Harm Reduction creates opportunity:  
A chance for change & recovery.



Questions?

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## References

- ▶ SAMHSA [Harm Reduction](#) (2022)
- ▶ National Institute of Health (NIH) [Report](#) with meta-analysis of 75 previous studies on Overdose Prevention Centers (2021)
- ▶ Canadian Medical Association [study](#) on impact of OPC on survival, HIV & Hep C rates, referrals to treatment & lowered costs
- ▶ The cost-effectiveness of Vancouver's supervised injection facility. CMAJ. 2008;179(11):1143-1151. doi:10.1503/cmaj.080808
- ▶ A Social Cost Perspective in the Wake of the Portuguese Strategy for the Fight against Drugs, International Journal of Drug Policy (2014).
- ▶ Prevalence and correlates of ever having a substance use problem and substance use recovery status among adults in the United States, 2018, [Drug and Alcohol Dependence](#), Volume 214 (2020)
- ▶ [Michigan Syringe Service Programs](#)
- ▶ [Michigan Overdose Data to Action \(MODA\) Dashboard](#)

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