

2022 Injury-Free NC Academy on

Harm Reduction as Transformative Practice

Required webinar: Foundations of Harm Reduction
and History of the Drug War
February 23, 2022, 10 am - 1 pm
[Register here!](#)

Immersive session 1: April 19-20 (virtual)
and April 28 (in-person in Wilmington, NC)

-or-

Immersive session 2: July 26-27 (virtual)
and August 4 (in-person in Boone, NC)

[Apply to attend the Academy here!](#)

In-person component subject to change
based on public health guidance.
Health and safety guidelines will be followed
for any in-person gatherings.



What is the Injury-Free NC Academy?

The Injury-Free NC Academy, a collaboration between the North Carolina Division of Public Health's Injury and Violence Prevention Branch and the University of North Carolina's Injury Prevention Research Center, is a training and program development resource for injury and violence prevention practitioners in North Carolina. Each cycle of the IFNC Academy focuses on a timely topic affecting North Carolinians.

The 2022 IFNC Academy on Harm Reduction as Transformative Practice will focus on moving from theory to practice and implementing a variety of harm reduction programs to serve people who use drugs.

The purpose of this Academy is to work with community-based organizations, local health departments, coalitions, and individuals who are planning or have taken steps to establish an overdose prevention or harm reduction program or want to learn more about harm reduction principles and how to incorporate them into overdose prevention work.

What is Harm Reduction?

Harm Reduction is a framework for reducing the negative consequences of drug use and promoting the health and dignity of people who use drugs that meets people where they are rather than making judgments about where they should be in terms of their personal health and lifestyle.

A harm reduction approach means understanding that people using drugs, even if they are not seeking treatment, should be given the care, resources, and information necessary to reduce health risks associated with drug use, and improve their general health and well-being. Harm reduction based programs provide helpful information and tools to people and empower them to use risk-reducing strategies.

Harm reduction programs do not have abstinence requirements for participants or use abstinence as a measure of success in ones' recovery. Rather, programs operating with a harm reduction framework consider a person's happiness, stability, and overall well-being as metrics to gauge successful recovery.

Harm reductionists also recognize that issues like untreated mental health conditions, homelessness or insecure housing, involvement with the criminal justice system, inadequate employment, and other social determinants of health can exacerbate harms, including drug use, and that chaotic drug use cannot be effectively and sustainably addressed without also addressing other areas of health, wellness, and justice.

Timeline

January 5, 2022:
Apply to attend the Academy! Applicants can choose which immersive session they want to attend (April or August).

January 26:
Application closes.

February 15:
Selected participants notified.

February 23:
Required webinar, Foundations of Harm Reduction and History of the Drug War, from 10-1. Register here.

April 19, 20, 28:
Immersive Session 1.
April 19-20 held virtually and April 28 in Wilmington, NC.

July 26, 27, & August 4:
Immersive Session 2.
July 26-27 held virtually and August 4 in Boone, NC.

Academy Learning Objectives

- Present the history and philosophy of harm reduction and discuss what applying a harm reduction framework looks like in practice
- Demonstrate what harm looks like and how it is created by individuals, policies, systems and our programs
- Describe how we can work to prevent harm for participants, our colleagues, and ourselves
- Examine current housing practices for people who use drugs, identify examples of successful programs, and discuss strategies for improving programs
- Gain an understanding of the history and intersections of drug use, harm reduction and safety considerations for those involved in sex work
- Identify tools to support and improve staff and program participant mental health and emotional wellbeing
- Apply the framework provided in this academy and strengthen skills through case studies and role playing
- Analyze the importance of centering lived experience in our work and how to do it meaningfully
- Understand how harm reduction, social justice, and equity intersect

Ready to apply?

Applications open
January 5, 2022.
Apply soon as
space may be
limited!

[Register here](#)
to attend the
prerequisite
February 23
webinar.

This is a free training
opportunity. If accepted into
the Academy, we will ask you to
confirm your participation and
commit to attending the full
training to the best
of your ability.

Applications are due at
5 PM on January 26.
Selected participants will be
notified in mid-February.

[Apply here!](#)

Injury-Free
NC

Questions?
Contact Megan Lueck at
mlueck@unc.edu.