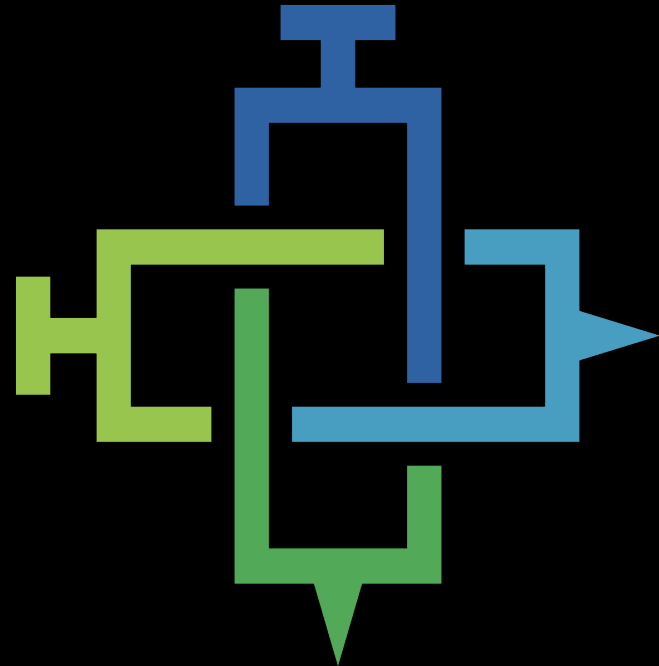


Student Led Harm Reduction Outreach for People Experiencing Homelessness in San Diego: Implementation and Community Impact

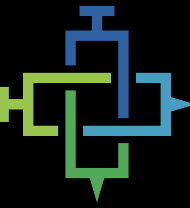


Eli Solomon¹; Angela Bazzi, PhD, MPH²; Benjamin Han, MD, MPH¹

AMERSA National Conference, Chicago, IL

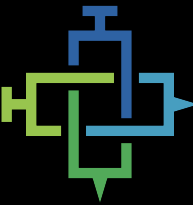
November 15th, 2024

(1) UCSD School of Medicine, (2) UCSD Herbert Wertheim School of Public Health & Human Longevity Science



Conflicts of interest

+ Nothing to disclose



Background

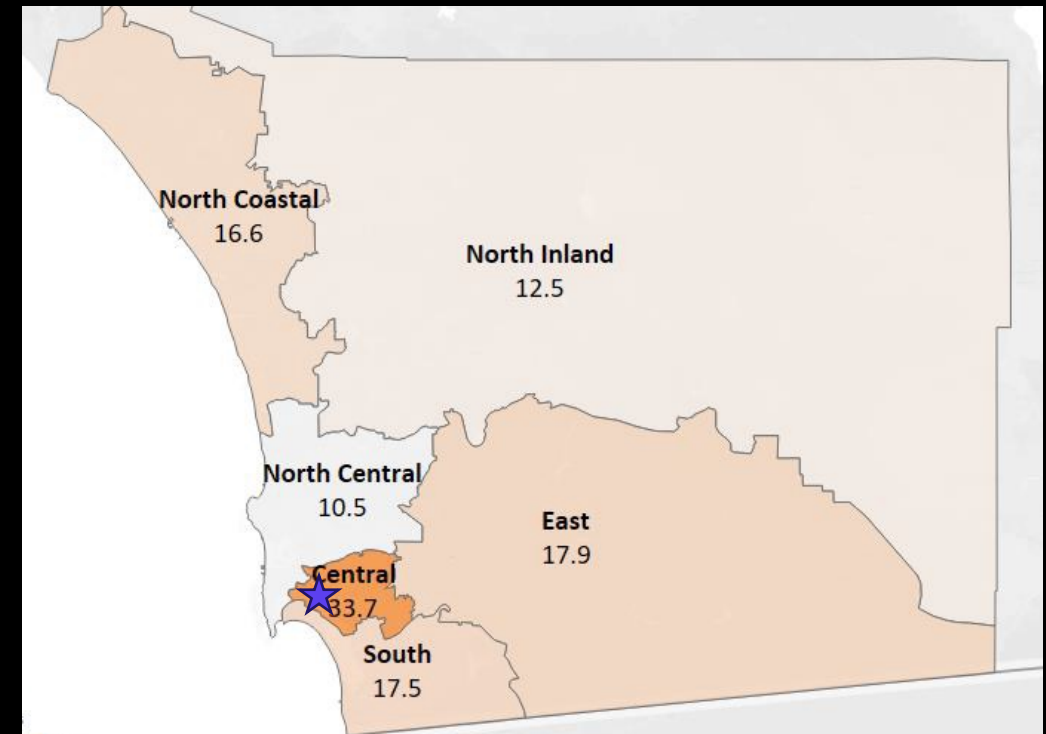
- + People experiencing homelessness (PEH) are at high risk for adverse consequences from substance use¹
 - + 26% had used injection drugs
 - + 20% had experienced an overdose
 - + Overdose may cause up to 25% of deaths among PEH²
- + Barriers to harm reduction access include distance to harm reduction interventions and frequent displacement³
 - + 24% never had personally accessible naloxone, 52% sometimes did, and 24% always did
 - + Fixed sites are difficult to access for those with mobility constraints or who are unable to leave their belongings

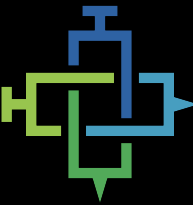


Background

- + 10,605 people experienced homelessness in San Diego this year⁴
- + Over 57% (6,110) were unsheltered
- + Disproportionately BIPOC⁵
- + The East Village averaged 787 unsheltered individuals in 2023⁶
- + 15% of the unsheltered population of SD
- + Overdose hotspot
 - + Opioid overdose death rate of 185 per 100k⁷
 - + Over 5 times the national average

Age-Adjusted Opioid Overdose Death Rates by Region of Residence, Q3 2023⁸





Founders began to pass out naloxone from backpacks

2020

2021

Partnership to provide harm reduction supplies

2022
to
2023

July
2023

Ban on SSPs in San Diego County reversed

Harm Reduction IHC founded



What We Do: Education

- + Host and facilitate educational events
- + Overdose training and naloxone distribution
- + Safer injection training for trainees, practicing providers
- + Organize national speakers on harm reduction topics
- + Harm Reduction elective for pre-clinical medical students
- + Service learning credit for volunteers

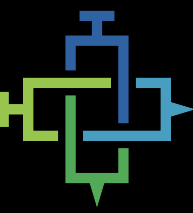




What We Do: Outreach

- + We distribute
 - + Electrolyte drinks and survival supplies (bathing wipes, hand warmers, etc) as entry point
- + Naloxone
- + Safer injection, smoking, and sex supplies (incl works, safer smoking kits, etc)
- + First aid and wound care supplies
- + Participant education and referrals





How We Do It

- + Approach focuses on dignity and respect, mutual aid, solidarity and trauma informed care
- + On foot, with supplies packed in wagons and backpacks
- + Two teams of four people each
 - + All volunteers undergo 2 hrs of training
 - + One "Team Lead" with extra training
- + Minimal data collection
- + Routes vary based on where people are each day





Our Budget

- + CA Dept. of Public Health (CDPH)
 - + \$25,000 for supplies from clearinghouse
 - + Naloxone and testing strips are free
- + American Psychiatric Association Foundation grant: \$5,000
 - + Capital purchases (storage racks, wagons, etc), electrolyte drinks, needs assessment funding
- + UCSD: \$250 + storage space
- + Various fundraisers (shirts, stickers, etc)

Spending from CDPH Clearinghouse Budget by Category

July 2023 - June 2024

Testing strips

6.1%

Safer Smoking

19.7%

Syringes

17.6%

Other supplies and costs

13.9%

Injection preparation

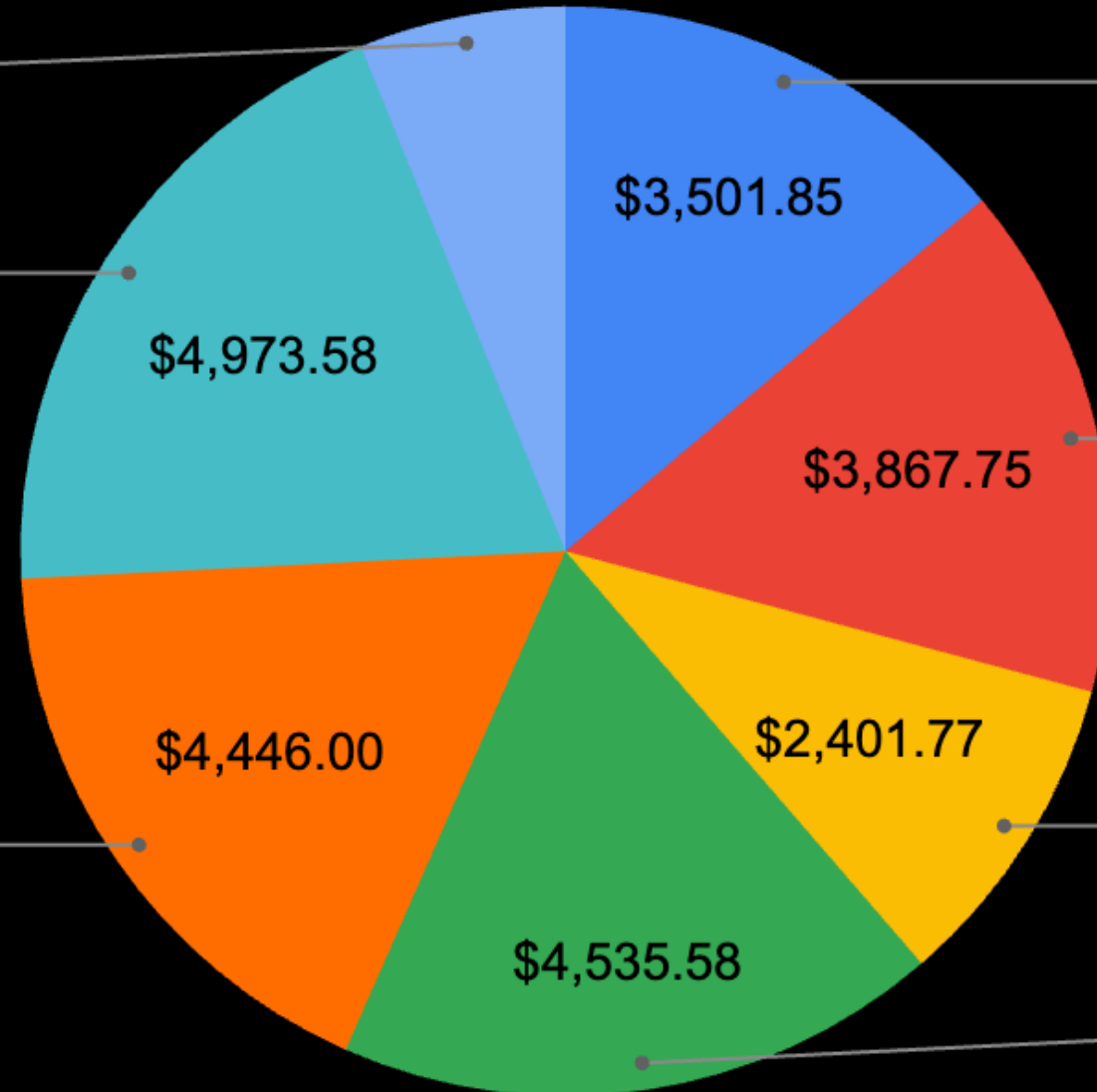
15.3%

First aid supplies

9.5%

Hygiene

17.9%



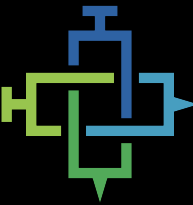
Our Impact

7/29/2023 – 7/27/2024



Our Impact

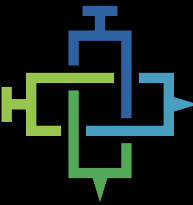
7/29/2023 – 7/27/2024



2,413
Encounters

Our Impact

7/29/2023 – 7/27/2024



2,413

Encounters

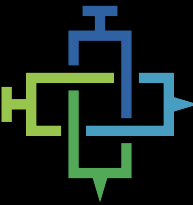


3,134

Naloxone Doses

Our Impact

7/29/2023 – 7/27/2024



2,413
Encounters



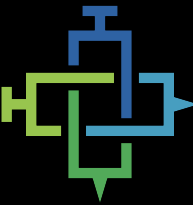
3,134
Naloxone Doses



23,861
Syringes

Our Impact

7/29/2023 – 7/27/2024



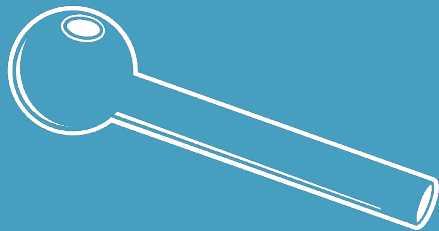
2,413
Encounters



3,134
Naloxone Doses



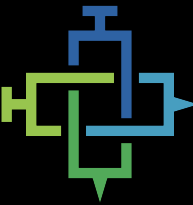
23,861
Syringes



4,821
Pipes

Our Impact

7/29/2023 – 7/27/2024



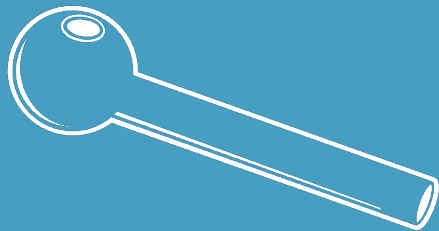
2,413
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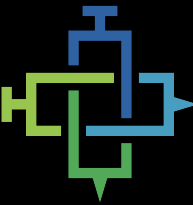
4,821
Pipes



5
OD Responses

Our Impact

7/29/2023 – 7/27/2024



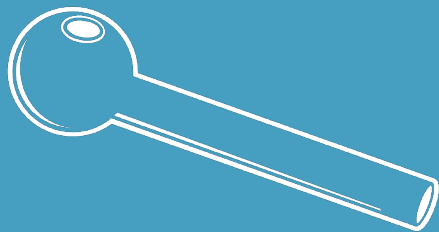
2,413
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3,134
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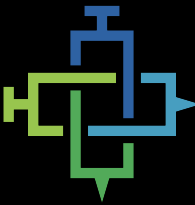


5
OD Responses

90% Successful



Participant
OD Reversals



Facilitators

- + Going to where the people are
- + Regulatory environment in California
 - + CDPH provides supplies, budget
- + Supportive and engaged individuals in our community

Barriers

- + Lack of institutional buy-in, consistent funding
- + Sustainability through volunteer turnover
- + Criminalization of homelessness
- + Lack of available social support, housing, treatment



Future directions

- + Deepening understanding of who we serve and how we can best serve our participants with multiple methods
- + HCV, HIV testing and treatment, MOUD
- + Wound care
- + Institute mechanisms for consistent community input
- + Community barbeque and discussion
- + Ongoing solicitation of feedback at point of service provision



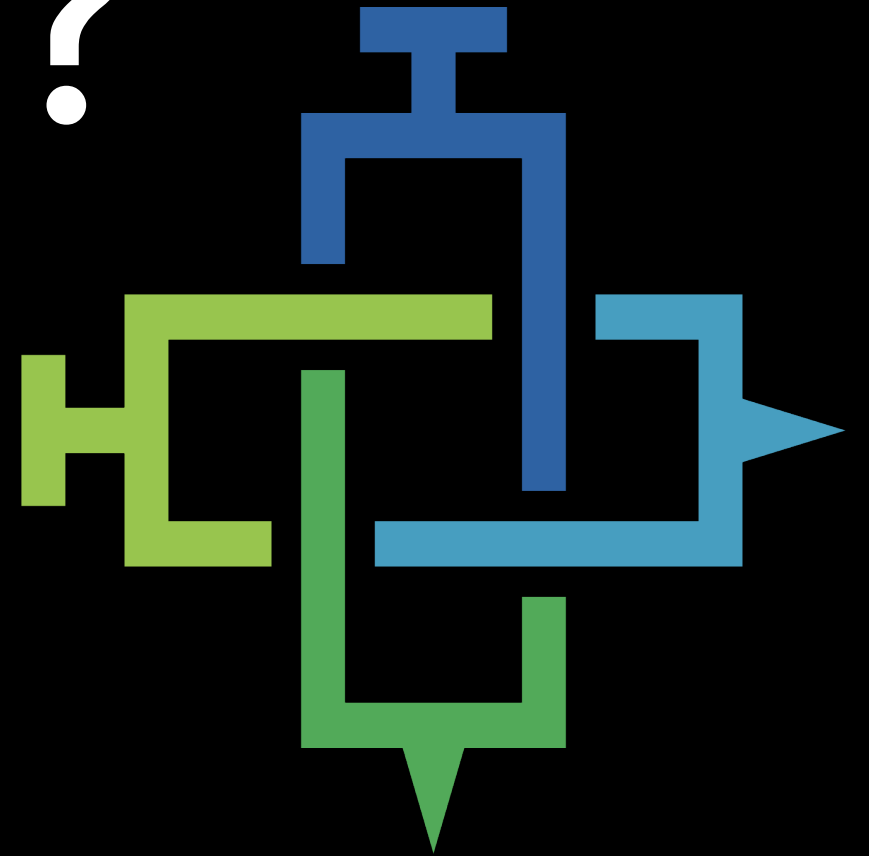


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- + Chase Morgan, Ilya Verzhbinksy, MK Duff, Rachel Crowner, Amanda Nguyen, Amu Rajagopal, Ben Han, Angie Bazzi, Grace Feng, Anna Ou, Carolyn Clark, Nick Wu, Kelsey Smith, Sadie Munter, Karyssa Domingo, Tim Sestak, Lauren Wedekind, Dafna Paltin, Shelby McGriff, Christine Eberts, Steven Chun, Daisy Valdivieso, Will Eger, Shanaya Sidhu, Inaya Riaz, Jacob Ross, Alex Auchus, Theo Roque, Phillip Schofield, Coleman Fine, Rachel Feiner, Katie Morton, Neal Jha, Zacaree Thomas, and so many more!

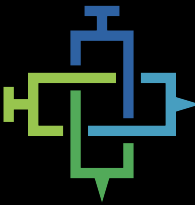


Questions?



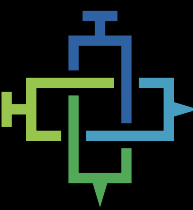
+My email: emsolomon@health.ucsd.edu

+Follow us on Instagram: [@HarmReductionIHC](https://www.instagram.com/HarmReductionIHC)

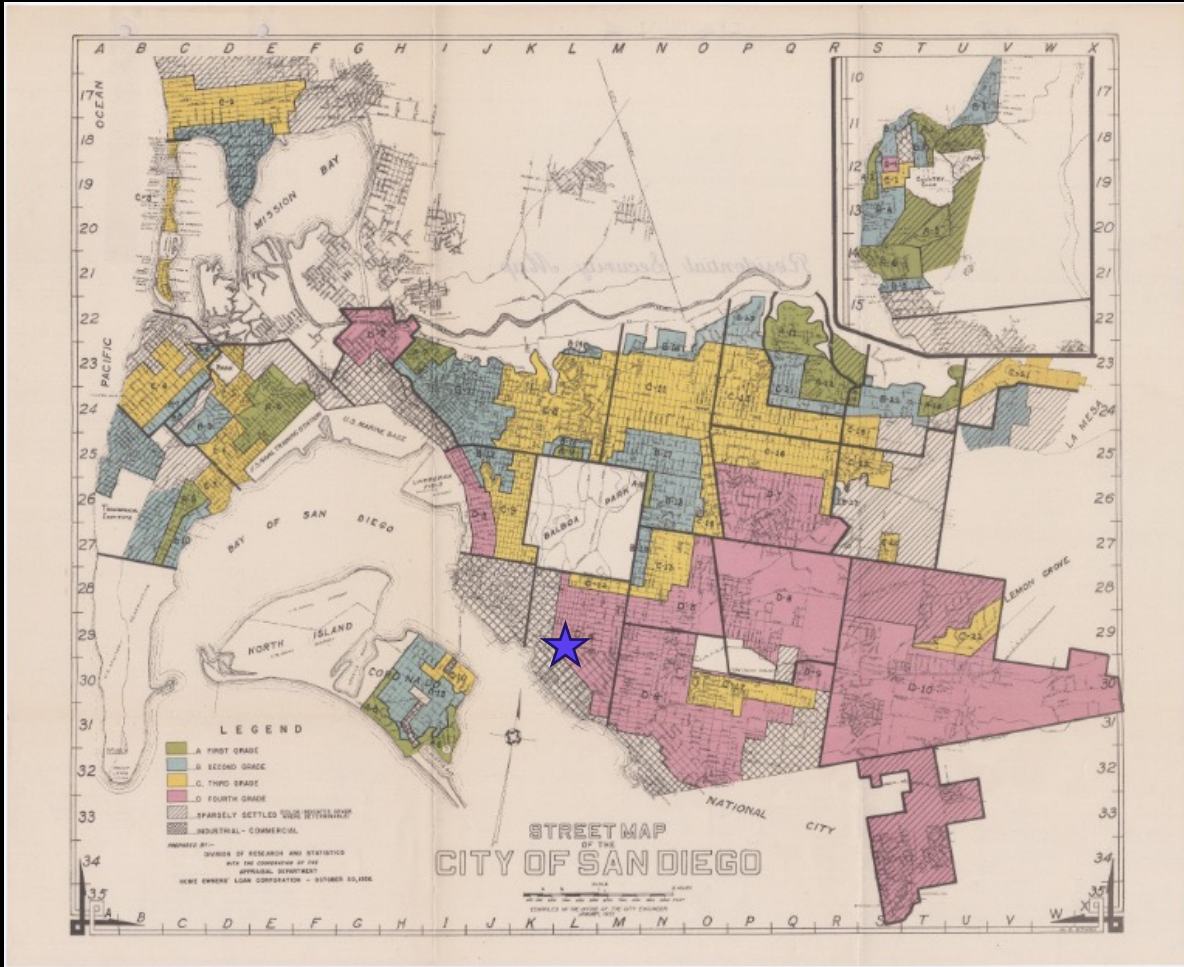


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Redlining map of central San Diego⁵



Age-Adjusted Opioid Overdose Death Rates by Region of Residence, Q3 2023⁸

