



March 24<sup>th</sup>, 2021:  
Stigma, Empathy and Trauma Informed Care

### **Contacts**

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### **Harm Reduction Training Series**

- **Registration is OPEN for upcoming training:**  
April 20<sup>th</sup>: Harm Reduction in the times of COVID19 & Homelessness – [Register here](#)
- For more information, visit: [knowmine.org/harm-reduction-trainings](http://knowmine.org/harm-reduction-trainings). Previous presentation slides and recordings will be uploaded, when available.

### **Harm Reduction ECHOs**

- Indian Country Harm Reduction ECHO: <https://www.indiancountryecho.org/program/harm-reduction/>
- ANTHC Addiction Medicine ECHO: <https://anthc.org/project-echo/addiction-medicine-echo/>

### **Resource Sharing:**

Books, Movies, Ted Talks:

- The Deepest Well: Healing the long-term effects of childhood adversity, by: Dr. Nadine Burke Harris (Book)
- Paper Tigers (Documentary)
  - [Link to see a free viewing of the documentary](#)
- [“Everything you know about addiction is wrong”](#) (Ted Talk by Johann Hari)
- [Science of Stigma](#) (YouTube Video by Montana State University Center for Health and Safety Culture). \*Spoiler Alert – Education, Language and Storytelling are the 3 ways to reduce stigma\*

Treatment and MAT Information:

- <https://findtreatment.gov/>: state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness
- [Are you seeking substance use or mental health treatment? Search for treatment facilities near you and filter the results based on your specific needs.](#)
- [State of Alaska Substance Use Treatment](#): Learn about resources and information from the Alaska Department of Health and Social Services Division of Behavioral Health



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- Boulder Care: Boulder Care offers telehealth addiction treatment grounded in kindness, respect, and unconditional support. Our program is designed by addiction medicine specialists and people with lived experience of recovery.

#### Harm Reduction Supplies:



- Free educational materials and resources available at [iknowmine.org/shop](https://www.iknowmine.org/shop), items are mailed to Alaska-based individuals and organizations.
  - Condoms, Harm Reduction Kits and more!
- ANTHC Harm Reduction Toolkit [https://www.iknowmine.org/wp-content/uploads/2021/01/ANTHC\\_Harm-Reduction\\_Toolkit.pdf](https://www.iknowmine.org/wp-content/uploads/2021/01/ANTHC_Harm-Reduction_Toolkit.pdf)
- Narcan®
  - Narcan® Opioid Overdose Response Kit: <https://www.iknowmine.org/topic/opioid-overdose-response-kit/>
    - Training: <https://www.iknowmine.org/narcan-training-module/story.html>
    - Order from ANTHC: <https://www.iknowmine.org/product/narcan-kit-bulk/>  
Must complete Narcan® Overdose Response Training (link above) to receive a kit.
  - Order from Project Hope (SOA): <http://dhss.alaska.gov/osmap/Pages/hope.aspx> // email: [ProjectHOPE@alaska.gov](mailto:ProjectHOPE@alaska.gov).
- Safer Injection Drug Use Materials
  - <http://www.nchrc.org/harm-reduction/safer-injection-drug-use/>
  - Getting Off Right Manual: <https://harmreduction.org/issues/safer-drug-use/injection-safety-manual/>
    - email [store@iknowmine.org](mailto:store@iknowmine.org) if you would like a printed copy
- CANARY Overdose Prevention App: <https://apps.apple.com/us/app/canary-prevent-overdose/id1396426874>

#### Substance Misuse Prevention Resources:

- iKnowmine: <https://www.iknowmine.org/resource/alcohol-tobacco-other-drugs/>
- ANTHC Substance Misuse Prevention Program: <https://anthc.org/what-we-do/behavioral-health/substance-misuse-prevention/>
- State of Alaska –
  - Opioid Resources: <http://dhss.alaska.gov/dph/Director/Pages/opioids/home.aspx>
  - Addiction in the Workplace Toolkit: <http://dhss.alaska.gov/osmap/Documents/WorkplaceAddiction.pdf>