Welcome to the 6th Annual Maine Harm Reduction Conference!

With new data that Maine has the 6th highest rate for increases in overdose deaths from 2016 to 2017, the time is urgent for our communities to share knowledge and to act. Today we have the opportunity to listen and learn from each other about how we can promote harm reduction in our communities. Today you will be hearing about different valuable tools and harm reduction strategies from how to prevent overdose deaths by using Naloxone or to starting safe injection facilities to creating supportive communities by opening recovery houses and increasing access to reproductive healthcare.

We would like to thank the Maine Harm Reduction Alliance (MEHRA) for helping to organize this annual conference. MEHRA is a network of people, programs, and organizations dedicated to enhancing the provision of harm reduction services through education, advocacy and action. MEHRA exists to advocate for the rights of Mainers struggling with drug use. The annual Maine Harm Reduction Conference offers an opportunity for folks across the state at all levels of involvement and knowledge about harm reduction philosophies to get engaged. Workshops and other sessions offered give attendees more in-depth knowledge about how harm reduction looks in action as well as how they can be involved.

Thank you all for coming today to listen, to speak out, and to learn from each other so we can better support harm reduction in Maine!

Maddy Magnuson (they/them/theirs)
Director of Harm Reduction and LGBTQ+ Services
Health Equity Alliance
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<td>How to Identify, Respond to and Risk Factors of an Opioid Overdose: Joseph Locke and Timothy McGuire</td>
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<td>The History of the “War on Drugs” and the Prospect of Decriminalization to Reduce Harm and Increase Public Safety: Christopher Poulos</td>
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**Key**

- Civil Rights
- Medical
- Wellness
Compassionate Tapering

This workshop will provide an overview of the factors that led to the over prescribing of opioids, the role over prescribing played in the current crisis, and a patient centered approach to de-prescribing.

Reproductive Empowerment Program

Studies show that unintended pregnancy is significantly higher among opioid-dependent women than in the general population. According to one such study published in the June 2011 edition of the Journal of Substance Abuse Treatment, the rate of unintended pregnancy among opioid dependent women of child bearing age was between 67 percent to 86 percent (as opposed to 31 – 47 percent in the general population). Other studies have described higher rates of abortion among this group, further indicating that pregnancies were not planned. Women using opiates are less likely to use planned (non-condom) methods of contraception than peers who do not use. Specifically, this population of women is less likely to use effective methods of birth control, like oral contraception and Long Acting Reversible Contraceptives (LARCs) such as IUDs and implants to manage their fertility. Maine Family Planning (MFP) believes that improving education and access to services among this population will produce positive personal and public health outcomes. Maine Family Planning uses fact-based, value-free, discussion-based reproductive health education and offers real time, non-coercive and low-barrier access to an array of family planning and other reproductive health services via Maine Family Planning’s well-developed telemedicine system.
Exploring Self-Injury: Harm Reduction Tips

Self-injury is a common and widely utilized skill. Often conversations center around how to change, or stop, the “behavior.” We rarely have the opportunity for frank discussions about the why, and the how. In this workshop, participants will have the opportunity to explore why individuals introduce pain to their bodies, and to practice sitting with discomfort with our own and others’ experiences. The presenters will discuss the many forms of introducing pain to one’s person, and provide information on safer methods to avoid infection or lethal injury, including tips to build kits to support safer methods.

How to Open and Operate a Peer-Run, Low-Cost, and Low-Barrier Recovery House

This workshop on recovery-oriented housing (recently presented at the HOPE Conference and being presented soon in Ellsworth and in New Orleans at the HRC Conference) will serve to educate peers and providers on the process to open a recovery house, as well as the law surrounding it. Particular attention will be devoted to the laws, and attendees will learn about how and why recovery-oriented housing is a civil right recognized by the federal government.

How to identify, respond to, and risk factors of an opioid overdose

In Maine, more than 400 people died of an overdose in 2017. Would you know how to recognize and respond to an opioid overdose? This session will teach you how to recognize the signs and symptoms of an opioid overdose, how to respond and reverse an overdose and risk factors for experiencing an overdose. Participants will be trained in how to administer Naloxone to save someone experiencing an opioid overdose.
Reconciling our Pasts: Historical Trauma, or ACEs over the Generations

Wabanaki tribal communities in Maine have distinct experiences that have resulted in disproportionate rates of children in foster care and prisoners in the criminal justice system. This presentation deepens an understanding of historical trauma, shining light on the effects of colonialism on Tribal Nations in Maine. It identifies typical trauma responses found in Native communities, the importance of creating space to collectively heal from trauma, and explores restorative justice/restorative practices as a possible way forward.

The History of the “War on Drugs” and the Prospect of Decriminalization to Reduce Harm and increase Public Safety

Christopher Poulos will outline the history of the criminalization of addiction in the United States from the 1800’s to present. The talk will discuss the origins and motivations for the “War on Drugs” and the term “drug abuse” and will explore the potential for decriminalization and legalization of substances to decrease crime, better address substance use disorder, and increase public safety.
### Keynote Speaker: Jess Tilley

**Jess Tilley (she/her/hers)** was introduced to harm reduction in 1996 and has since dedicated her life to the movement. She firmly believes harm reduction saved her life and participates in her community by giving back what she has received. Her school of harm reduction incorporates love and acceptance of others no matter where they are in their journey. During the past decade she has worked to organize the New England Drug Users Union which has multiple chapters all over the northeast and is currently co-chair of the American Alliance of Drug User Unions (USU National). In both of these organizations, she has implemented a feminist driven team based model of leadership. She has occupied and explored many roles in typical non profit structures and her passion remains front line activism. Currently she is working to discover and educate drug using leaders in the disciplines of outreach, community building, advocacy for basic human rights and nuances of human connection. She calls her school of harm reduction HRH413, providing trainings to service agencies in the true meaning of harm reduction. At present, she heads the NEUU SCS Task Force. She hopes to be second or third, not first. Her most recent USU National project is a collaboration with Louise Vincent Beale (co-chair of USU National) #REFRAMETHEBLAME, a campaign launched against Induced Homicide Laws and the failed war on drugs.

### Hilary La Riviere and Ilana Schreiber

**Hilary La Riviere (she/her/hers and they/them/their)** and **Ilana Schreiber (theythem/their)**, aka The Hilana, are Peer Navigators with The Opportunity Alliance Behavioral Health Home. They are certified and trained in Intentional Peer Support, which guides their work. Hilary and Ilana have collaborated on various projects and presentations over the last seven years, including presentations about Intentional Peer Support, holistic approaches to wellness, bridging personal and clinical recovery, and Harm Reduction within self-injury. The Hilana are fierce activists within the Psychiatric Survivor Movement and intersectionality, and are passionate about movements working together to recognize and unite oppressed people.

### Shannon Mackey

**Shannon Mackey (she/her/hers)** is the Reproductive Empowerment Project Coordinator for Maine Family Planning. She has worked her entire career providing high-quality, nonjudgmental reproductive health care. Shannon works as an Abortion Care Specialist as well. With the REP project, she works to connect people who are dealing with substance use disorder with reproductive health care via telemedicine. When Shannon isn’t traveling the state for REP she can be found roaming the woods of Maine with her two kiddos.
Presenter Bios

Christopher Poulos

Attorney Christopher Poulos (he/him/his) was appointed Executive Director of the Washington Statewide Reentry Council (Council) on October 1, 2017 by Department of Commerce Director Brian Bonlender and the Council. On March 8, 2018, he was unanimously confirmed in this role by the Washington State Senate. Previously, Christopher served as Executive Director of Life of Purpose Treatment at the University of North Texas, where he was also an adjunct professor of criminal justice. During law school, he served at the White House Office of National Drug Control Policy, The Sentencing Project, and was selected as law student of the year by National Jurist magazine. While at the Office of National Drug Control Policy, he worked to reduce discrimination by reframing stigmatizing language used by the federal government regarding addiction and justice system involvement. Christopher also served as an advisor to U.S. Sen. Angus King (I-Maine) on addiction and justice policy, and served on several task forces related to criminal justice policy and reentry. He graduated cum laude from the University of Maine School of Law, where he was president of the American Constitution Society and represented children facing criminal charges as a student attorney in the Juvenile Justice Clinic.

Christopher openly identifies as a person in long-term recovery from addiction who has also been incarcerated. Over a decade ago, he made a decision to seek help and has maintained his recovery since. The U.S. Department of Justice selected him to consult for a project documenting the nation’s most successful people to have reentered society following incarceration. His work and story have been featured in the New York Times, Washington Post, NBC, The Hill, and other outlets. He also gave a TED talk on reentry and his personal journey in 2015.

Jesse Harvey

Jesse Harvey (he/him/his) is a person in long-term recovery from Substance Use Disorder. He works as Peer Support Coordinator for Greater Portland Health, volunteers as Chapter Lead of Young People in Recovery-Portland, and serves on Portland’s Overdose Prevention Task Force, as well as on the Boards of Directors of Health Equity Alliance and NAMI-Portland.

Jesse is an advocate for low-cost, low-barrier, and evidence-based public health interventions, and he has helped to educate healthcare providers, the media, law enforcement, and others in Maine on the value of recovery-ready communities. Jesse is most passionate about recovery houses and overdose prevention sites, and is the Founder of Journey House Sober Living and Portland OPS.

Jesse is a Master’s student at Muskie. In his spare time he likes to walk around Portland, eat Ethiopian food, and write letters to the editor.
Presenter Bios

Sarah Evans

Sarah Evans (she/her/hers) is a senior program officer with the Open Society Public Health Program, where she works globally to advance the health and rights of marginalized people who use drugs.

Before joining Open Society, Evans was a manager for HIV and AIDS Services with Vancouver Coastal Health in British Columbia, Canada, where she oversaw a range of community-based harm reduction and addiction treatment services. Previously, she worked as the coordinator of operations for Insite, North America’s first legal supervised drug injection facility. She has also designed and implemented learning programs for adults in a variety of community settings, including a sex worker drop-in center, a community center, and a racetrack. Evans holds a MA in adult education from the University of British Columbia.

Maria Girouard

Maria Girouard of Penobscot Nation serves Maine-Wabanaki REACH as a coordinator of health, wellness, and self-determination. REACH stands for Reconciliation, Engagement, Advocacy, Change, and Healing. A tribal historian, M.A. in History from University of Maine, Maria engages in educational outreach throughout Maine and in resilience work within tribal communities. Maria has served her Tribe as an elected official of the Penobscot Tribal Council and director of the Penobscot Nation Cultural and Historic Preservation Department. Maria was awarded the prestigious Maryann Hartman Award from the University of Maine for her advocacy work in preserving the cultural heritage and rights of the Penobscot Nation.

Joseph Locke

Joseph Locke (he/him/his) has a 20 year history of providing various social services to individuals in Maine. He was employed in a residential rehab in the late 1990s and saw first hand the early onset of the opioid epidemic in Maine. He also worked for over a decade helping people experiencing homelessness move toward self-sufficiency.
Dr. Noah Nesin (he/him/his) has been a family doctor in Maine since 1986, first in a private, solo practice and then in FQHCs, and has served as Chief of Staff of Penobscot Valley Hospital, as Medical Director of Health Access Network in Lincoln, ME, as Chief Quality Officer at Penobscot Community Heath Care (PCHC), and now as Vice President of Medical Affairs at PCHC. Throughout his career Dr. Nesin has led efforts in evidence-based prescribing and in practice transformation to improve efficiency and to use health care resources judiciously. Dr. Nesin has mentored PA, nurse practitioner and medical students, and Family Practice residents throughout his career.

Dr. Nesin serves as the chair of the Academic Detailing Advisory Committee, the body which oversees the Maine Independent Clinical Information Service, sits on the Advisory Committee for the Lunder Dineen Health Education Alliance of Maine, is a member of the Prescription Monitoring Program Policy Advisory Group, and serves on the board of the Hanley Center and of the Maine Public Health Association. Dr. Nesin served as a member of the Steering Committee of Maine’s $33 million State Innovation Model grant, was a co-founder of Maine Quality Counts’ Maine Chronic Pain Collaborative and is a member of AHRQ’s National Integration Advisory Council, which is currently focused on treatment of substance use disorders across the country. Dr. Nesin appears regularly on local TV and radio in Bangor, Maine and has appeared on both MPBN and on NPR’s All Things Considered discussing opioid prescribing and opioid addiction.

Timothy McGuire (he/him/his) is the Community Organizer for Health Equity Alliance. Timothy is a Husson University graduate with a BS in Criminal justice.

Timothy’s role at HEAL includes working with people who use drugs, running HEAL’s Harm Reduction programs, including syringe exchange, HIV/Hepatitis C testing, Naloxone distribution, food pantry and advocating for people who use drugs.

He has successfully created an environment at HEAL that is welcoming and affirming to people accessing services.
Empowering marginalized communities to combat stigma and realize health justice.

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