

The University of Maine

DigitalCommons@UMaine

---

Non-Thesis Student Work

---

10-27-2022

## Effectiveness of Harm Reduction on Substance Abuse in Homeless Adults

Isabella I. Farnese

University of Maine, [isabella.farnese@maine.edu](mailto:isabella.farnese@maine.edu)

Madison M. Fitts

University of Maine, [madison.fitts@maine.edu](mailto:madison.fitts@maine.edu)

Bailey T. Carter

University of Maine, [bailey.t.carter@maine.edu](mailto:bailey.t.carter@maine.edu)

Follow this and additional works at: [https://digitalcommons.library.umaine.edu/student\\_work](https://digitalcommons.library.umaine.edu/student_work)



Part of the [Clinical and Medical Social Work Commons](#)

---

### Repository Citation



Farnese, Isabella I.; Fitts, Madison M.; and Carter, Bailey T., "Effectiveness of Harm Reduction on Substance Abuse in Homeless Adults" (2022). *Non-Thesis Student Work*. 14.

[https://digitalcommons.library.umaine.edu/student\\_work/14](https://digitalcommons.library.umaine.edu/student_work/14)

This Poster is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Non-Thesis Student Work by an authorized administrator of DigitalCommons@UMaine. For more information, please contact [um.library.technical.services@maine.edu](mailto:um.library.technical.services@maine.edu).

# Effectiveness of Harm Reduction on Substance Abuse in Homeless Adults

Bailey Carter, Bella Farnese, Maddie Fitts  
Dr. Valerie Herbert DNP, RN, CNE  
University of Maine, School of Nursing

INTRODUCTION	PICOT QUESTION	RESULTS	CONCLUSION
<p>Homelessness individuals face higher rates of drug use and encounter many barriers to accessing healthcare and treatment</p> <p>Harm reduction therapies are an evidence based approach to reducing the harms of substance use rather than preventing use.</p> <p>Despite higher rates of physical and mental ill health, homeless adults use primary care and preventative services like screenings and check ups less often than the general population.</p> <p>(Hedegaard H., Minino A., Spencer M., &amp; Warner M., (2021)</p>	<p>In homeless adults (P) are harm reduction therapies (I) compared to preventative therapies (C) effective in reducing the rate of substance abuse (O) in one year (T).</p>  <p><a href="https://www.pexels.com/photo/close-up-photo-of-assorted-tablets-3873149/">https://www.pexels.com/photo/close-up-photo-of-assorted-tablets-3873149/</a> By: Polina Tankilevitch</p>	<ul style="list-style-type: none"> <li>• Research shows that there is an overall push for harm reduction therapies to be integrated for this population.</li> <li>• Harm reduction approaches within this population can lead to improvements in substance use outcomes.</li> <li>• Evidence shows that harm reduction approaches have led to decreased drug-related risk behavior, fatal overdoses, mortality, morbidity, and substance use.</li> <li>• An example of harm reduction is different forms of housing (Canham, S., Humphries, J, 2021) <ul style="list-style-type: none"> <li>○ Permanent supportive housing</li> <li>○ PSH through HF</li> <li>○ Supported housing</li> <li>○ Transitional housing</li> <li>○ Emergency shelter</li> </ul> </li> <li>• Barriers/challenges <ul style="list-style-type: none"> <li>○ Incomplete implementation of harm reduction strategies may contribute to harms of overdose, intoxication, and stigma.</li> <li>○ More research is warranted regarding the optimal treatment length for this population.</li> </ul> </li> </ul>	<p>Our research provided a variety of possible interventions to help reduce substance use in the homeless population. The homeless population has shown increased rates of substance use and harm reduction treatments prove to help decrease the rate of this substance use.</p> <p><b>Outcomes of Harm Reduction:</b></p> <ul style="list-style-type: none"> <li>• Lead to a decrease in drug related risk behaviors, such as needle sharing.</li> <li>• Cost effective and promotes the individual to be productive within society.</li> <li>• Providing the highest level of support through housing, on site health, &amp; social support has led to a decrease in substance use and homelessness for the elderly population.</li> <li>• Harm reduction interventions and case management approaches can lead to improvements in substance use outcomes.</li> <li>• supervised consumption facilities and peer distribution of take home naloxone have been proven to reduce drug related deaths, mortality, morbidity, and substance use.</li> </ul>
PROBLEMS	METHODS	 <p><a href="https://www.pexels.com/photo/bearded-man-sitting-on-the-ground-8078441/">https://www.pexels.com/photo/bearded-man-sitting-on-the-ground-8078441/</a> By: Mart Production</p>	REFERENCES
<ul style="list-style-type: none"> <li>• 107,622 deaths in 2021 were related to substance abuse among adults in and is continuously rising. (Parkes T., Matheson C., 2022)</li> <li>• For the homeless population experiencing concerns with addiction, services can be challenging and not cost effective.</li> <li>• Priorities/Barriers that the homeless population face <ul style="list-style-type: none"> <li>○ Food, shelter, increased risk of serious health problems, delayed or no treatment</li> </ul> </li> <li>• Harm reduction therapy <ul style="list-style-type: none"> <li>○ Increasing naloxone availability, promoting clean needle exchange, expanding medication-assisted treatment, increasing treatment to reduce amount of drug related deaths (Vearrier L, 2019)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• We conducted a search for research articles using Google Scholar, CINAHL, and OneSearch.</li> <li>• Keyword/Phrases <ul style="list-style-type: none"> <li>○ “Harm reduction,” “benefits of harm reduction,” “shelters,” “reducing substance use,” “homeless adults,” and “substance use.”</li> </ul> </li> <li>• Search criteria required <ul style="list-style-type: none"> <li>○ All articles to have been published between 2018 and 2022.</li> <li>○ Adult (females, males) ages from 21 to 65</li> </ul> </li> <li>• A total of 11 articles were selected from the results that fell within the search criteria.</li> <li>• Exclusion criteria was limited to adolescents and children.</li> </ul>	<p>Canham, S., Humphries, J., Moore, P., Burns, V., &amp; Mahmood, A. (2021). Shelter/housing options, supports and interventions for older people experiencing homelessness. <i>Ageing and Society</i>, 1-27. <a href="https://doi.org/10.1017/S014686X21000234">https://doi.org/10.1017/S014686X21000234</a></p> <p>Hedegaard H., Minino A., Spencer M., &amp; Warner M., (2021). <i>Drug Overdose Deaths in the United States</i>. Centers for Disease Control and Prevention. <a href="https://www.cdc.gov/nchs/products/databriefs/db428.htm">https://www.cdc.gov/nchs/products/databriefs/db428.htm</a></p> <p>Miller J., Carver H., Masterton W., Parkes T., Maden M., Jones L., &amp; Sumnall H., (2021). What treatment and services are effective for people who are homeless and use drugs? A systematic 'review of reviews'. <i>PLOS ONE</i>, 16(7). <a href="https://doi.org/10.1371/journal.pone.0254729">https://doi.org/10.1371/journal.pone.0254729</a></p> <p>Parkes T., Matheson C., Carver H., Foster R., Budd J., &amp; Liddell D. (2022). A peer-delivered intervention to reduce harm and improve the well-being of homeless people with problem substance use: The SHARPS feasibility mixed-methods study. <i>National Institute for Health and Care Research</i>, 26(14). <a href="https://doi.org/10.3310/WVVL4786">https://doi.org/10.3310/WVVL4786</a></p> <p>Vearrier L. (2019). The value of harm reduction for injection drug use: A clinical and public health ethics analysis. <i>Drexel University College of Medicine</i>, 65(5), 119-141. <a href="https://doi.org/10.1016/j.disamonth.2018.12.002">https://doi.org/10.1016/j.disamonth.2018.12.002</a></p> <p>Pitts A., Humphreys K., &amp; Brandeau M., (2018). Modeling health benefits and harms of public policy responses to the US opioid epidemic. <i>American Journal of Public Health</i>, 108. <a href="https://doi.org/10.2105/AJPH.2018.304590">https://doi.org/10.2105/AJPH.2018.304590</a></p>	