

Mission Statement

The Durham Harm Reduction Coalition (DHRC) is a regional advocacy and capacity building organization that promotes the health and dignity of individuals and communities.

The DHRC advances policies and programs that help address the risks and stigma associated with substance use, unsafe sex practices and mental health issues.

Such risks include, but are not limited to: overdose, HIV, Hepatitis C, addiction, and incarceration.

We recognize that the structures of social inequality impact the lives and options of the affected communities differently. We work to uphold every individual's right to health and well-being as well as their ability to protect themselves, their loved ones, and their communities.

Our Goals

- To create a culture and community that accepts people as they are without judgment
- To promote harm reduction techniques in social service agencies
- To provide education to at-risk populations

Coalition Members

- AIDS Committee of Durham Region
- Canadian Mental Health Association of Durham
- Cornerstone
- Durham Region Health Department
- Durham Regional Police Service
- First Step Medical Clinic
- Joanne's House
- John Howard Society of Durham Region
- Oshawa Community Health Centre
- Pinewood Centre
- Positive Care Clinic
- The Refuge
- Salvation Army

Coalition Contact Information

AIDS Committee of Durham Region

22 King St. W. - Suite 202
Oshawa, ON L1H 1A3
Phone: 905-576-1445
harmreduction@aidsdurham.com

John Howard Society of Durham Region

75 Richmond St. W
Oshawa, ON L1G 1E3
Phone: 905-579-8482
harmreduction@jhsdurham.on.ca

Website:

www.whatstheharm.ca

Facebook:

www.facebook.com/DurhamHarmReductionCoalition

Twitter:

[HRCDurham](https://twitter.com/HRCDurham)



**Durham
Harm Reduction
Coalition**



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**Promoting a
Healthier Community**

Harm Reduction: The Basics

Harm Reduction is anything that reduces the harms associated with a specific behaviour.

Harm Reduction is:

- Pragmatic: Accepts that people have always engaged in behaviours that put them at risk. It is not realistic to assume that this is going to change.
- Humanistic: Accepts that all humans have intrinsic value.
- Focused on Harm: The focus is to reduce any harms that are a result of behaviours that put people at risk.

Harm Reduction is about meeting people "where they're at" with an accepting and non-judgmental attitude.

Harm Reduction Methods

Substituting Drugs

Using a less harmful drug instead of a more harmful drug.

Methadone is one example.

Overdose Prevention
Educating the substance using community and community partners on the signs of an overdose and how to prevent overdose (i.e. education, CPR, Naloxone, etc.)

Education About Safer Use
Providing information on ways to reduce risks associated with substance use, unsafe sex, and mental health issues.

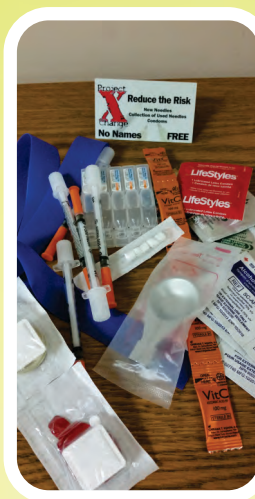
Other Examples of Reducing Harm are:

- Food banks
- Housing
- Designated drivers
- Condoms
- Low risk drinking guidelines

Harm Reduction Methods

Needle and Syringe Programs

Providing injection drug users with sterile needles and other equipment, along with education, support, resources, and referrals to help reduce the risk of HIV/AIDS, hepatitis and other blood-borne infections.



Inhalation Kits

Providing clean glass stems and other equipment to people who smoke substances helps reduce the risk of HIV/AIDS, hepatitis and other blood-borne infections.



John Howard Society of Durham Region

Main Office
75 Richmond St.,
Oshawa
905-579-8482

105 Consumers
Dr., Whitby
905-666-8847

136 Commercial
Ave., Ajax
905-427-8165

132 Church St.,
Bowmanville
905-623-6814

JHS Mobile Outreach

Mon - Fri
5:00pm-10:00pm
905-440-5387

AIDS Committee of Durham Region

22 King St. W.- Suite 202, Oshawa
905-576-1445

Pinewood Centre

300 Centre St. S.,
Oshawa
905-723-8195
1-888-881-8878

95 Bayly St. W. -
Suite 406, Ajax
905-683-5950
ext. 222

419 King St. W. -
Suite 125, Oshawa
905-671-3344
ext. 115

180 Mary St.,
Port Perry
905-985-4721

200 King St. E.,
Bowmanville
905-697-2746

