



# HARM REDUCTION SERVICES

Programs and Services

Melinda Ruger : Executive Director

[Melindahrs@Gmail.com](mailto:Melindahrs@Gmail.com)

# WHAT IS HARM REDUCTION?

## A DEFINITION:

A set of realistic strategies that reduce a persons risk of harm.

These strategies meet people  
“where they are at”,

ranging from safer practices,  
to managed practices, to abstinence.

SYRINGE EXCHANGE  
COMMUNITY CLEAN UPS AND OUTREACH  
HIV/HCV/STD TESTING  
RYAN WHITE CASE MANAGEMENT  
JVMC – FREE MEDICAL CLINIC  
RHINO  
OVERDOSE PREVENTION & RESPONSE

Street Outreach

Monday – Saturday

various hours & locations  
across several cities

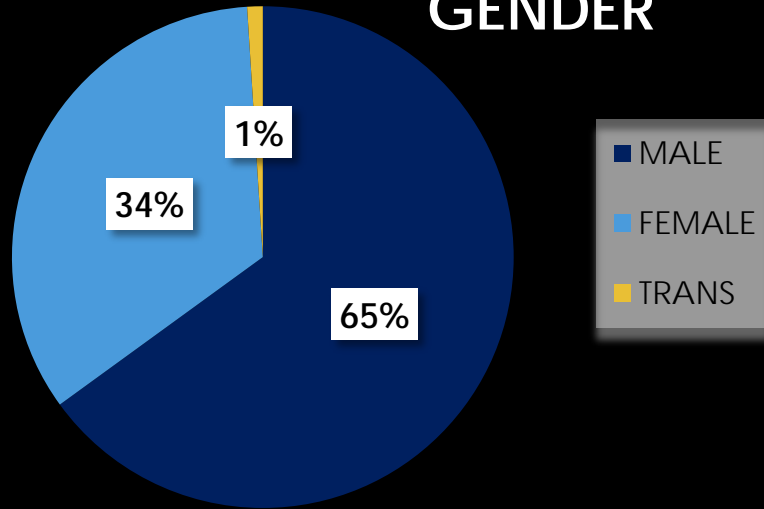


2800 Stockton Blvd.

OPEN  
Monday – Friday  
noon-6pm

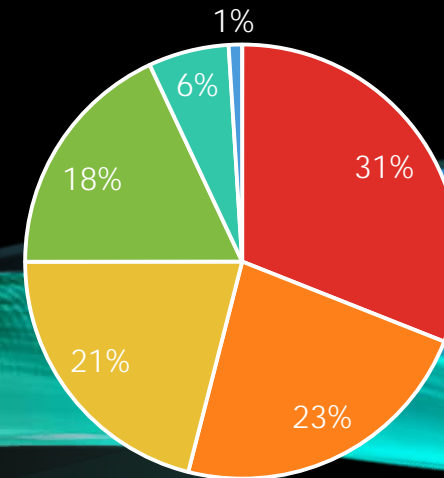
# OUR PEOPLE

## GENDER



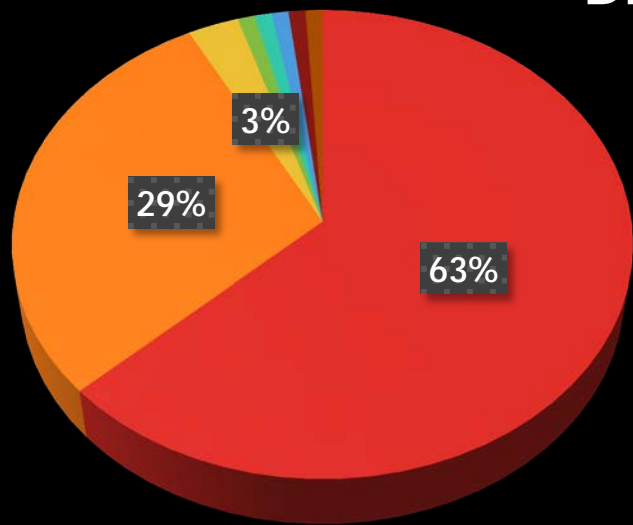
Age of Participants

- Under 30
- 30-39
- 40-49
- 50-59
- 60-69





## DRUG OF CHOICE

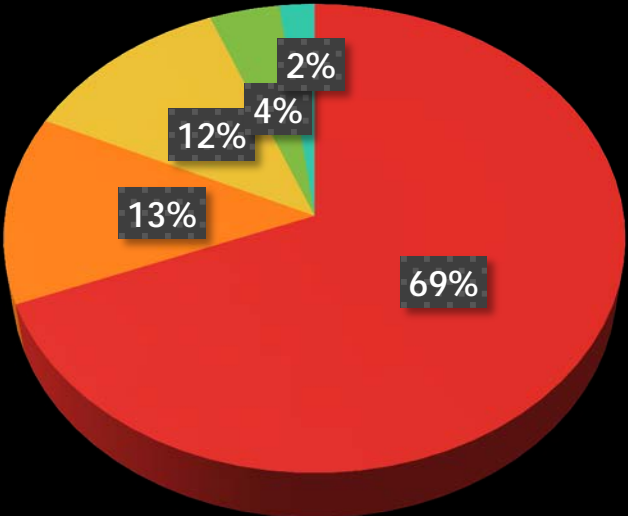


- OPIATES (O)
- STIMULANTS (S)
- O/S
- O/S/Pills
- Pills
- Hormones
- Steroids
- Insulin

## OUR PEOPLE



# ETHNICITY



- CAUCASIAN
- HISPANIC
- AFRICAN AMERICAN
- ASIAN
- OTHER

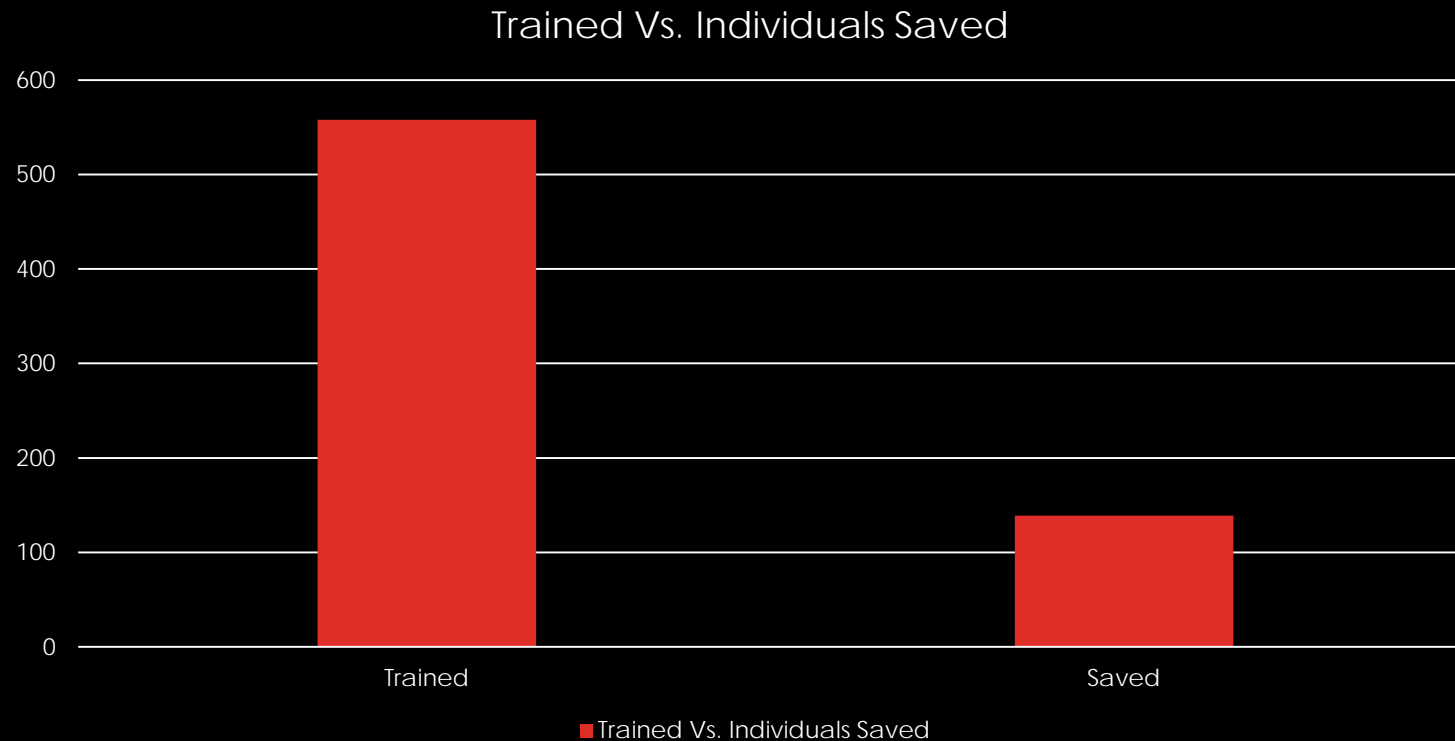
# OUR PEOPLE



# Overdose Recognition and Response Program (Naloxone)

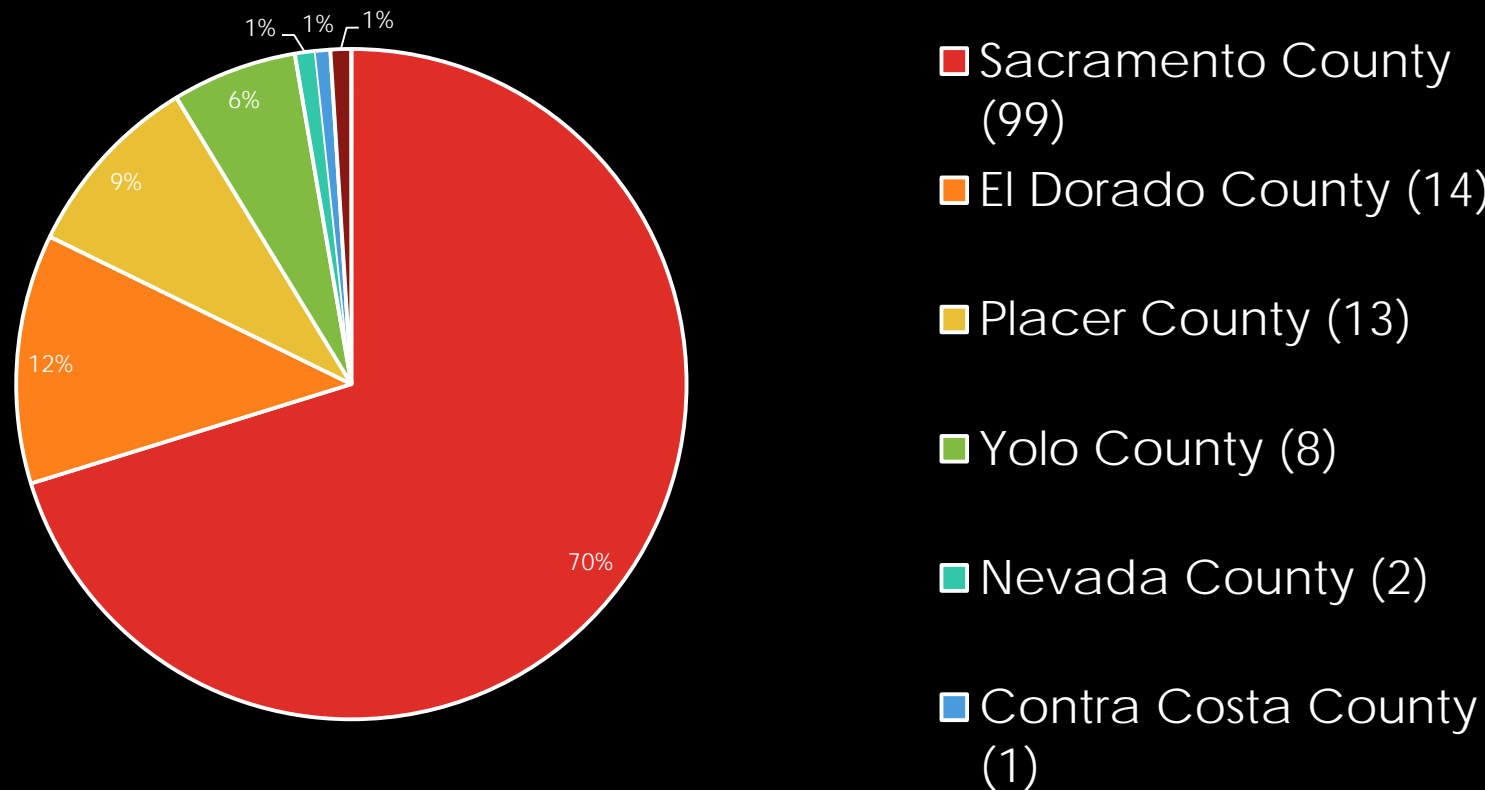
Total Number of Trainings as of 1/7/16: 558

Number of Individuals saved as of 1/7/16: 139



# OVERDOSE DATA INCLUDING YOLO COUNTY

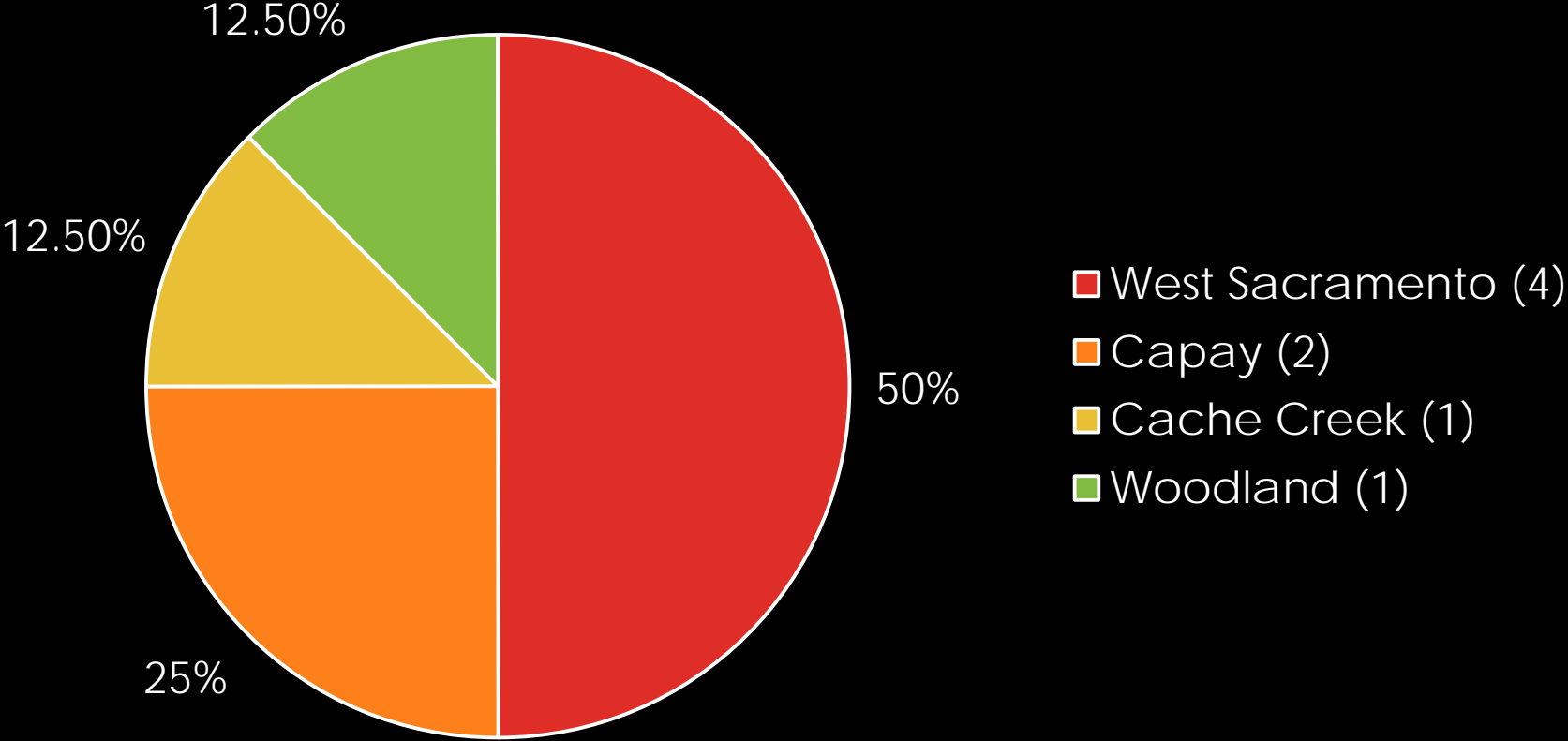
## County Where Overdose Occurred





# NUMBERS AND DEMOGRAPHICS

Location of Overdoses in Yolo County



## What Works?

- ❑ Building Trust and Cooperation From Community (both service population and stakeholders)
- ❑ Low to No Barrier Programs
- ❑ Staff that is representative and relatable to community
- ❑ Data Collection Methods that allow you to track changes and assess and address needs
- ❑ Building empathy and understanding of the stigma that accompanies homelessness, infectious disease and substance use disorders.

**Be AWARE**  
Overdose is the  
#1 cause of  
Accidental Death  
in the US

This is how  
many people  
will die in the  
US of an  
Accidental  
Overdose in  
the next  
72 hours...

**EDUCATE**  
Yourself and others

These loved ones  
could not be saved  
maybe some one you  
love can...

**END the STIGMA**  
**END the SHAME**  
Harm Reduction  
Saves lives



**Never Forgotten**

**International Overdose  
Awareness Day**

**Rethink and  
Remember**  
Overdose does not discriminate



Melinda Ruger : Executive Director  
Harm Reduction Services  
[melindahrs@gmail.com](mailto:melindahrs@gmail.com)  
916-456-4849