



Project S.H.a.R.E

(Safety Harm Reduction and Recovery for Everyone)

A Small Program With a Strong Community

Objective: To provide the highest quality supportive services to men and women living with HIV/AIDS using an individualized approach to aid in reducing risk from drug and/or alcohol use, with respect, courtesy, and kindness.

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SOCIAL WORKER



The Harm Reduction Model

- ▶ The program uses the Harm Reduction model to create an environment where men and women can identify and change their risk behaviors, increase their safety and improve their health and overall quality of life.
- ▶ The Harm Reduction model is used to address prevention of positives through education and support, as well as safer use and use reduction around drugs and or alcohol.
- ▶ This model provides access to services for men and women who may not yet be ready to commit to abstinence.
- ▶ In keeping with the principles of Harm Reduction, program clients are not discharged due to relapse and/or active drug use.



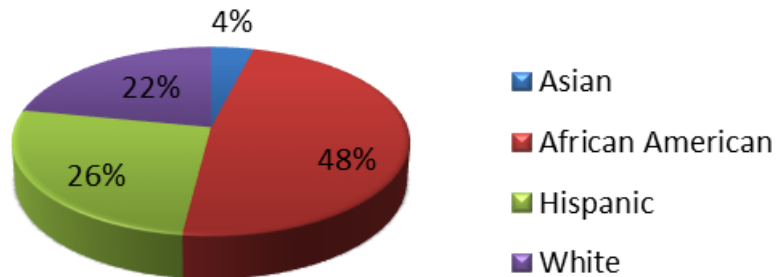
Target Population

- ▶ Project S.H.a.R.E eligibility requirements are:
 - ▶ Persons living with HIV/AIDS who are actively using substances or have less than two years in recovery.
 - ▶ Individuals from community based organization's (CBO's) in New York City's 5 boroughs.
 - ▶ Individuals can be referred or self-referred to enroll in the program.
 - ▶ Individuals at or below the poverty level.
 - ▶ Individuals do not have to be a client of Mount Sinai Beth Israel.

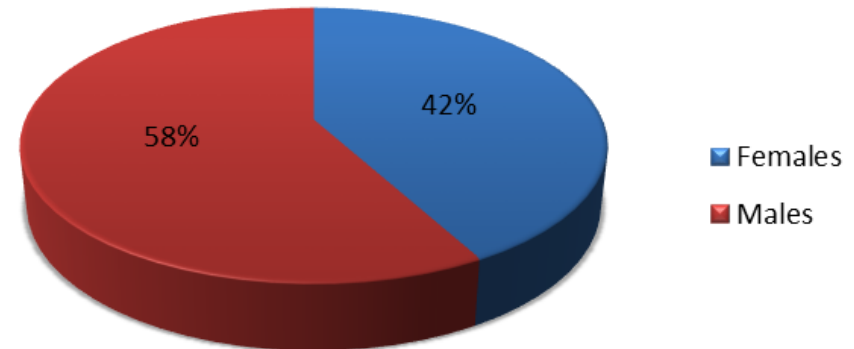


Project S.H.a.R.E Snapshot Data

Patients By Ethnicity



Patients By Gender





Project S.H.a.R.E

- ▶ The program is grant funded by Title 1 of the Ryan White Care Act through the Medical and Health Research Association of New York City.
- ▶ A variety of services and modalities are used to provide optimal care for each client.
- ▶ Each client is assigned a Social Worker who then develops a treatment plan for the client based on the client's wants, needs and goals.
- ▶ Most clients receive their HIV care at our outpatient clinic making continuity of care seamless due to the multidisciplinary team component. This assists clients reducing risky behaviors in all areas of their lives as well as encouraging healthier lifestyle choices and bettering their overall health.



Project S.H.a.R.E Services

- ▶ Project S.h.a.R.E provides outpatient substance use counseling and support around living with HIV/AIDS.
- ▶ Client's input is integral to their treatment and all services are provided in a safe, nonjudgmental atmosphere.
- ▶ Individual and group counseling are provided to all clients depending on their treatment goals. Clients may also receive crisis intervention, psycho-education, evidence based treatment modalities, overdose prevention and education as well as Art/Recreational Therapy.



Project S.H.a.R.E Services

- ▶ Evidence Based Interventions (EBI's)
- ▶ Motivational Interviewing is incorporated in Alcohol and Other Drugs (AOD) counseling sessions.
 - ▶ Alcohol and Other Drugs (AOD) counseling is services provided to men and women who are experiencing problems with alcohol and/or other drugs.
- ▶ Individual and group low threshold AOD counseling.
- ▶ Screening and referral for more intensive substance use treatment.
- ▶ Individual and group training: Overdose Prevention.



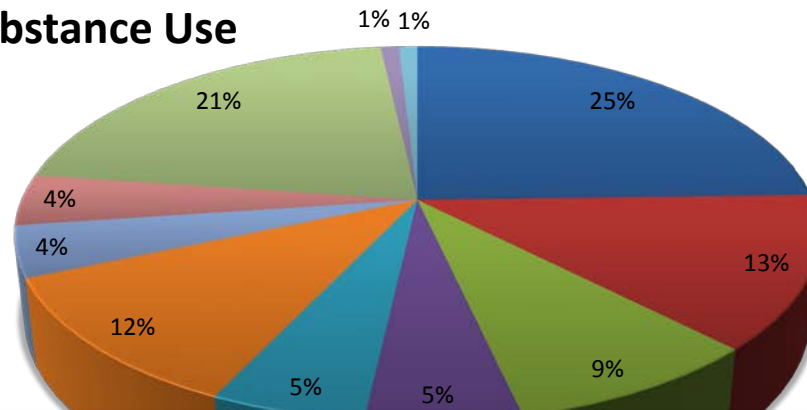
Recovery readiness and Relapse Prevention

- ▶ Project S.H.a.R.E also offers recovery readiness and relapse prevention counseling, which assists clients to achieve continued success in their recovery after achieving 1 year of sobriety.
- ▶ Unlike more traditional drug treatment programs, which may require abstinence; Project S.H.a.R.E accepts clients who are not yet ready to fully abstain from drug/alcohol use but express motivation to reduce, change and or end their substance use behaviors.



Project S.H.a.R.E Snapshot Data

Substance Use



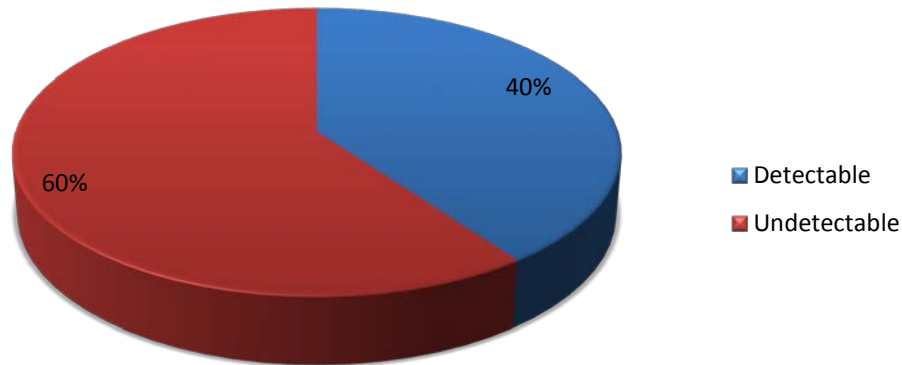
- Tobacco
- Marijuana
- Cocaine/Crack
- Heroin
- Crystal Meth
- Methadone
- Benzodiazepines
- GHB
- Alcohol
- PCP
- Other

Choice of Drugs Out of the 50 patients identified, 30 were multi substance uses, using more than one of the listed substances within the past 6 months.

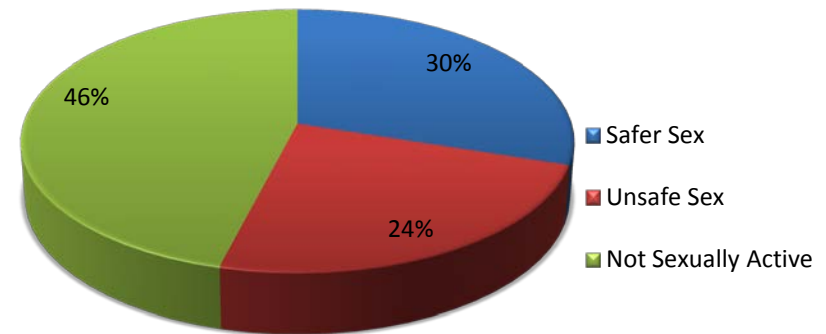


Project S.H.a.R.E Snapshot Data

Virological Response



Sexual Practices





Video Presentation



A Sense of Community

Men and Women who attend Project S.H.a.R.E at Mount Sinai Beth Israel gain a sense of community. They do so by:

- ▶ Learning to speak openly about their substance use in a non-judgmental place
- ▶ Building strong meaningful social supports
- ▶ Identifying their goals and working towards them with the support of their social worker and peers.
- ▶ Repairing relationships with family members
- ▶ Making their health a priority
- ▶ Decreasing risky behaviors



Program Outcomes

- ▶ The program outcomes are focused on the individual goals of the client with respect to reducing risky behaviors, including but not limited to substance and alcohol use, risky sexual practices, as well as working towards achieving an undetectable viral load.
- ▶ Success is measured by identifying a reduction in risky behaviors and adhering to medical care and medication management.
- ▶ Clients who are abstinent for more than 24 months graduate from the program and are referred to other community supports to focus on their continued recovery.



Conclusion

- ▶ Participation with Project S.H.a.R.E empowers clients to:
 - ▶ Value peers social supports
 - ▶ Their individual communities
 - ▶ Appreciate the value of individual and group therapy
- ▶ The strength of the program model has encouraged healthier familial dynamics as well.
- ▶ Clients learn to sustain their healthcare, recovery, and to reach out to community supports when applicable.