



# Peer-led Services at Peer Based Harm Reduction WA

# Acknowledgement of Country



I would like to acknowledge  
the traditional owners and  
custodians of the land on  
which we meet.

This always was and always  
will be Aboriginal land.

I pay my respects to First  
Nations people, their culture,  
and to elders past and  
present.

# Who are Peer Based Harm Reduction WA?

- Primary harm reduction organisation in WA
- Drug user organisation (DUO)
- Consumer voice bringing that perspective into all our harm reduction initiatives, including our partnerships with other organisations, and to our advice and advocacy to researchers, governments and policy-makers
- Non-government
- Not-for-profit
- Co-located in Perth and Bunbury (servicing South West Region)

**25 years**

**National peak body:**

Australian Injecting and Illicit Drug  
Users' League (AIVL)



**State peak body:**

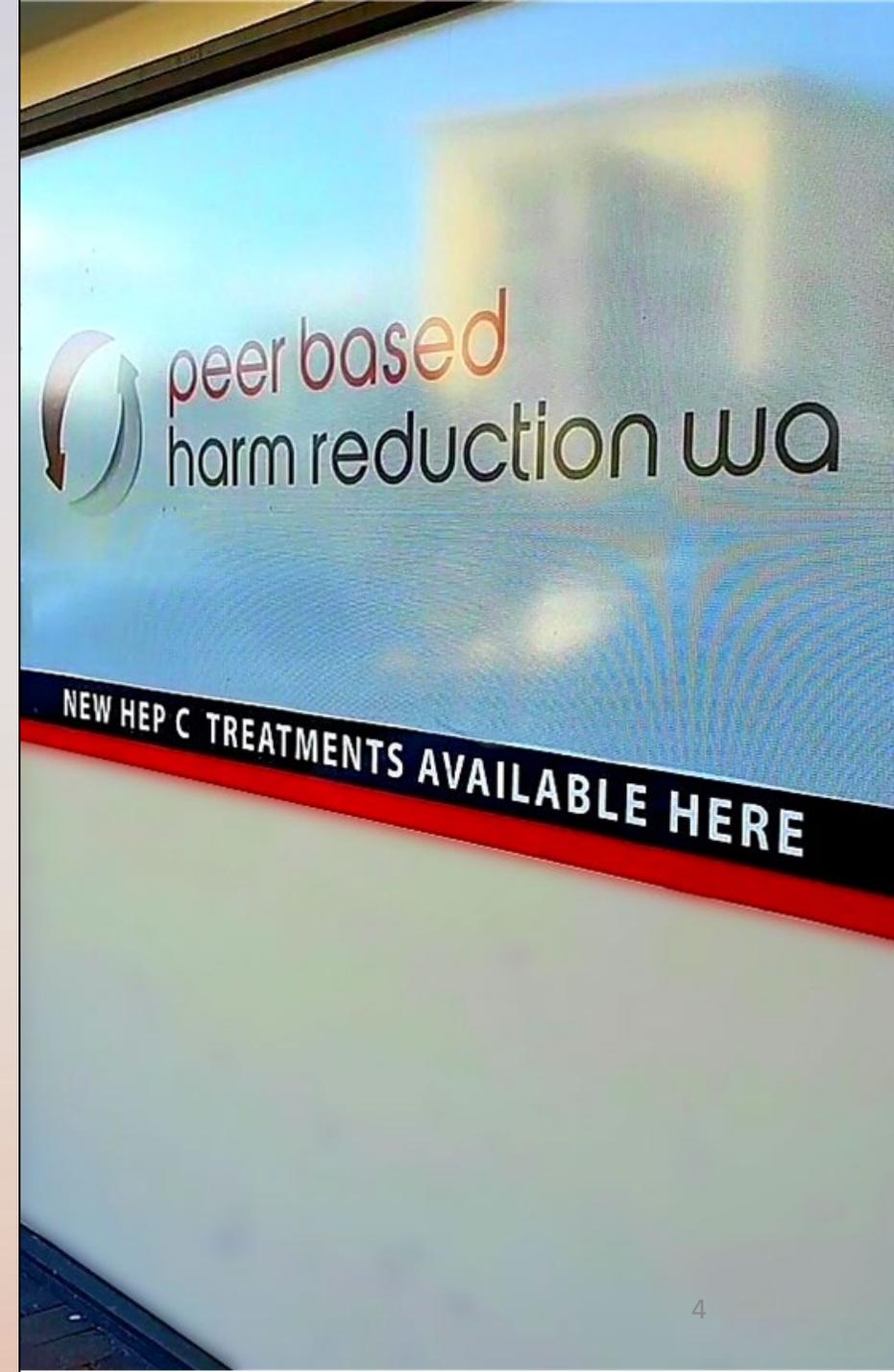
WA Network of Alcohol & Other  
Drug Agencies (WANADA)



# What do Peer Based Harm Reduction WA do?

Provide health and harm reduction services aimed at:

- Reducing the prevalence of BBVs and STIs
- Preventing overdose deaths
- Reducing the incidence and severity of other harm which may be associated with drug use amongst the community in WA



# Unique Needs:

People who inject drugs face a unique set of challenges that set them apart from other populations.

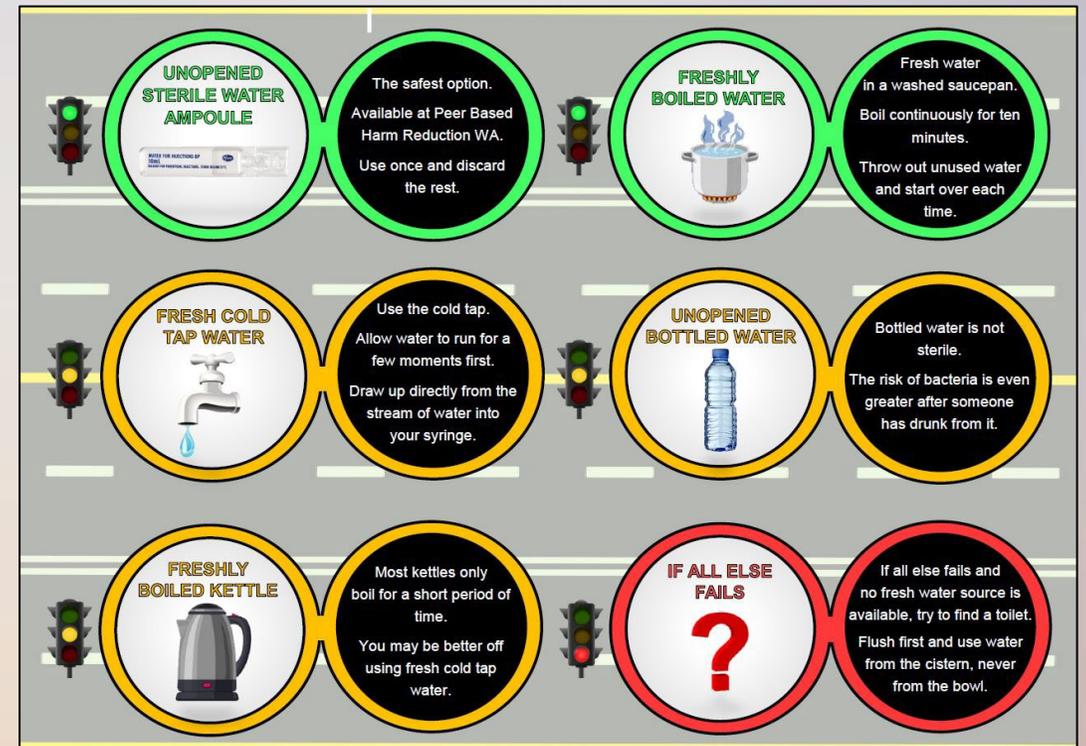
- All illicit drug users are peers BUT not all illicit drug users are treated the same
- Injecting drug users face higher levels of harm and discrimination to non-injectors
- Individuals who inject drugs often face barriers in accessing healthcare services
- By using lived/living experience to inform models of care, we can build more effective and accessible services



Peer-informed Model of Care

# Peer Education:

- For many, the same information a health professional would give is easier to trust when it comes from someone with parallel life experience
- Walked the same path, faced similar challenges, overcome similar barriers, speak the same language
- Theoretical knowledge vs real life scenarios. Harm reduction is a spectrum.



# **We asked 877 people if talking to a peer made a difference...**

***“Wouldn’t have heard the information any other way.”***

***“Wouldn’t have spoken to a doctor due to privacy concerns.”***

***“I already feel stigmatised by the system. It felt easier to talk to a peer without fear of judgement.”***

***“Peers are knowledgeable. The information is more appropriate for me.”***

***“I simply don’t trust anyone else.”***

**83% said, “Yes.”**

# Stigma and Discrimination:

It's not just one or two of us. ALMOST ALL OF US have had bad experiences with health professionals in relation to our drug use.

- The experience of stigma and expectation of inadequate care impacts engagement with services and a person's ability/willingness to open and honest when they do engage.
- By providing services in an informal setting with someone who speaks the same language, we open the door to future engagement. Positive engagement leads to more engagement.
- Peers can empower peers to become self-advocates driving their own well-being.
- Multidisciplinary team lending each other credibility.

# Services at PBHRWA and how to access them



# Needle and Syringe Exchange Program (NSEP)

- One stop shop
- One for one exchange / purchase / free
- Safe disposal of used equipment
- Printed resources
- Equipment demonstrations
- Referral to other services
- Friendly staff. Many with past/current experience of injecting drug use
- Brief interventions based on issues that consumers present with



# Take Home Naloxone

- Learn how to recognise and respond to opioid overdose with naloxone
- Supplied (and resupplied) free of charge
- Brief education session in as little as 5 - 10 minutes
- Just visit us in Perth, Bunbury or at one of our South West Mobile NSEP sites
- Or call 9325 8387 and ask to speak to the naloxone Project Officer (it's me!)



Give the gift of life  
to someone you love



Learn to reverse opioid  
overdose with naloxone

- for FREE

# Can't come to us? We can come to you!

- Anywhere in WA!
- Currently FREE standard postage\*
- Discreet packaging with no PBHRWA branding or logos on display
- Up to 500 needles/syringes with swabs and safe disposal containers
- Just call **9325 8387** and say you want a postal order!

[www.harmreductionwa.org/postal-orders/](http://www.harmreductionwa.org/postal-orders/)



POSTAL  
SERVICE  
ANYWHERE IN WA



Perth: 9325 8387

Bunbury: 9791 6699

Postal Service Coordinator: 0481 099 968



# Outreach NSEP (Home Delivery Service) in Perth Metro Area...

- Booking ahead is essential
- Delivery of equipment and naloxone
- Collection of used equipment
- Discreet unmarked car
- Call **9325 8387** and say you want an outreach delivery or
- Text your first name and suburb to **0477 744 606**
- Confidential!



# South West Mobile NSEP and Outreach NSEP in South West Region



## South West Mobile NSEP timetable:

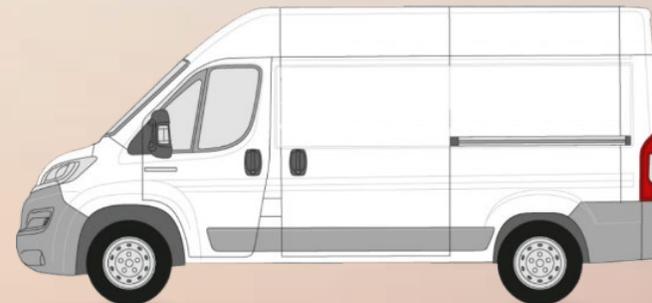
Margaret River Hospital Car Park: Tuesdays 3pm – 4pm

Busselton Hospital Car Park: Tuesdays 5pm to 7pm

Manjimup Hospital Car Park: Mondays 12pm – 1pm

To contact the Mobile NSEP Team call: **0418 739 372**

Or contact PBHRWA in Bunbury on **9791 6699** for details or to access **Outreach NSEP in the South West Region.**



# Health Clinic Services

- Health Clinics co-located at fixed-sites in Perth and Bunbury. No appointment necessary.
- HCV model of care is peer-driven/collaborative
- Mobile Health Clinic Vans available across the Perth Metro area and South West region.
- Free testing and treatment for BBVs & STIs as well as vaccinations and general health care - including point-of-Care testing for HCV and syphilis and venipuncture by peer workers.
- Support from HCV Peer Case Management Workers tailored to individual needs of consumers.

Case Management Worker Paul Jeffery



Nurse Practitioner Leanne Myers



# Health Clinic Outreach

- Perth Metro Area and South West Region
- Provides services directly to consumers, wherever they are:
  - regularly at rostered sites at regional services
  - opportunistically at consumers' homes
  - in open community spaces
- Any ongoing follow up provided in the same flexible way

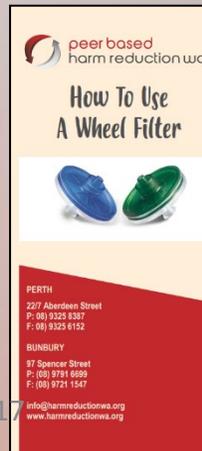
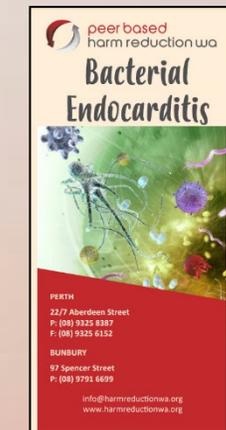
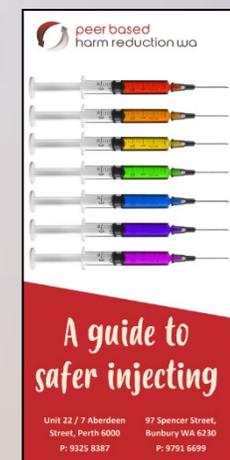
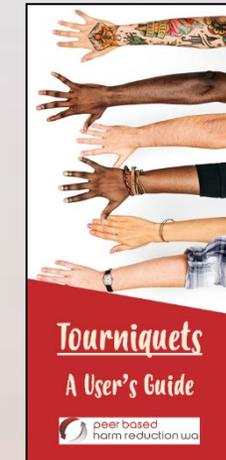
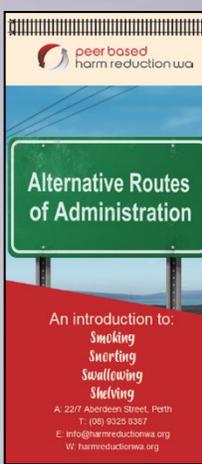
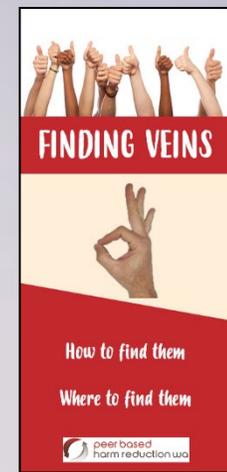
To talk about a Mobile Clinic Van booking at your service: [ceo@harmreductionwa.org](mailto:ceo@harmreductionwa.org)



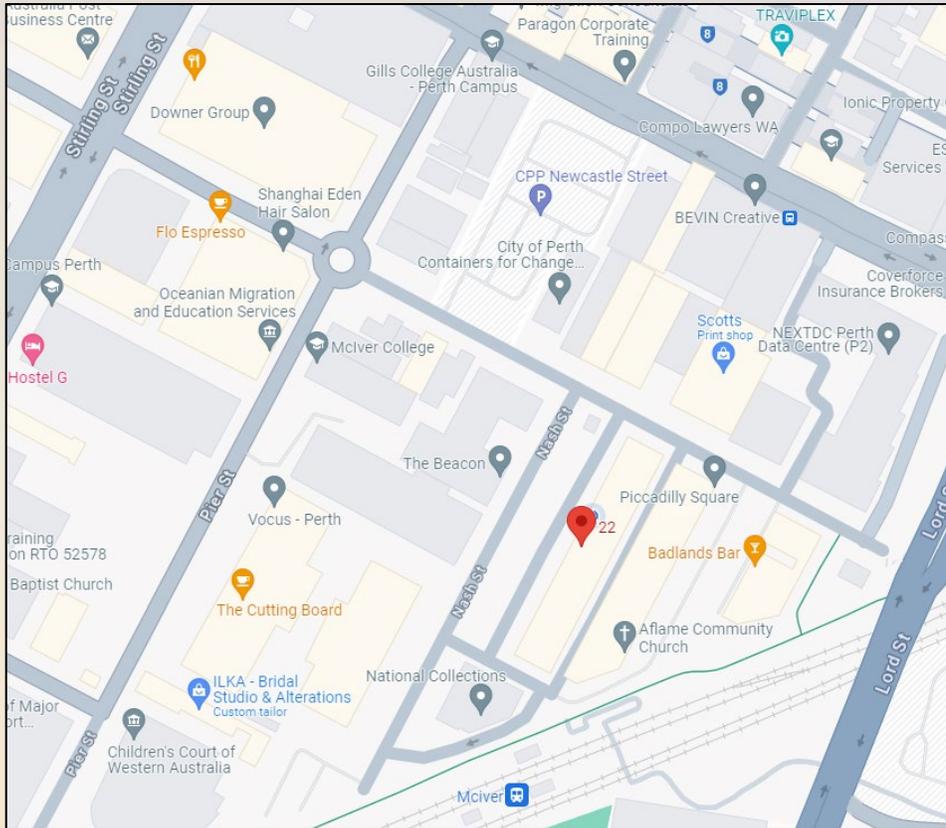
# Resources

- Access a range of informational brochures about safer injecting and more
- Ask for them at one of our NSEPs
- Or find them online anytime...

[www.harmreductionwa.org/resources/](http://www.harmreductionwa.org/resources/)



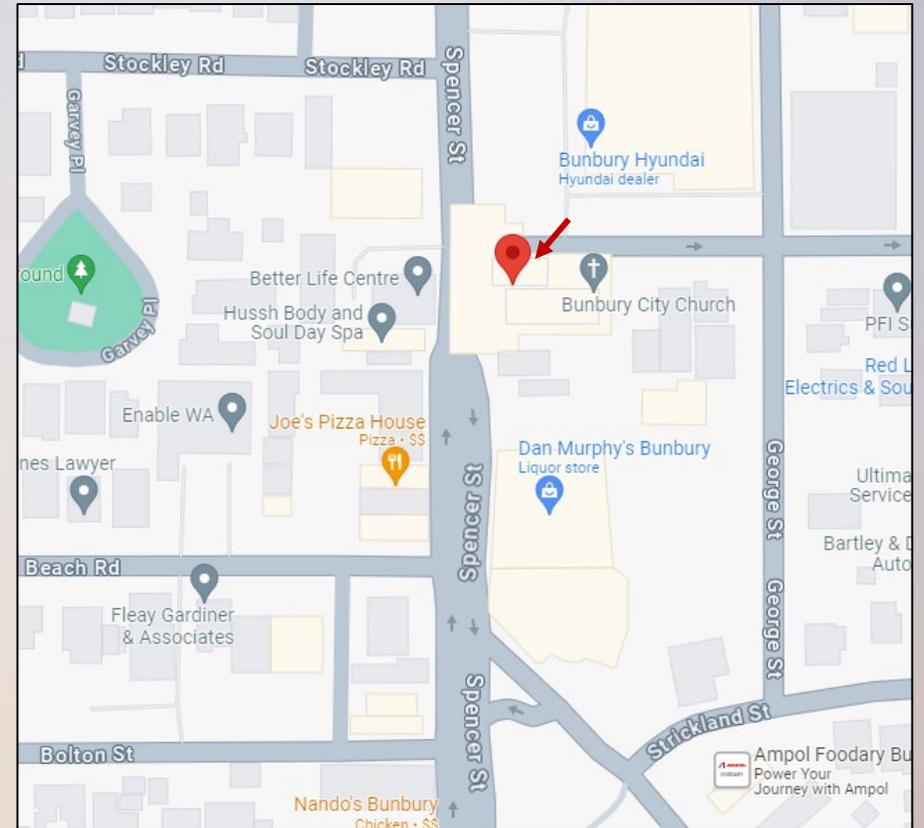
# PBHRWA Perth



**Suite 22, 7 Aberdeen Street, Perth**  
**P: 9325 8387**

Monday to Friday: 10am to 5pm  
Saturday and Sunday: 1pm to 4pm

# PBHRWA Bunbury



(Servicing the South West Region)  
**97 Spencer Street, Bunbury**  
**P: 9791 6699**

Monday to Friday: 10am to 3pm