

Who Do We Want?

The OPAM project recruits people from the Perth area who regularly inject or use opioids. Does any of this sound like you?

- Good communication skills, listening and talking
- Witnessed any overdose(s)
- Willing to help other people
- Medium to large social group that includes opiate users
- Well respected in your community
- Live in the Perth area
- Able to meet at Peer Based Harm Reduction once a month

All OPAM participants are issued with diaries to record information talked about with peers around safer injecting and drug use. All peers are trained in how to use this diary - please let us know if you will need extra help with this.

To find out more information or the next focus group then please contact Gavin at Peer Based Harm Reduction WA.

WHO TO CONTACT

For information regarding the OPAM project or to refer someone.

Please contact

Gavin

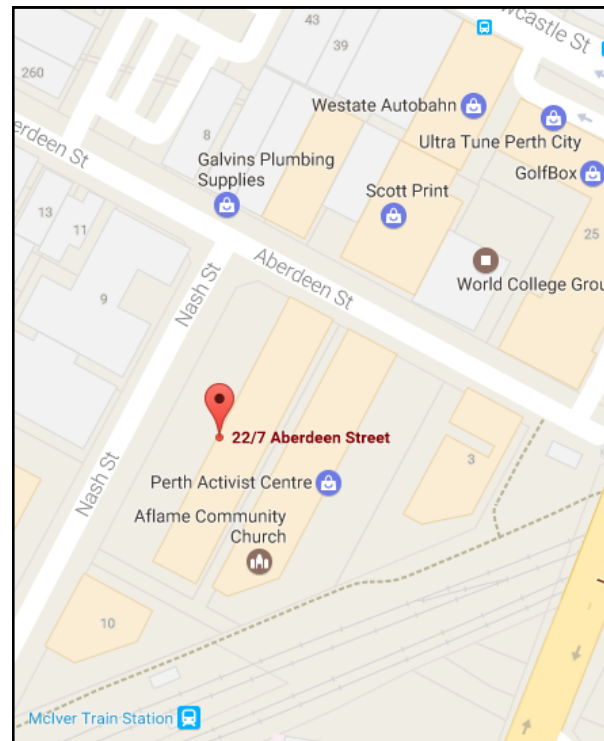
Peer Based Harm Reduction WA

Phone **(08) 9325 8387**

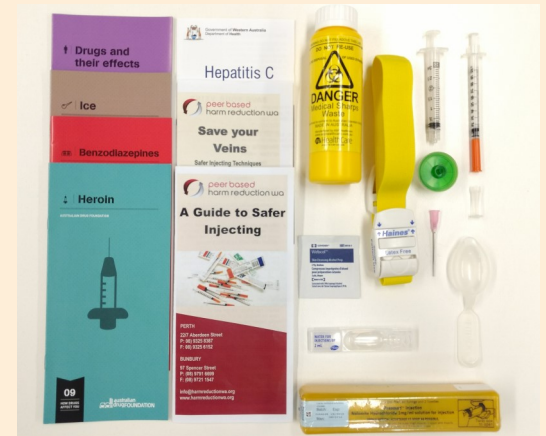
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OPAM Project Consumers Guide



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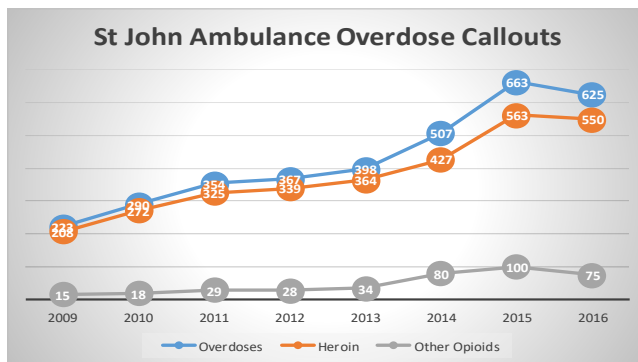
www.harmreductionwa.org

WHY DID IT START

In 2010 Perth saw a spike in heroin related deaths. Overdose Prevention And Management (OPAM) was started to help fight overdose deaths among injecting drug users in the Perth area.

Western Australian Substance Users Association (WASUA) started the program in 2011* in response to rising overdose deaths. We teach people to become peer-educators, to train others in their community such as partners, friends and contacts what they have learned in the OPAM training. * With the support of the Mental Health

Commission



Nationally, more people die of overdose than in traffic accidents. Australian women aged between 40-49 years are four times more likely to die of an accidental overdose than in a car accident

Penington Institute 2014

What Happens In OPAM

WASUA teaches YOU to become a peer-educator.

The training involves you coming into WASUA and learning about how to recognise and respond to an overdose so that YOU can teach others in your community and save lives. Other topics which can help you look after your mates includes:

- Safer injecting techniques e.g. how to look after your veins
- Filtering e.g. which filter to use for which substance
- Drug effects
- Risks of mixing substances
- How to reduce the risk of infections and abscess
- Blood Borne Viruses (BBV) such as HIV/AIDS and Hepatitis C

OPAM 2015 Statistics

- 22 Peers Trained
- 842 peer education interactions
- 34 Overdose attendances
- 22 Naloxone kits given out
- 23 people referred for Hep C treatments

WHY PEER-EDUCATION

Peer-education is fantastic at finding individuals who inject drugs and who don't access services. Peers are able to give relevant information without judgement.

Also:

- Peers know where to find other drug users
- Peers know the correct language
- Peers are familiar with other peers' issues
- Peers are there while drugs are being used and talked about
- Peers can give information and teach potentially life saving techniques on the spot

People who inject drugs can be mistrustful of authorities. Peers often have better results as they can speak from their life experiences.

"Thank you so much for letting me save my mate's life. I saved his life! I still can't believe it! I'm just so grateful."

OPAM Peer Educator