

Erie County Health Department Office of Harm Reduction (OHR)



**Erie County
Department of
Health**



Public Health
Prevent. Promote. Protect.

Erie County Department of Health

Office of Harm Reduction

Who We Are

- Branch of the Erie County Department of Health dedicated to response after overdose and overdose prevention education



Goals

- Provide tools and resources to promote and protect the health, safety and well-being of people who use drugs
- Mitigate potential consequences of substance use by meeting individuals where they are at and not leaving them there
- Provide variety of support services including peer navigation

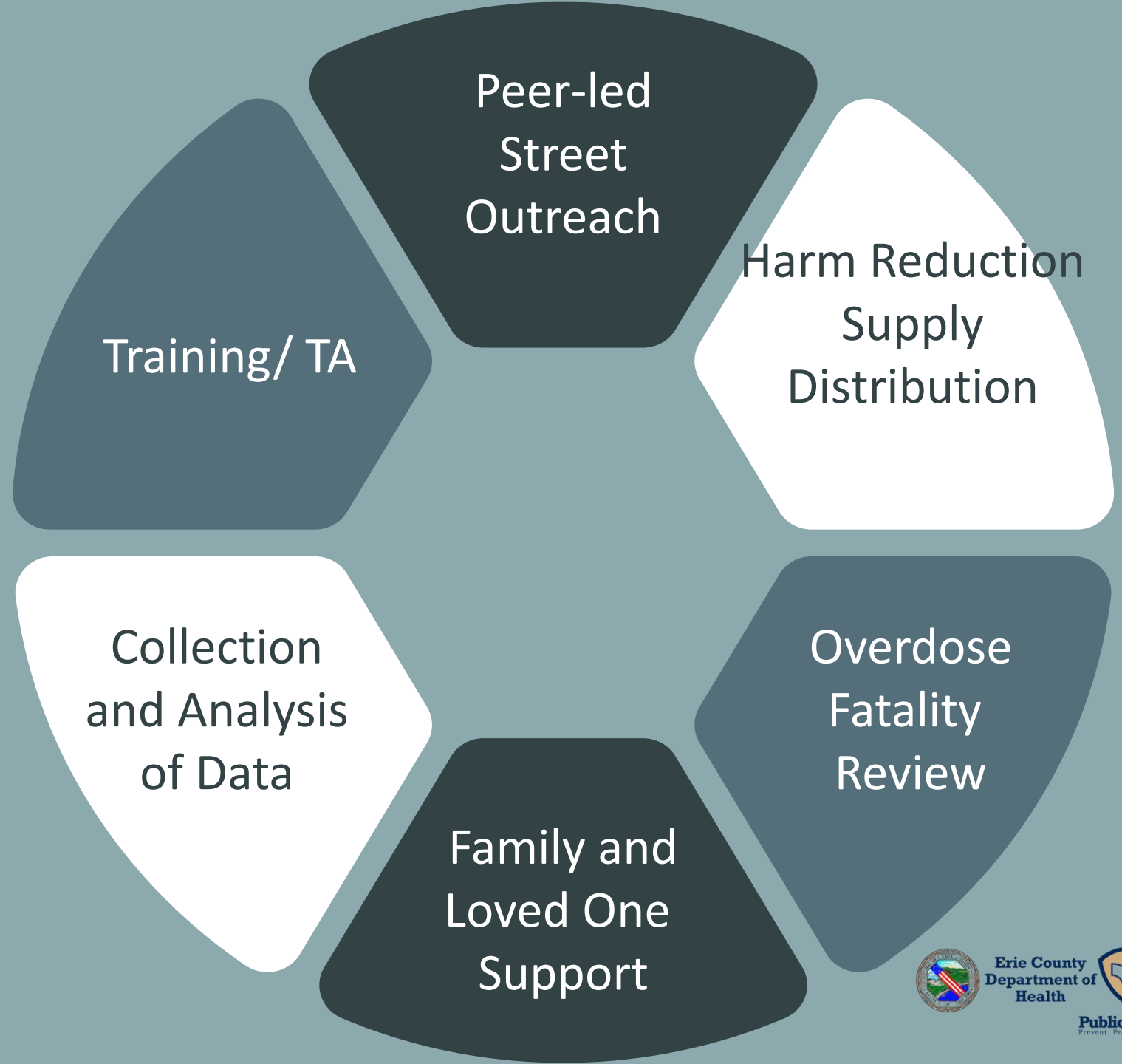


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Office of Harm Reduction: What We Do



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Street Outreach Approach

- **Data-Driven Location Selection**

- Outreach locations are determined using:
 - Overdose heat mapping
 - Emergency response data
 - Qualitative data collected during street outreach activities
- Priority is given to locations with limited access to services
- Locations are reassessed regularly to ensure outreach efforts remain responsive to changing overdose patterns and community needs.



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Family & Loved One Support

- **What is a Family Coordinator?**

- Supports and empowers families affected by substance use by connecting them to resources, amplifying their voices, and building compassionate, community centered support.

- **What to Expect**

- No judgment just support
- Every family's journey is different
- Resource and support connection
- Tools for healthy communication and boundary setting
- Managing crisis with harm reduction strategies

- **Examples of Family Coordinator Programs**

- International Overdose Awareness Day and Black Balloon Day Celebrations
- Anti-stigma trainings specifically geared towards family members and loved ones
- Substance use prevention curriculum for students through a harm reduction lens
- Linkage to care

Overdose Prevention for First Responders

- The First Responder Initiative:
 - Leave-Behind Kits program provides resource kits at the scene of an overdose or suspected overdose to ensure that critical harm-reduction tools, education, and referral information remain accessible after the immediate emergency response has concluded.
 - Kits may be left with:
 - The individual who experienced the overdose
 - A bystander present at the scene
 - A family member or friend
 - Training of first responders to respond to overdoses utilizing the principles of harm reduction
 - Expansion of naloxone access to suburban/rural communities

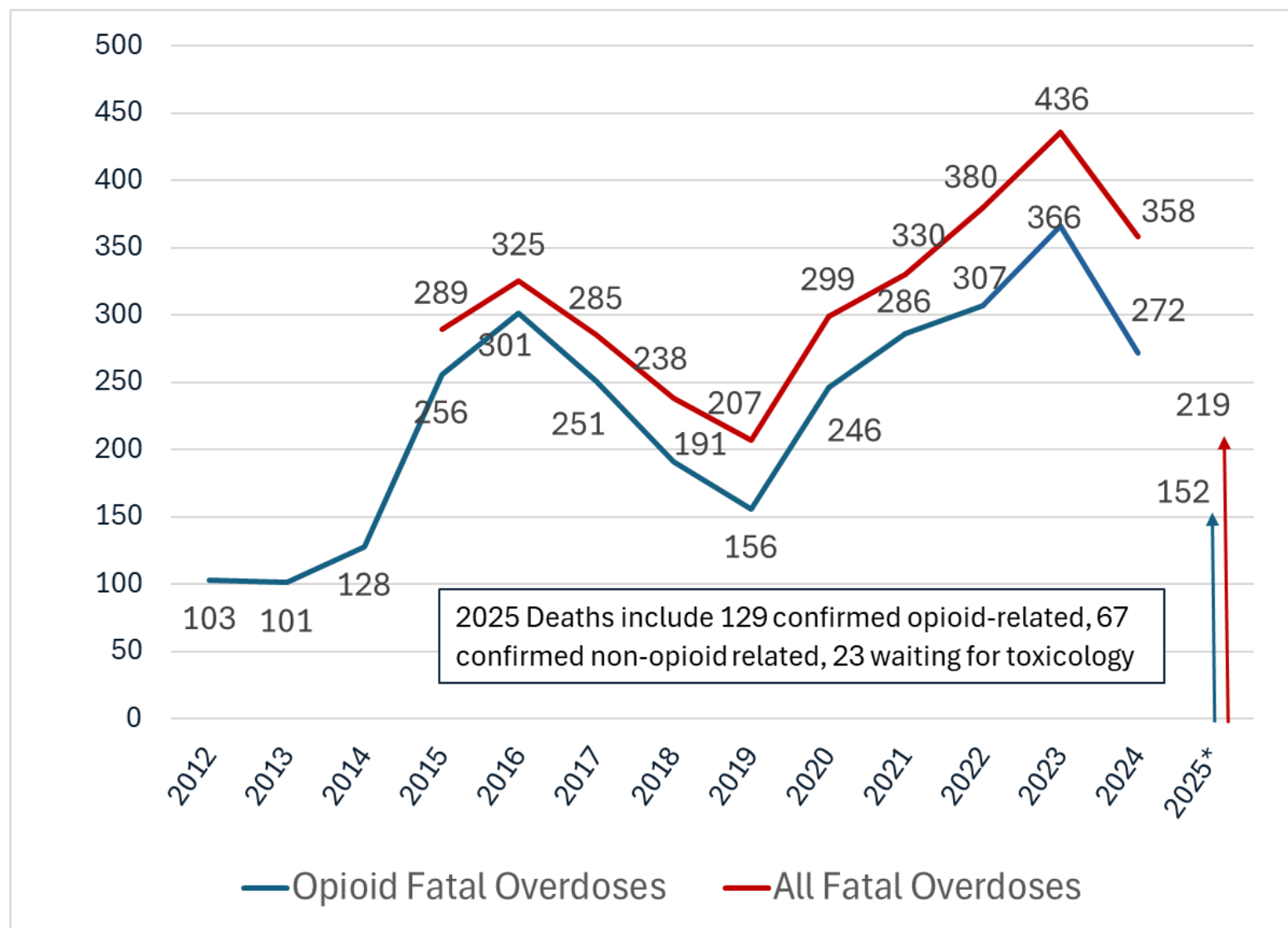
Overdose Data Collection & Analysis

- **Data Sources**
 - Collected by HIDTA office and sent to ECDOH daily
 - HIDTA evaluates reports and determines if they are likely overdose events
- **Types of analysis**
 - Fatal and non-fatal overdoses by zip code
 - Overdose fatalities by substances
 - Adulterants in the drug supply
- **How we utilize data to drive programming**
 - Use current trends to drive our literature development
 - Data is updated into our online dashboard for community partners
 - Steers education to focus on current trends
 - Data is used to determine best outreach locations

Examples of Data Analysis

2012 – 2025* NUMBER OF OVERDOSE RELATED DEATHS

ERIE COUNTY



SOURCE: ERIE COUNTY MEDICAL EXAMINERS OFFICE, *CASES REPORTED THRU 12/5/2025

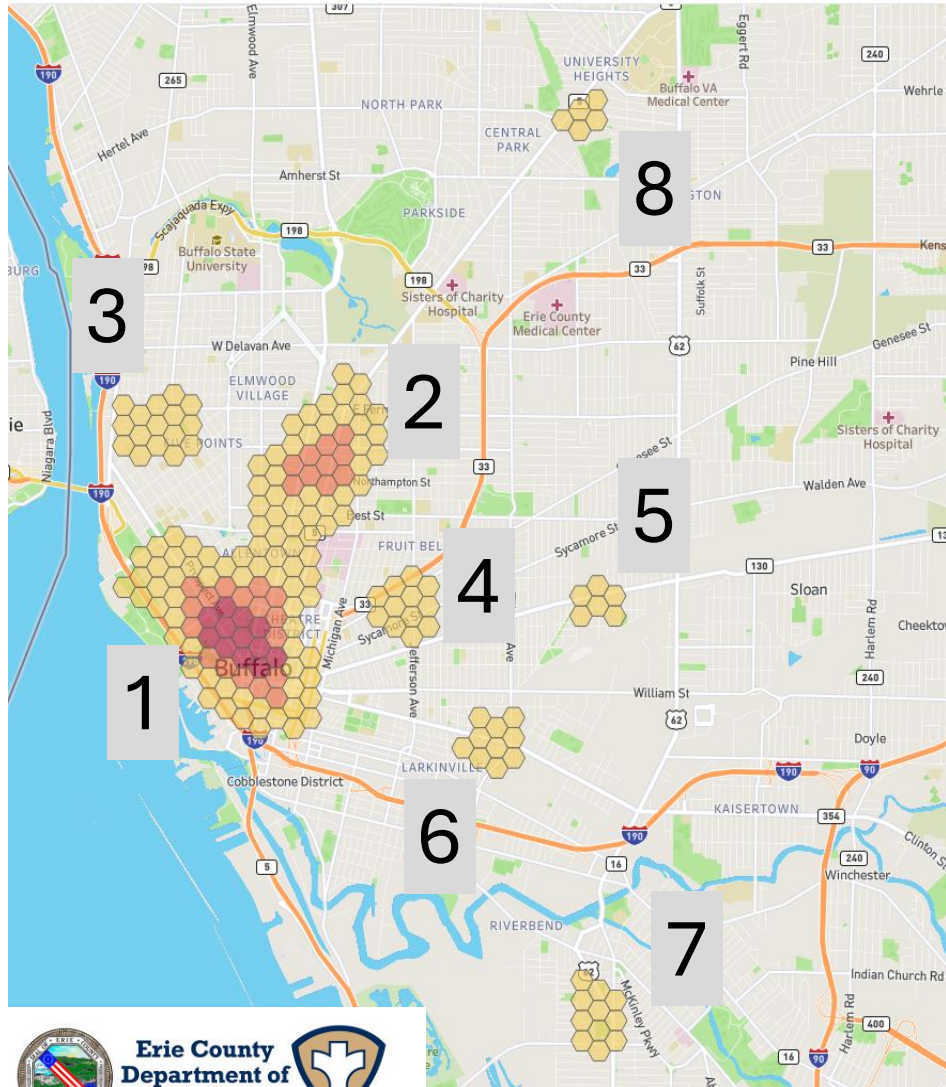


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Winter 2025 Cluster Identification



1. Downtown

- a. Centered along Niagara St
- b. 15-20 reports

2. Main and Utica

- a. Centered on Main St
- b. 7-9 reports

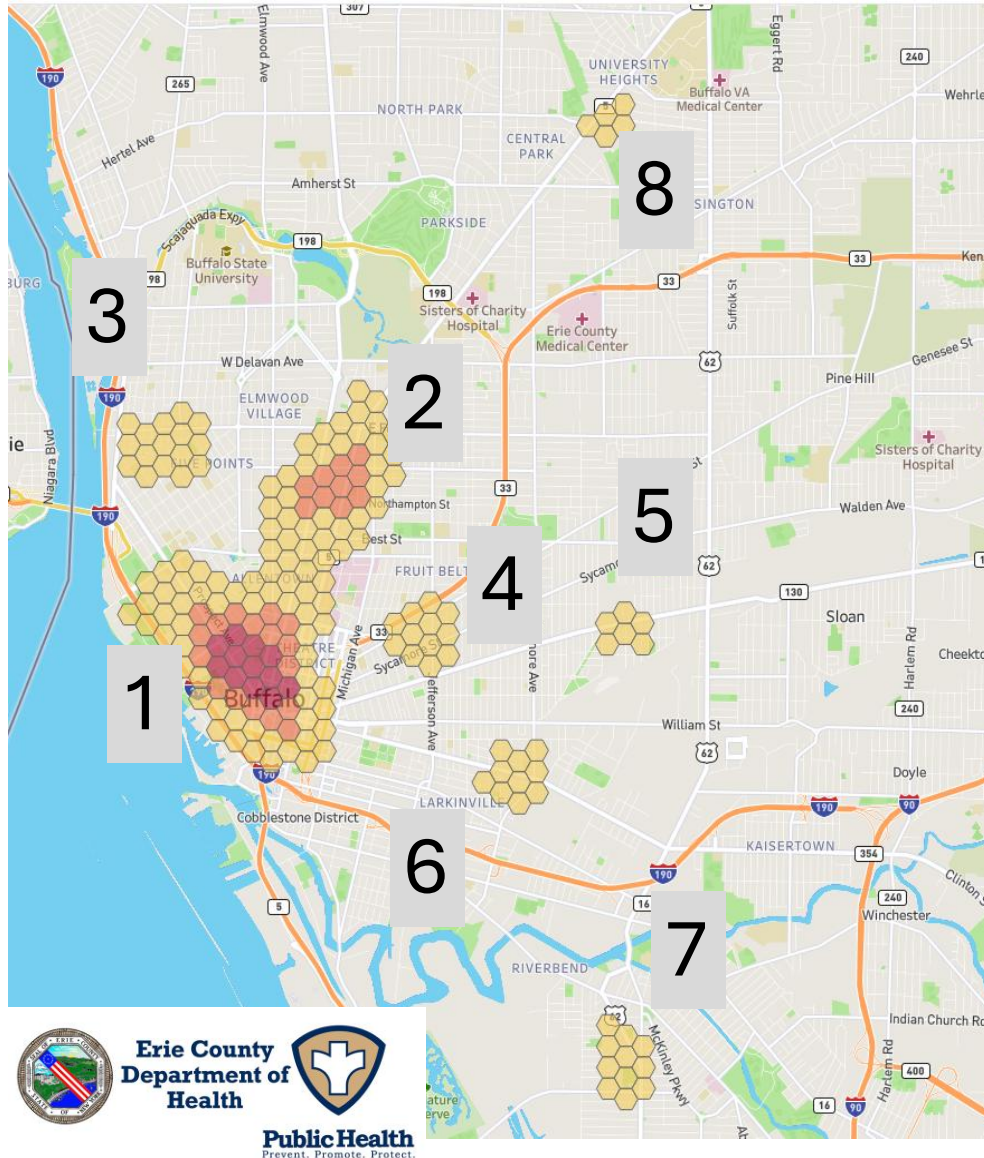
3. Grant Ferry

- a. Between Hampshire St and Breckenridge
- b. 6-8 reports

4. Genesee and Jefferson

- a. Between Pratt St and Jefferson St
- b. 3-5 reports

Winter 2025 Cluster Identification



5. Broadway

- a. Centered on Broadway and Memorial Dr
- b. 5-7 reports

6. Clinton and Fillmore

- a. Centered on Clinton St
- b. 4-6 reports

7. S Park Avenue

- a. Between Hopkins St and S Park Ave
- b. 6-8 Reports

8. Main and LaSalle

- a. Between Hertel Ave and Highgate Ave
- b. 6-8 Reports



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Education and Awareness

- **Technical Assistance**

- Trainings
 - Overdose Response and Recognition
 - Anti-Stigma
 - Responding to Addiction for Service Providers
 - HIV/HCV
 - Cannabis (upcoming)
 - Stimulants (upcoming)
- Bridge Erie-Monthly Learning Collaborative

- **Public Education**

- Local health fairs and events
- Literature development on issues across all substances
- On the spot Narcan Training

Harm Reduction Supply Distribution

- Opioid Overdose Prevention Program
 - Other organizations can apply for this program and receive free Narcan from NYSDOH
- OPEN (Overdose Prevention Education and Naloxone) Stand
 - Available to any community organization
 - Focus on rural and suburban communities, emergency departments and cannabis dispensaries
- Text for Narcan and Test Strips



Text **(716)858-7695** for
FREE Narcan & Test Strips
(Fentanyl and Xylazine)

Scan to
text your
request



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Office of Harm Reduction



Recovery Is More Than Removing Toxins

A Peer Perspective on Hope, Healing & Wellness

Mona Lisa McEachin

CRPA • CRPA-F • NYCPS • FPA-P

Assistant Program Director

BestSelf Recovery Community Outreach Center

WNY Peer Workforce Development Center

“Recovery gave me more than sobriety—it gave me my life back.”

Lived Experience Is Expertise

20+ Years in Recovery

- Person with Lived & Living Experience
- Peer Advocate
- Family Peer Advocate
- Community Leader
- Storyteller • Mentor

“My greatest credential isn't what hangs on my wall. It's the life I've rebuilt through recovery.”

BestSelf Recovery Community Outreach Center

A Place of Hope, Belonging & Recovery

- Peer Support
- Recovery Coaching
- Recovery Meetings
- Wellness Activities
- Family Support
- Volunteer Opportunities
- Community Connection

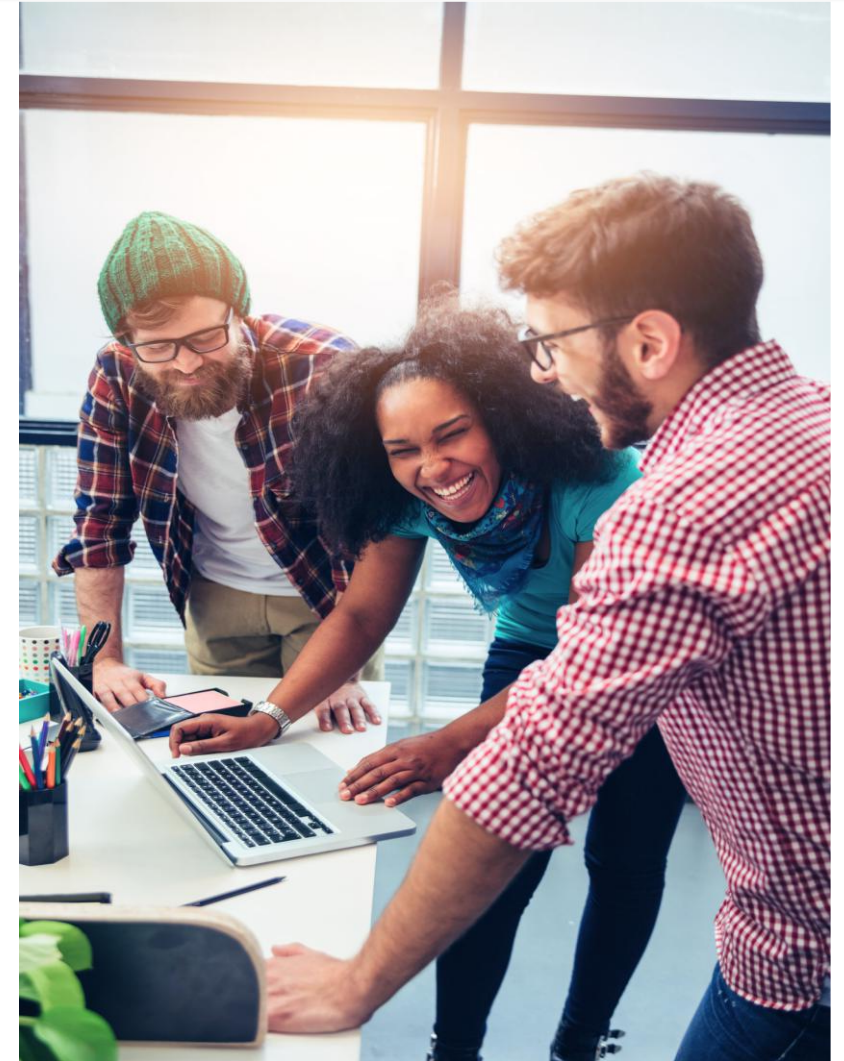
Honoring Multiple Pathways of Recovery

WNY Peer Workforce Development Center

Turning Lived Experience Into Leadership

WE HELP PEOPLE

- Discover the value of their lived experience
- Become Certified Recovery Peer Advocates (CRPAs)
- Build confidence through mentorship
- Transform recovery into purpose and careers
- Strengthen the peer workforce across Western New York



“We don't just train peer professionals we cultivate hope, leadership, and the next generation of people who will walk beside others on their recovery journey.”

The Power of Peer Support

Hope

Connection

Belonging

Mutuality

Empowerment

Possibility

"I've been where you are, and I believe in where you're going."

Why I'm Here Today

Recovery

Wellness

Healing

Harm Reduction

Connection

Community

“People heal when they feel seen, heard, valued, and believed in.”

Your Next Step Starts Here

Recovery & Peer Support

Family Support

Community Connection

Harm Reduction

Faith & Spiritual Wellness

Visit the BestSelf Recovery Community webpage for our monthly calendar, support groups, wellness activities and events.

<https://www.bestsselfwny.org/recovery-community-news/>

Recovery is Possible • Healing is Possible • Hope is Possible

Presented by: Bethany Golden

Owner, Health Keys Water Purification & Softening

Certified Water Sommelier

WATER: THE MOST OVERLOOKED SOURCE OF DAILY EXPOSURE





WHAT'S IN OUR WATER?

Water is carefully treated, but contaminants can still enter the environment through industry, aging infrastructure, and runoff.



Potential Contaminants

Lead

PFAS ("Forever Chemicals")

Chromium-6

Nitrates

Arsenic

Disinfection Byproducts

Microplastics

Pharmaceuticals

Industrial Chemical



WHY EXPOSURE MATTERS

CHRONIC EXPOSURE VS. ACUTE EXPOSURE

Most water contaminants don't make us sick overnight.

Instead, scientists study the effects of:

Long-term exposure

Repeated exposure

Lifetime exposure

Potential concerns include:

Cardiovascular health

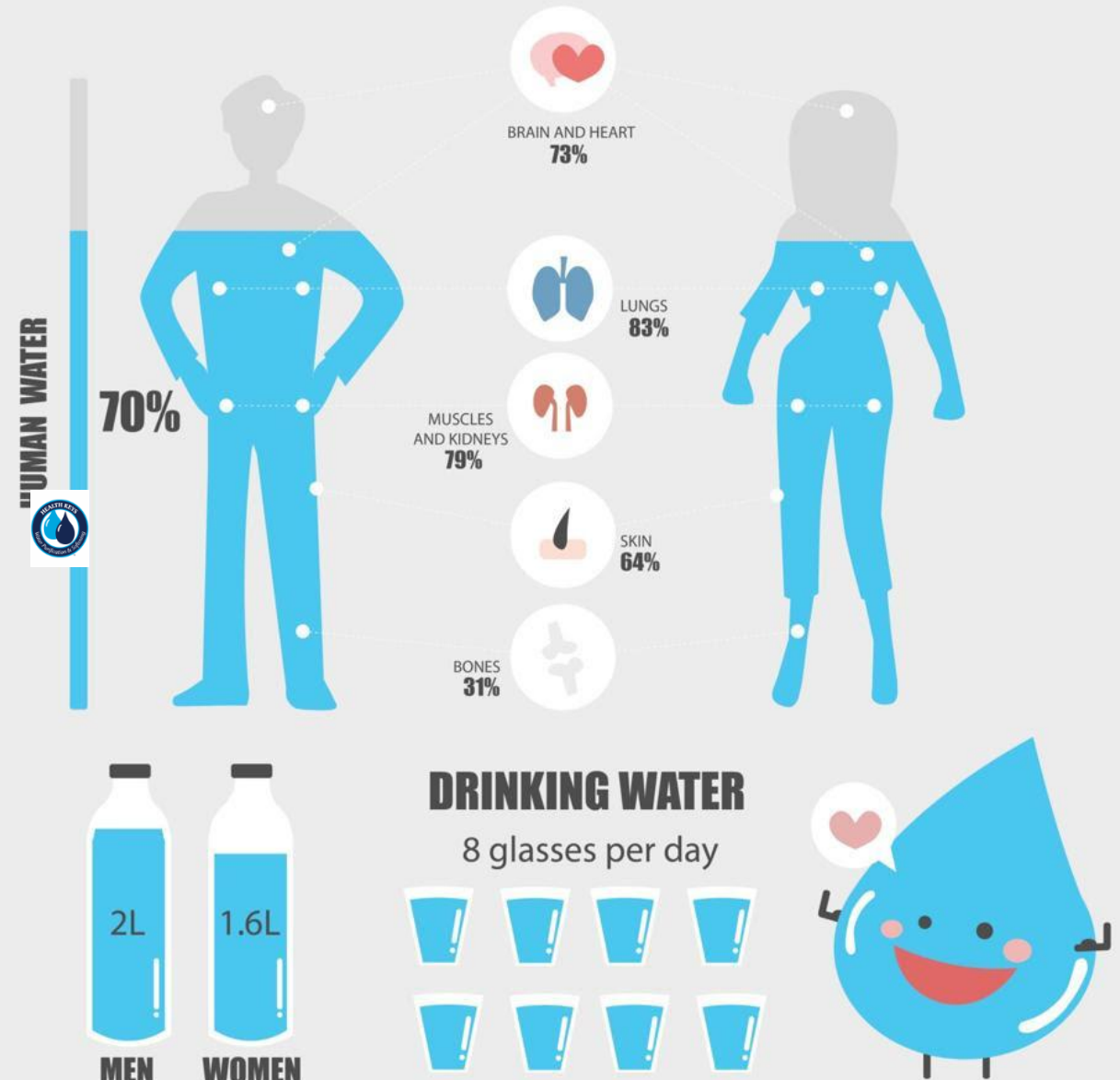
Neurological health

Hormonal disruption

Developmental concerns in children

Increased disease risk

WATER AND BODY INFOGRAPHIC





WATER IS MORE THAN SAFETY – IT'S WELLNESS

- **As a Water Sommelier**
- Water is not just hydration.
- Water impacts:
 - Energy
 - Physical performance
 - Cognitive function
 - Digestion
 - Overall wellness



FOUR SMALL CHANGES YOU CAN MAKE TODAY

- **Swap One Drink**
 - Replace one sugary drink, alcohol serving, or energy drink with water.
- **Reduce One Trigger**
 - Identify one habit that leads to unhealthy consumption patterns.
- **Track One Habit**
 - Track your daily water intake for one week.
- **Reach Out For Support**
 - Have your water tested.
Ask questions.
Seek professional guidance when needed.



LAST THOUGHT:



- We often think about toxins as something dramatic or obvious, but many exposures occur quietly over years and decades.
- The good news is that small actions matter.
- Swap one drink.
Reduce one trigger.
Track one habit.
Reach out for support.
- Whether you're working on reducing alcohol, tobacco, environmental toxins, or improving your hydration habits, every positive step moves you toward better health.
- Because the quality of the water we drink influences the quality of the life we live.





716-444-0071

WWW.HEALTHKEYSWATER.COM

BETHANY GOLDEN-OWNER

