



# in the **WORKS**

A community newsletter of updates, support, and personal stories

## Syringes in Public Places: Why Safe and Proper Disposal Matters

Did you know there has never been a documented case of HIV or hepatitis infection being contracted from an accidental needlestick from a used needle that was discarded in a public place? HIV, hepatitis C, and other illnesses can be spread when injection drug equipment is shared, but it is more challenging, although not impossible, for this to happen during an accidental needlestick. That's because these viruses have a shorter life span once exposed to air on the tip of a needle than they do inside the barrel of a syringe (especially HIV, which is much more fragile). It is still important to dispose of syringes in a sturdy and puncture-proof container to stop the spread of disease, but there are other reasons to make sure you dispose of syringes properly.

We know that many communities in the U.S., including ours, face problems having and keeping syringe access programs when injection drug litter is noticed by the public. And, programs are more likely to revert to a one-for-one exchange model (which isn't what anyone wants!). Chris Benjamin and Madeleine Evanoff, harm reductionists for the Works Program, have been doing "syringe walks" to look for discarded and used rigs in our community. The goal is to identify where syringes are being disposed of unsafely, and to help individuals find nearby safe disposal sites.

If you know of a place that has syringe litter, let us know! Also, please share information with others about where they can dispose of used rigs. Syringe access sites are listed on next page and locations are on the interactive map at [BoulderCountyMedDisposal.org](http://BoulderCountyMedDisposal.org).

We rely on you to spread the word, and we know you work hard to properly dispose - for yourselves and others. Thank you!

## Beware of Ketamine or Fentanyl in Meth

We have heard reports of methamphetamine being cut with ketamine, causing people to experience blackouts, disassociation, being unable to move or speak, etc. (Check out the graphic on the back of this newsletter.) Clearly, this can be terrifying, and can cause a person to be vulnerable to assault, theft, and overdose, especially if taken with other depressants/downers. Please be careful. Use with others whom you trust, and take turns using, use a tester shot, know your source, and use other methods that will help to keep you safe.

Additionally, there is evidence that fentanyl has been cut in meth, like it has in dope. Overdoses for meth and opioids look very different, and those using meth may not be aware of the possibility of overdosing from fentanyl!

Regardless of what you use, know the signs of an opioid overdose:



Blue lips or nails



Doesn't respond to pain stimulus



Can't be woken up



Gurgling, snoring, or choking sounds



Slow, weak, or no breathing

We encourage ALL people who inject substances to always carry Narcan, an opioid overdose reversal drug. Ask Works staff to help you get Narcan - it saves lives!

## Harm Reductionist Spotlight

### Alice Henriques: Public Health Location in Boulder

Alice is a certified addictions counselor. She has been working with the Works Program on and off since 2008, as well as with people experiencing substance use issues in both inpatient and outpatient settings. She integrates diverse counseling approaches in her work with all clients to better serve the unique needs all who receive her counseling support.



### Luciana Brunscheen: Boulder Mental Health Partners Location

Luciana has worked with Mental Health Partners for nearly two years, currently as a care coordinator in withdrawal management and as an intern in the Crisis and Residential programs. She will complete a master's degree in clinical mental health counseling this September. Luciana enjoys meeting the many different people who use the services of the Works Program at Mental Health Partners and being part of the community.



## Announcements

### Safer smoking/snorting kits now available

Hepatitis C can be spread from one person to another by sharing straws/tooters and glass mouthpieces on pipes that can overheat. To keep you and your loved ones safe, safer smoking/snorting kits will soon be available, including straws for snorting; rubber mouthpieces for pipes that may overheat, crack, or chip; plastic razorblades; wooden push sticks to clean drug residue out of pipes; lip balm to help prevent cracked and bleeding lips; and gum to help with the damaging effects of dry mouth associated with using some drugs.

### Join us for a meal and share your opinion

Please consider attending our quarterly quality assurance meetings. They are an opportunity to share feedback about the Works Program, meet peers, and enjoy a free lunch or dinner. The next meeting is Tuesday, October 22, 12:00 noon - 1:30 p.m. at 515 Coffman Street, in Longmont. Please let Works staff know if you plan to attend, or email Jackie at [jblachman-forshay@bouldercounty.org](mailto:jblachman-forshay@bouldercounty.org) to ensure we have enough food.

### Share your personal story

We'd like to include the voice of participants in our October newsletter. Please let us know if you are interested in sharing a personal story, information, tips about your community or art, poetry, etc., that help capture who you are and your unique story to share with the network of people who use drugs in Boulder County.

## Partner Spotlight

Clinica Family Health in Lafayette is an ally of harm reduction and a provider of services to people who use injection drugs in Boulder County. They have partnered to open the syringe access site at their building and allow us to refer Works participants to primary health care, dental care, insurance enrollment, and food assistance.

The primary care physicians at Clinica are informed about substance use disorders and are sensitive to the needs of people who are using drugs. They can prescribe medication-assisted treatment for opioid use disorder, treatment for hepatitis C and HIV infections, treatment for chronic wounds, and medication for mood disorders, as well as other basic healthcare needs. You can enroll in their care and services by calling 303-650-4460 or visiting them at 1735 South Public Road in Lafayette.



## Effects of Ketamine

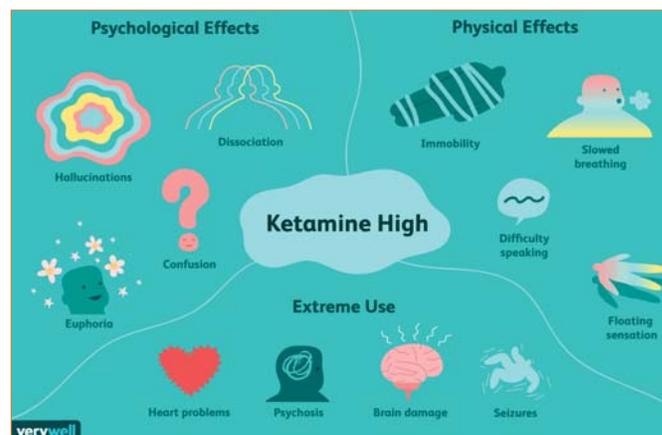


Image from Very Well Mind. Retrieved on 8/12/19 from <https://www.verywellmind.com/what-is-a-k-hole-21861>

## Syringe Access Locations

Location	Address	Hours
<b>Boulder</b> Boulder County Public Health	3482 Broadway St.	M-F 10:30-4:30
<b>Boulder</b> Boulder County AIDS Project	2118 14th St.	M-F 2:00-5:00
<b>Lafayette</b> Boulder County Public Health (inside Clinica building)	1735 S. Public Rd. (1st floor)	T/Th 10:30-4:30
<b>Longmont</b> Boulder County Public Health	515 Coffman St. (2nd floor)	M-F 10:30-4:30

*After hours and weekends only: Mental Health Partners, 3180 Airport Road, Boulder*

### Share Your Feedback

Your feedback is invaluable. We are working on a way you can submit anonymous recommendations, constructive feedback, comments, compliments, etc. online. In the meantime, please submit your anonymous feedback at our 3482 Broadway site in Boulder (we have a box for comments in the office), or feel free to share what is working well or needs improvement with any Works staff member.

## Contact

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