

Presenter Topics for WTAADAC Conference:

Oriesha Bowers presentation- Practices that strengthen **harm reduction** service delivery by engaging people who use drugs at every level, and to discuss and define recovery is a highly personal process and it can occur via many pathways.

Orisha Bowers, PhD Orixa Healing Arts Wellness and Spiritual Centre

With a BFA, MA, MEd, PhD in Interdisciplinary Studies, a Graduate Certificate in Women and Gender Studies, and a Certificate in Complementary Alternative Medicine, **Orisha A. Bowers** has over 25 years of experience in social services, nonprofit leadership, grants management, program design, and civic leadership. Her life's work is focused on the intentional merging of women's movement studies, Orisha education, leverages interdisciplinary her scholarship and vocation creativity, to spirituality, do healing, work in communities wellness, and of color, specifically in reproductive health, women's issues, and communities of faith. As an ordained minister through the Universal Life Church, she seamlessly combines a spiritual focus with the therapeutic disciplines of mindfulness dancing to offer dynamic Dancing Mindfulness and other healing practices across the U.S.

Training Description: The purpose of this harm reduction training course is to convey a working understanding of the history of harm reduction as it is applied to substance use disorder, discussions of how any organization or individual can implement principles, policies, and practices that strengthen harm reduction service delivery by engaging people who use drugs at every level, and to discuss and define recovery is a highly personal process and it can occur via many pathways. Pathways may include clinical treatment, faith-based approaches, medications, peer support, family support, self-care, and/or holistic practices to heal the body and the mind.

Training Objectives Upon completing this training, participants will be able to: Define & Discuss The History of Harm Reduction in Multiple Contexts Discuss Best Practices For Harm Reduction Discuss the Role of Culture, Race & Ethnicity in Harm Reduction Discuss harm reduction as an approach to reducing health and social risks associated with drug use. Identify 3 harm reduction interventions. Define & Discuss the Intersection of Recovery and Harm Reduction Describe Recovery and Harm Reduction in Multiple Contexts Discuss Multiple Pathways of Recovery Discuss meaningfully engaging with people who use drugs.