

Routes to Recovery

via criminal justice

Mapping user manual



Five

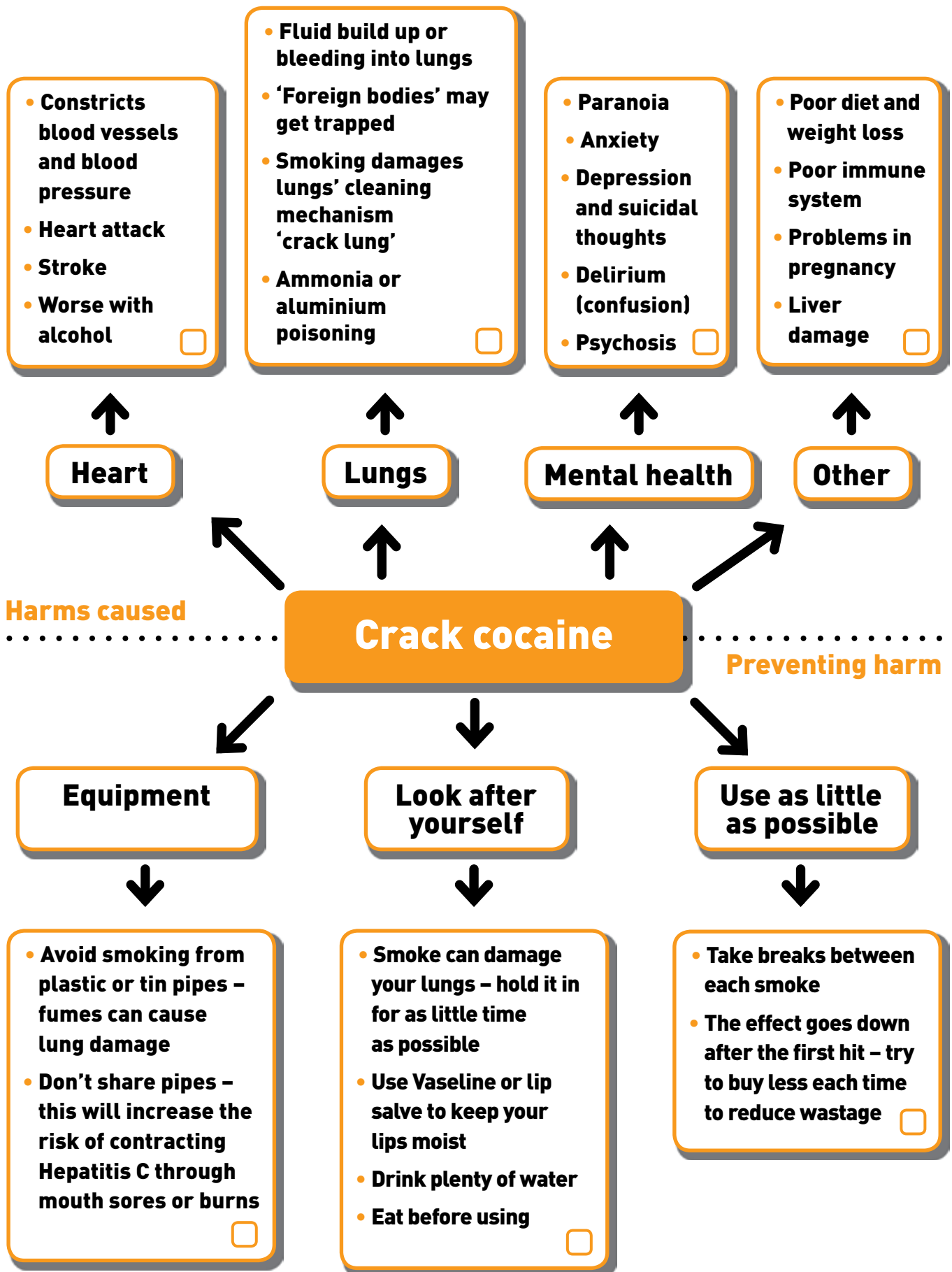
Harm reduction

Knowledge maps can be used to structure discussions about harm reduction issues, while providing a useful reminder for the client to take away from the session.

By ticking the small box in each section when the topic is discussed, both worker and client have a reminder of what has been discussed.

These maps can be supplemented by other written materials.

Map 01/Harm reduction
Crack cocaine



Client name:

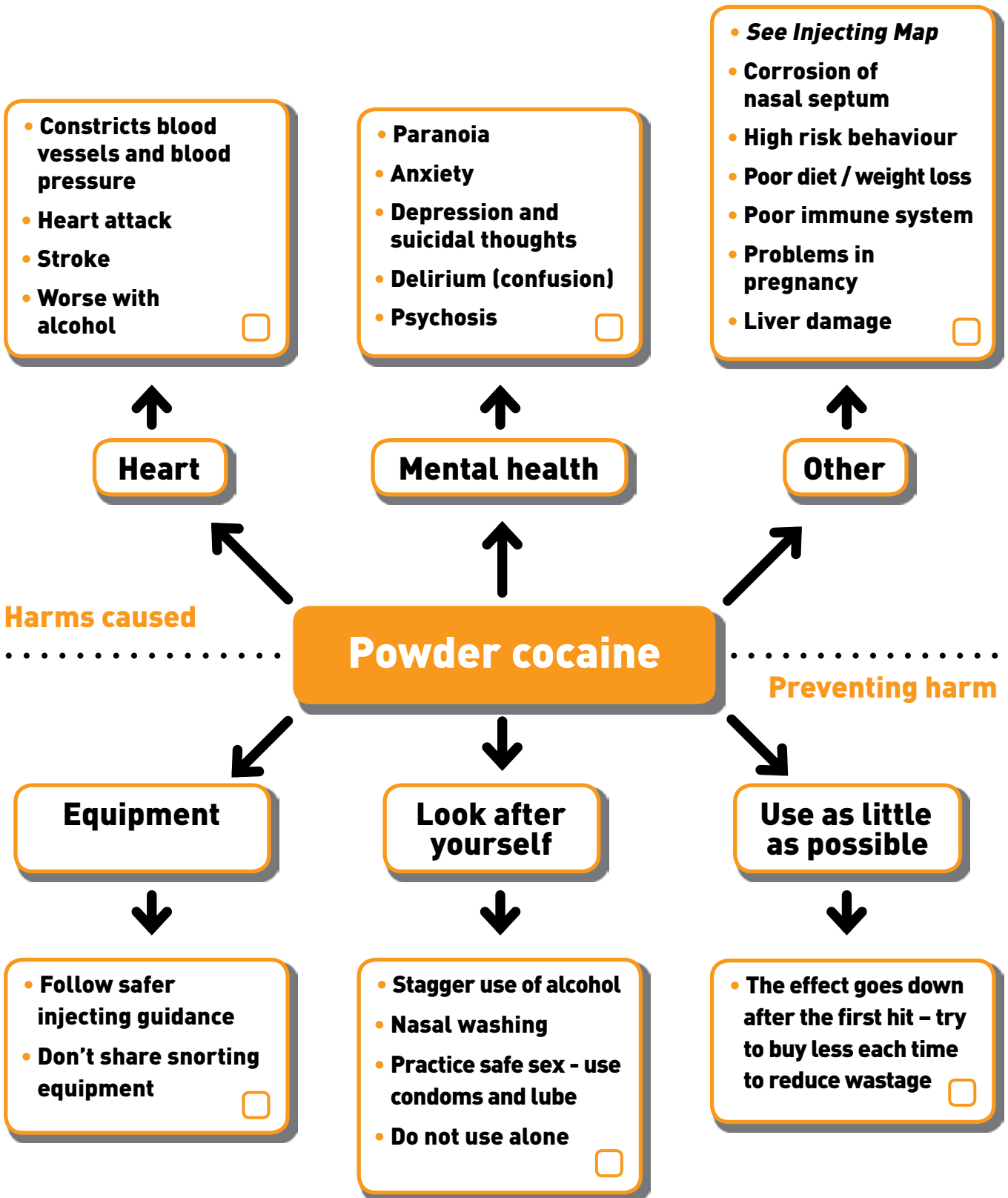
Keyworker:

Date: __/__/__

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Comments:

Harm reduction/Map 02 Powder cocaine



Client name:

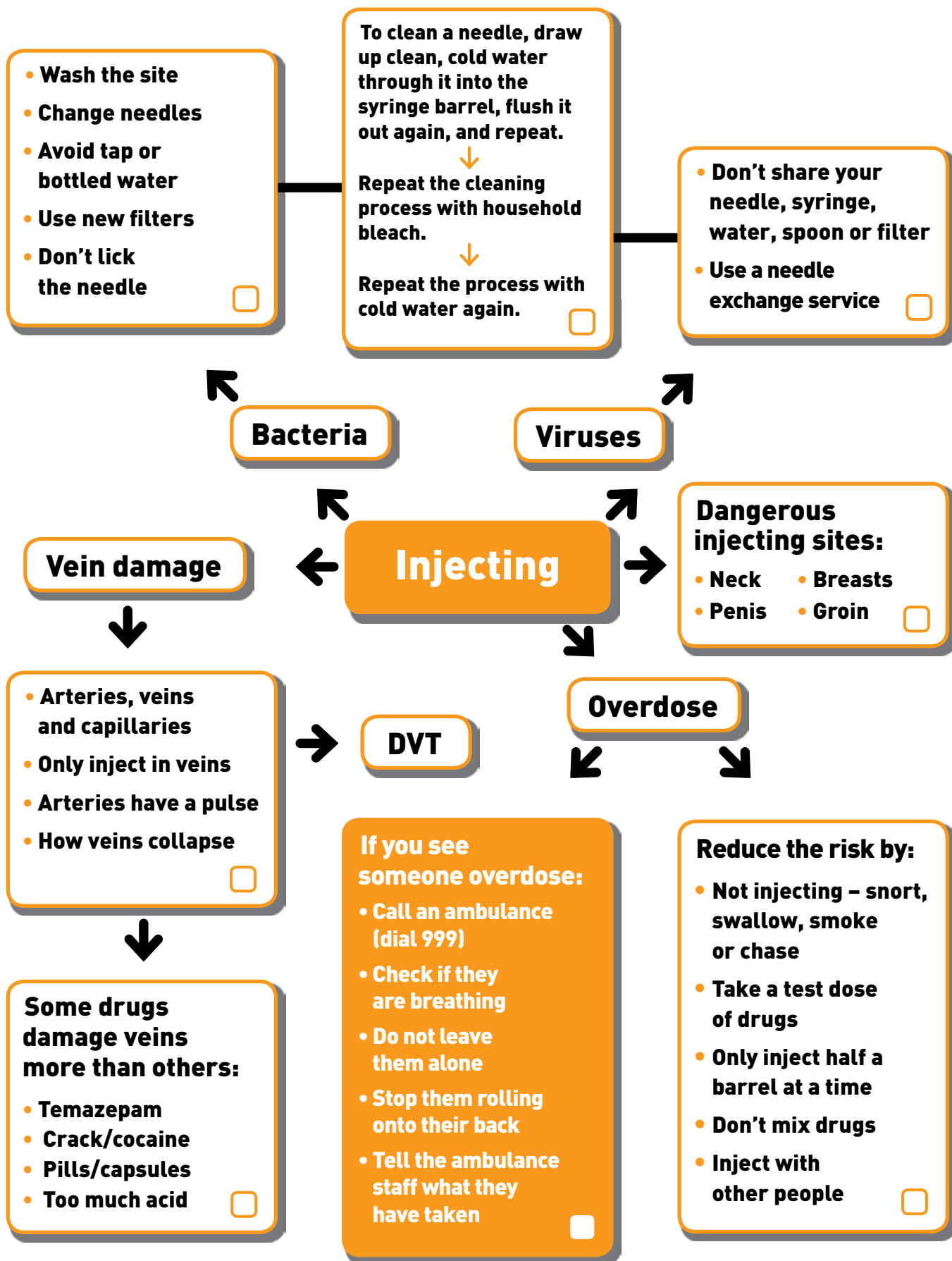
Keyworker:

Date: __/__/__

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Comments:

Map 03/Harm reduction Injecting



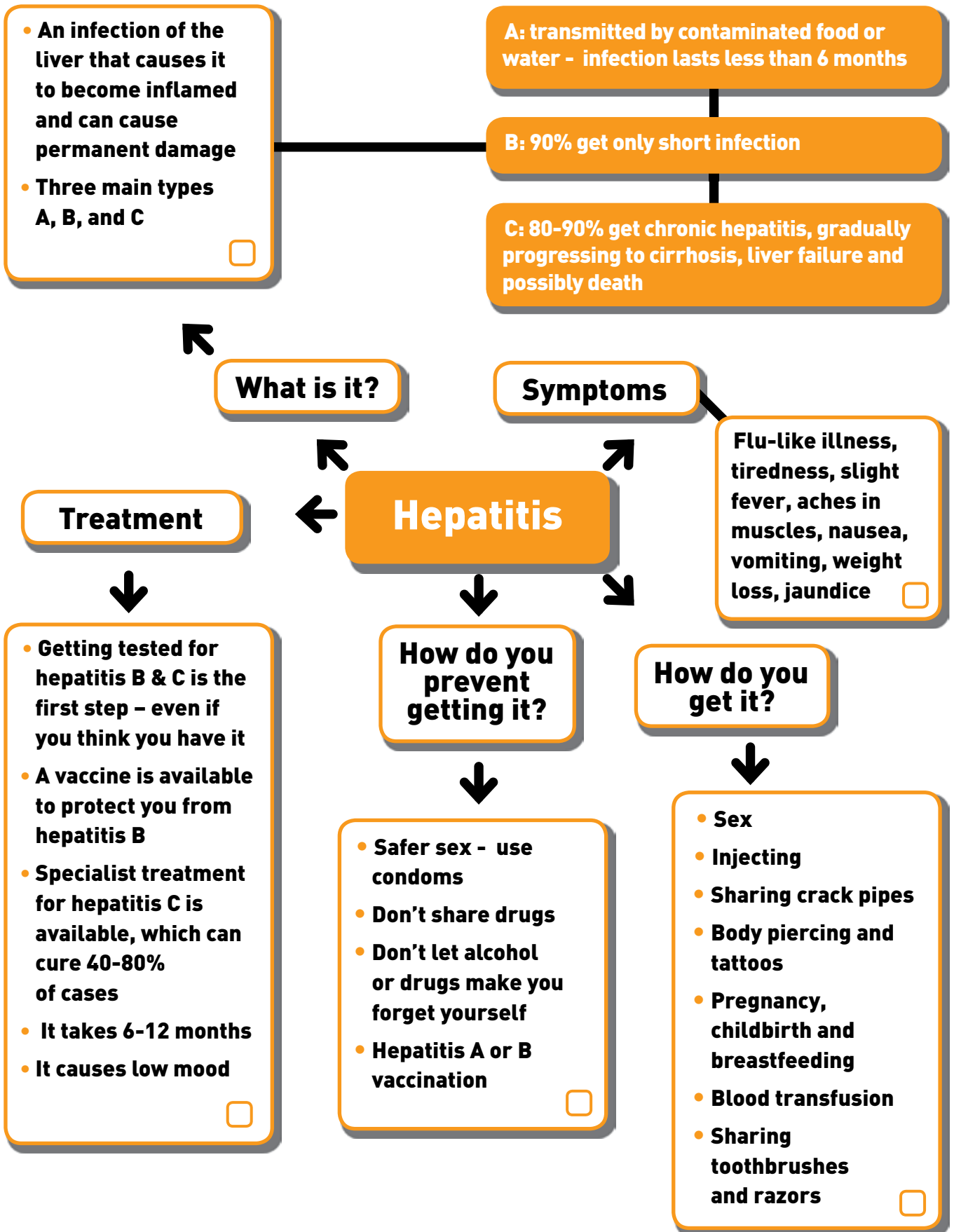
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How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Comments:



Client name:

Keyworker:

Date: __/__/__

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Comments:

Map 05/Harm reduction
HIV

- Human Immunodeficiency Virus attacks the immune system
- With reduced protection, the person develops severe illnesses – they are then said to have AIDS (Acquired Immune Deficiency Syndrome)
- There is no cure or vaccination for HIV or AIDS

- Many people have no symptoms for years
- Some get a flu-like illness within 2 months — fever, headache, fatigue, swollen glands in the neck and groin
- Even if there are no symptoms, the person can pass HIV onto another person

What is it?

How can you tell if you have been infected?

Treatment

HIV

How do you get it?

- The only way to know if you have HIV is to get tested
- Antiretroviral treatment aims to keep the amount of HIV in the body at a low level
- It is not a cure, but it can stop people from becoming ill for many years
- Tablets need to be taken every day for life

How do you prevent getting it?

- Safer sex - use condoms
- Don't share drugs
- Don't let alcohol or drugs make you forget yourself

- Sex
- Injecting
- Sharing crack pipes
- Body piercing and tattoos
- Pregnancy, childbirth and breastfeeding
- Blood transfusion
- Sharing toothbrushes and razors

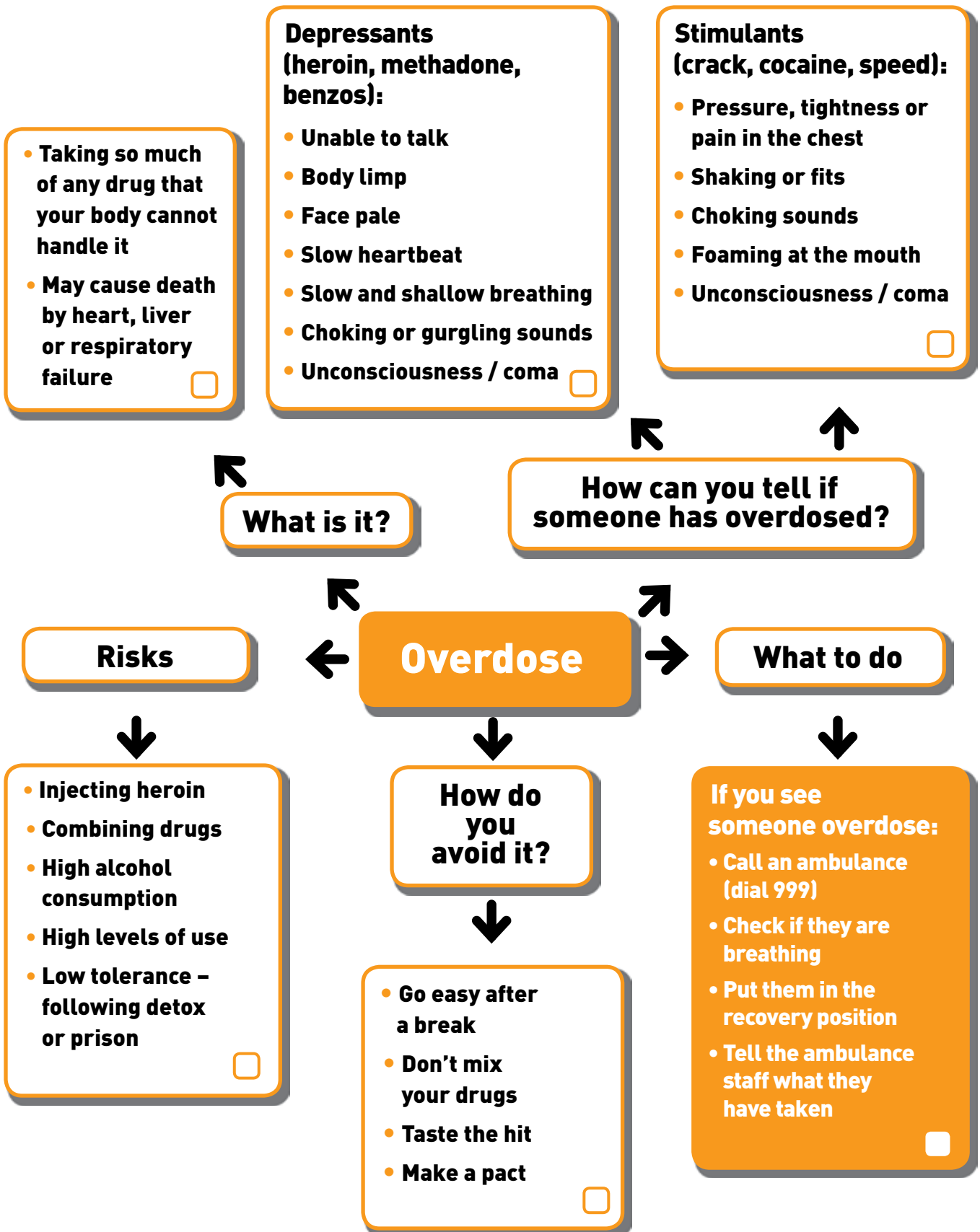
Client name:

Keyworker:

Date: __/__/__

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Comments:



Client name:

Keyworker:

Date: __/__/__

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Comments:

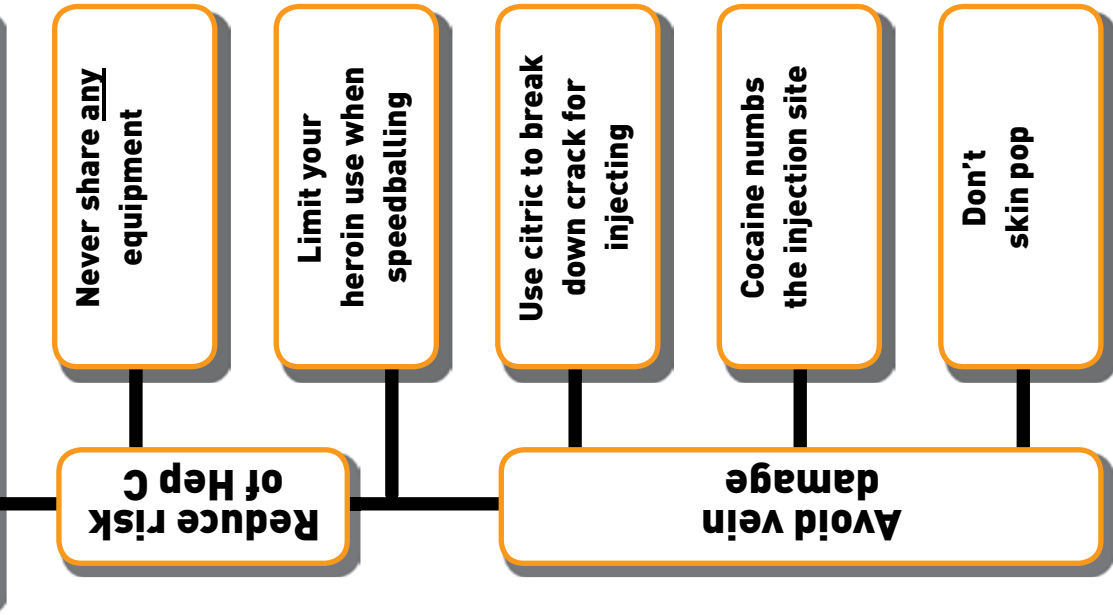
Map 07/Harm reduction
Useful tips

Client name:

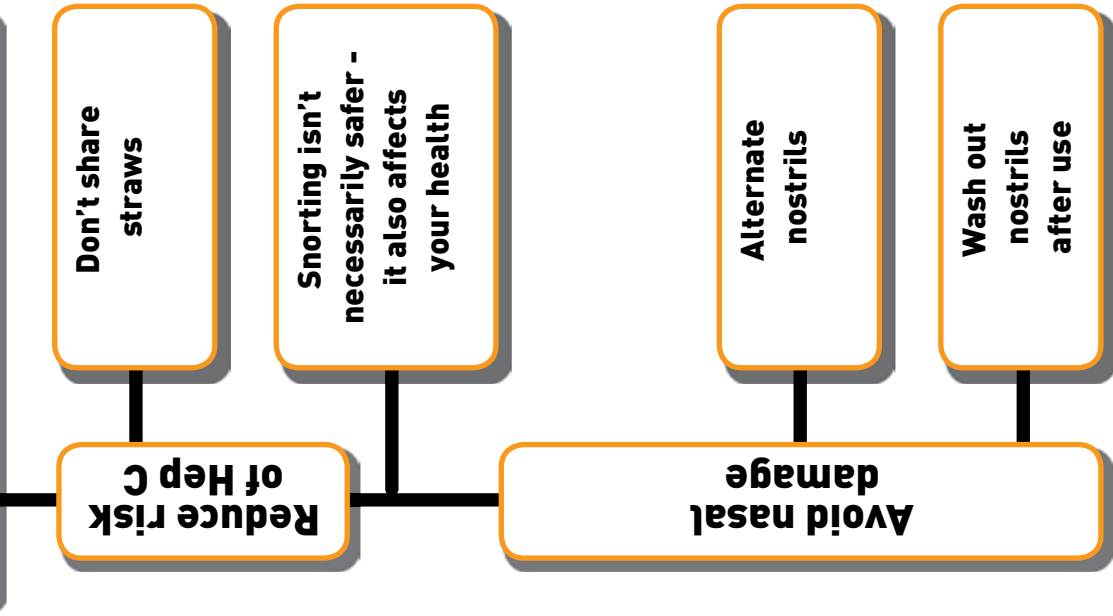
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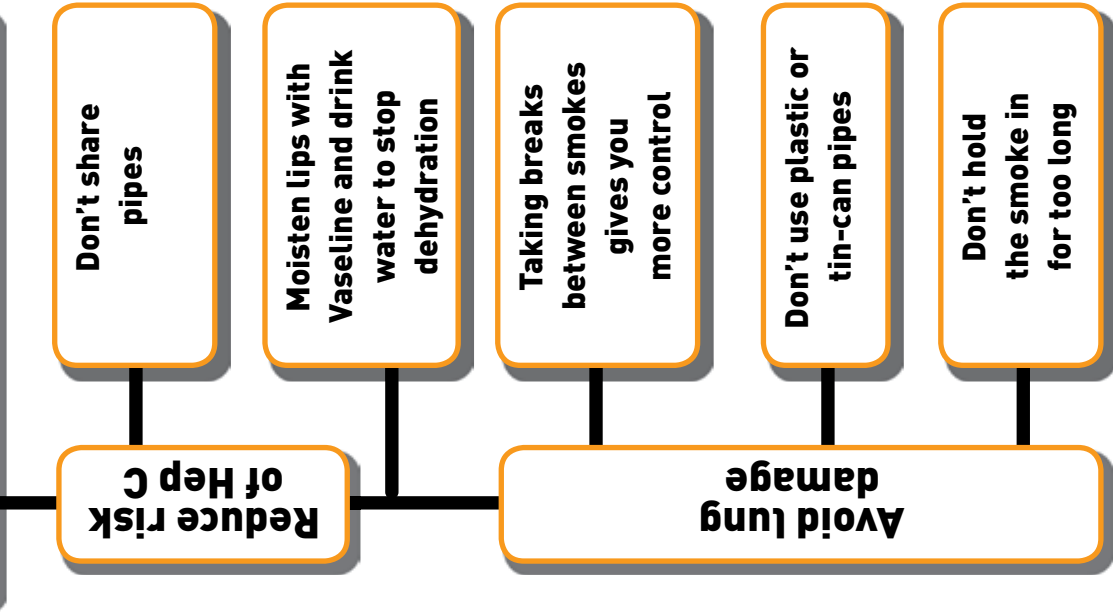
Injecting



Snorting



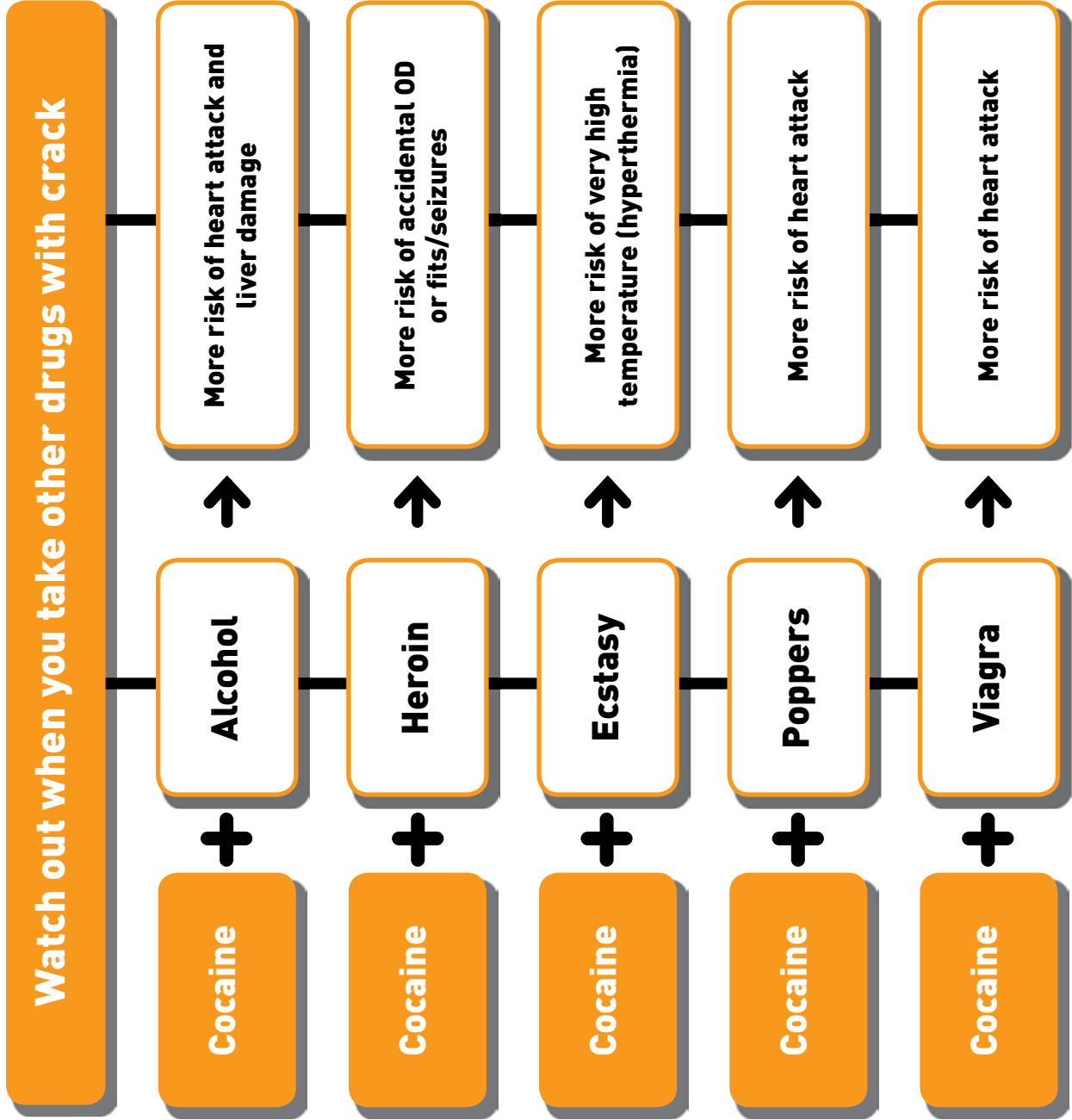
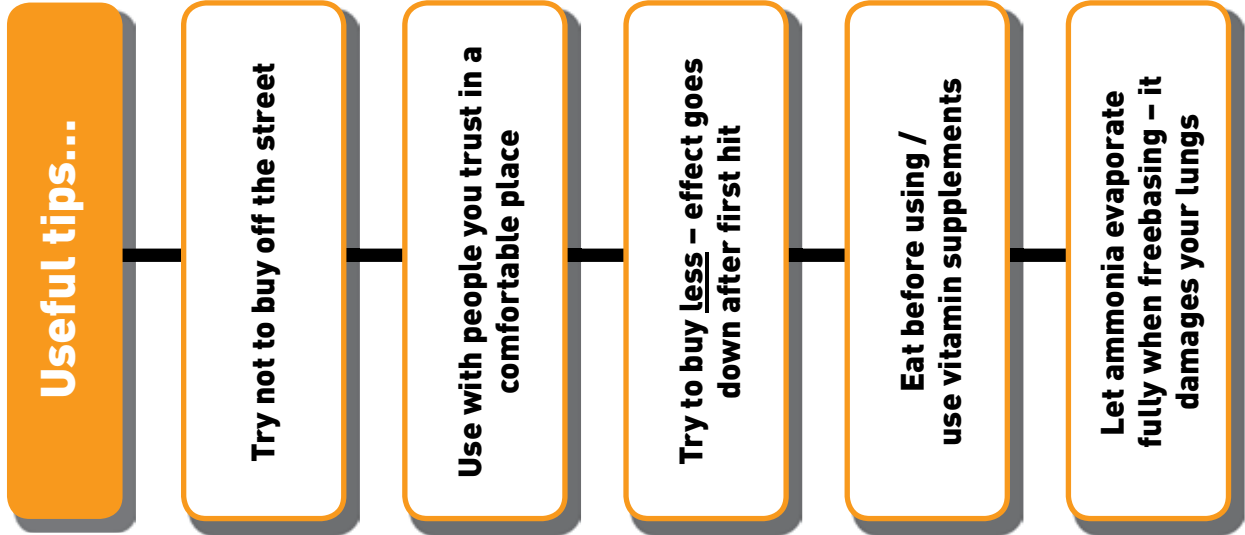
Smoking



Client name: _____

Keyworker: _____

Date: ___/___/___



Acknowledgements

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A wide range of node-link mapping materials are available for free at www.ibr.tcu.edu



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National Treatment Agency for Substance Misuse

**National Treatment Agency
6th Floor, Skipton House
80 London Road
London
SE1 6LH**

Tel 020 7972 1999

Fax 020 7972 1997

Email nta.enquiries@nta-nhs.org.uk

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