



# Harm Reduction Resource Guide



**LONG BEACH**  
HEALTH & HUMAN SERVICES

# Harm Reduction

Harm reduction is a set of practical strategies focused on reducing the negative consequences of substance use, with an emphasis on fentanyl awareness and overdose prevention.

These strategies include syringe services, naloxone distribution, drug sample test strips, HIV testing, STI screening and treatment, and wound care.

This resource guide offers essential information on organizations in Long Beach providing harm reduction services to address the risks associated with Fentanyl and substance use.

**Please Note:** Dates, locations and hours of services are subject to change. For the most up-to-date information, contact the organization directly before arriving.

# Fentanyl

**Fentanyl** is a synthetic opioid used for severe pain management and used in medical settings.

Illicitly made fentanyl has been found in the illegal drug market and is a significant factor in the rise in overdose-related deaths nationwide.

In the city of Long Beach, about 69% of opioid-related deaths involved only fentanyl. 96% of those deaths were unintentional.

**Positive for Fentanyl**

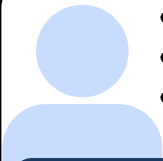


**Negative for Fentanyl**



Test for illegally made fentanyl in pills, powders, and injectables using fentanyl test strips.

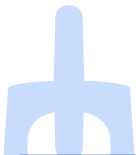
# How To Use Naloxone



- Check for signs of an overdose
- Lay the person on their back
- Tilt their head back

*They do not need to be laying down to receive naloxone.*

**LAY.**



- Insert full tip into either nostril
- Firmly press plunger inwards
- Call 911 immediately

*This is painless for the person.*

**SPRAY.**



- Stay until paramedics arrive
- Administer a second dose if needed
- Conduct CPR if safe and able to

*Doses can be given every 2-5 minutes, alternating nostrils.*

**STAY.**

# Naloxone



- Naloxone (also known as Narcan) is a life-saving medication that comes in various forms and is used to reverse opioid-related overdoses.
- Naloxone blocks the effects of opioids and can restore breathing.
- Naloxone is safe and easy to use and will not negatively affect someone who is experiencing an opioid-related overdose.

# Sharps Disposal Locations



## **Houghton Park**

6301 Myrtle Ave, 90805



## **Chittick Field**

1900 Walnut Ave, 90806



## **Multi-Service Center**

1301 W. 12th St, 90813



## **Drake Chavez Greenbelt Park**

875 De Forest Ave, 90813



## **Bixby Park**

130 Cherry Ave, 90802



## **Junipero Beach Lifeguard Kiosk**

2100 E. Ocean Blvd, 90803



## **Service Providers & Resources**

(addresses and phone numbers inside)






# Harm Reduction Distribution Program

**Order free naloxone and test strips online**

 [longbeach.gov/harmreduction](https://longbeach.gov/harmreduction)


**PrEP, HIV/STI and Hepatitis C Testing**

**By appointment only, call**

 (562) 570-4315

**Condom Distribution Program**

**Order free condoms and lubricants online**

 [longbeach.gov/knowmore](https://longbeach.gov/knowmore)

# Resource Legend



Syringe/Sharps/Needle Exchange



Naloxone (Narcan)



Test Strips



HIV/STI Testing



Medication Assisted Treatment/Referrals



Condoms





Food/Clothes/Hygiene Kits



Pipes/ Safe Smoking Kits

# 1 Long Beach Health Department


 2525 Grand Ave,  
Long Beach, CA 90815


 **Monday - Friday:**  
8 a.m. - 5 p.m.

## Services Provided




## 2 Multi-Service Center

 1301 W 12th St,  
Long Beach, CA 90813

 (562) 570-4500

### Services Provided

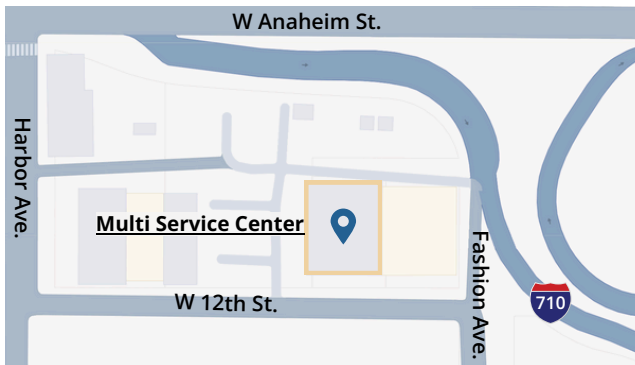


 **Monday - Wednesday  
and Friday:**  
8:00 a.m. - 4:00 p.m.


**Thursday:**  
8:00 a.m. - 2:00 p.m.


*\*Closed daily  
from noon to 1 p.m.*

*Clothing available  
while supplies last.*




### 3 L.A. CADA

 5861 Cherry Ave,  
Long Beach, CA 90805

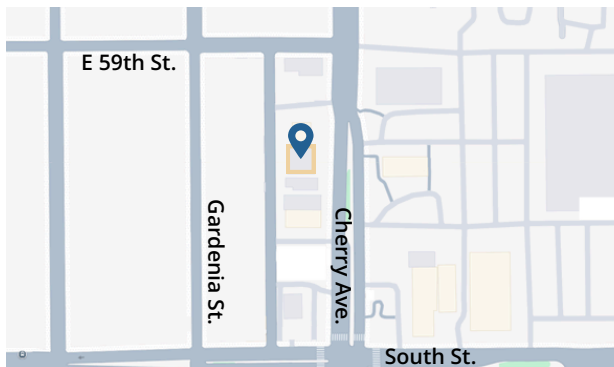
 (562) 676-4259

 [www.lacada.com](http://www.lacada.com)


 **Monday - Friday**  
8:00 a.m. - 4:30 p.m.


**Saturday:**  
8:00 a.m. - 4:30 p.m.


#### Services Provided




## 4 John's Shop-Rite Pharmacy & Medical Supply

 4333 South St,  
Lakewood, CA 90712

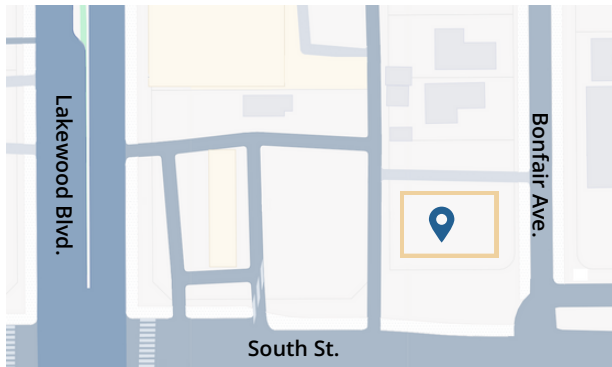
 (562) 616-0056

 [www.shopriterx.com](http://www.shopriterx.com)


 **Monday - Friday**  
9:00 a.m. - 6:00 p.m.


**Saturday**  
9:00 a.m. - 4:00 p.m.


### Services Provided



## 5 Urban Social Services and Advocacy

 3605 Long Beach Blvd,  
Rm #325, Long Beach, CA 90807

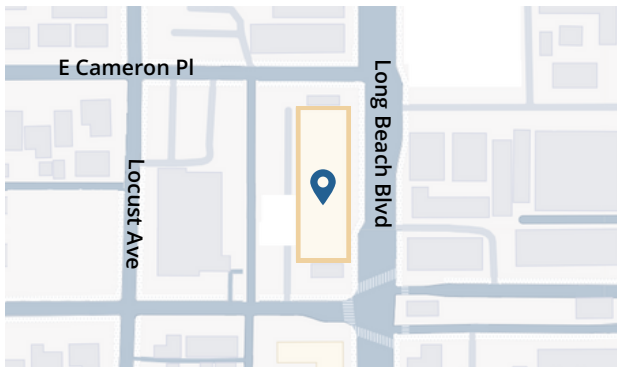
 **Monday - Friday:**  
9:00 a.m. - 5:00 p.m.

 (415) 906-0847


 [help@socialserviceadvocacy.com](mailto:help@socialserviceadvocacy.com)


**\*Can request services  
by appointment outside  
of regular hours**


### Services Provided




## 6 Asian American Drug Abuse Program (AADAP)

 1733 E. Anaheim St,  
Long Beach, CA 90813

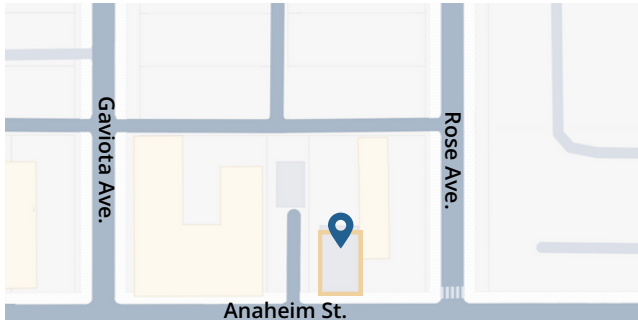
 (562) 218-9530

 [www.aadapinc.org](http://www.aadapinc.org)


 **Wednesday:**  
4:00 - 5:30 p.m.


**Friday:**  
12:30 - 2:00 p.m.


### Services Provided



## 7 Asian American Drug Abuse Program (AADAP)

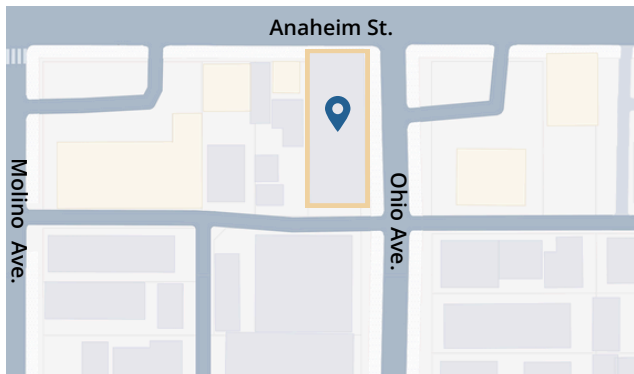
 2640 E. Anaheim St,  
Long Beach, CA 90813

 **Thursday and Friday**  
2:00 - 4:00 p.m.


 **Must call:** (562) 218-9530


 [www.aadapinc.org](http://www.aadapinc.org)


### Services Provided



## 8 Community Health Project (CHPLA) & Asian American Drug Abuse Program (AADAP)

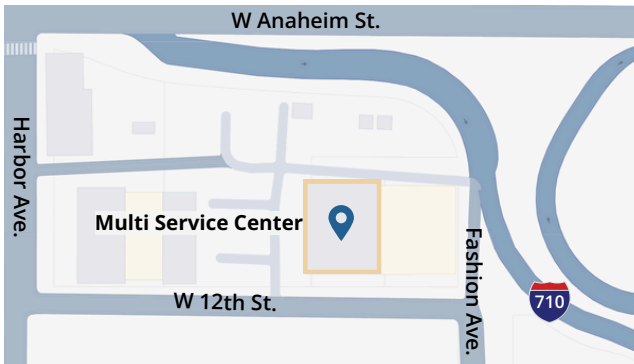
 1301 W 12th St,  
Long Beach, CA 90813

 Monday:  
10:00 a.m. - 1:00 p.m.

 [www.aadapinc.org](http://www.aadapinc.org)

 [www.chpla.org](http://www.chpla.org)

### Services Provided



# Stop an Overdose

Prevent Overdoses, Protect Lives.

To Order Harm Reduction Supplies, Scan  
the QR Code or visit our website:

**[longbeach.gov/HarmReduction](https://longbeach.gov/HarmReduction)**



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