

Syringe Services Programs (SSPs) Developing, Implementing, and Monitoring Programs

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Tools and Resources

This document provides example resources for health departments and local partners that may be helpful in planning, designing, and implementing SSPs in their jurisdictions as part of a comprehensive, integrated approach to prevention of HIV and other injection-related harms among persons who inject drugs (PWID). The resources include national and international guidelines, sources for technical assistance and program supplies, and strategies for working with law enforcement and for building strong community relationships. Monitoring SSPs is a critical component in the planning, designing, and implementing stages to ensure that the program is operating in conformity to its design, reaching the population it aims to serve, and achieving the anticipated implementation goals. Some of the example resources provided in this section also include guidance on successfully monitoring and evaluating SSPs (e.g., NASTAD & UCHAPS 2012).

A comprehensive, multi-component, prevention program is the most effective approach for preventing the transmission and acquisition of HIV and other blood-borne infections among drug-using populations. SSPs are an important component of this approach and are particularly key in establishing contact with otherwise hard-to-reach populations to deliver health services, including HIV, sexually transmitted diseases (STD), and viral hepatitis counseling (including for risk reduction) and testing, overdose prevention, and substance use disorder treatment referrals. This document also provides example resources and tools to consider in implementing SSPs as part of a comprehensive prevention approach that addresses myriad health and social circumstances of PWID. Resources to guide monitoring and evaluation of comprehensive prevention programs for PWID, which are key operational activities to ensuring that the programs are meeting their implementation goals, are also provided.

Disclaimer: The resources presented in this document do not all constitute official Centers for Disease Control and Prevention (CDC) advice and may not represent the views of CDC or the U.S. Department of Health and Human Services (HHS), nor does this document provide a comprehensive review of all relevant resources available.

Table 1: Example Resources and Tools for Developing and Implementing SSPs

Name	Description	Web Link
National Alliance of State and Territorial AIDS Directors (NASTAD) and the Urban Coalition for HIV/AIDS Prevention Services (UCHAPS). (2012) Syringe Services Program Development and Implementation Guidelines for State and Local Health Departments	Provides guidelines to assist state and local health department jurisdictions that wish to support SSPs for PWID to prevent transmission of HIV and other blood-borne viruses such as HCV and to link PWID to vital prevention, medical and social services. The guidelines provide information on the background of SSPs, structural elements to be considered before implementing SSPs, operating principles, SSP delivery models, and suggestions for monitoring SSPs and capacity building needs. The document also lists additional resources and tools.	http://www.uchaps.org/assets/NASTAD-UCHAPS-SSPGuidelines-8-2012.pdf
WHO/UNAIDS. (2007) Guide to Starting and Managing Needle and Syringe Programmes.	Provides guidance for developing and implementing effective SSPs. The guidance includes practical information on planning the program, modes of delivery, staffing, and supplies, and management guidance on the spectrum of services, managing staff and external relationships. The guide also provides additional resources, publications, and tools.	http://www.who.int/hiv/pub/idu/needleprogram/en/
WHO. (2004) Effectiveness of Sterile Needle and Syringe Programming in Reducing HIV/AIDS among Injecting Drug Users.	Provides a comprehensive review and summary of available evidence for effectiveness and cost-effectiveness of SSPs.	http://www.who.int/hiv/pub/prev_care/en/effectivenesssterileneedle.pdf

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United Nations Office on Drugs and Crime (UNODC). (2012) Needle Syringe Exchange Program for Injecting Drug Users.	Based on implementation of SSPs in India, presents standard operating procedures manual offers assistance in the establishment of an SSP, implementation of an SSP, as well as monitoring and evaluating of the same.	http://www.unodc.org/documents/southasia/publications/sops/needle-syringe-exchange-program-for-injecting-drug-users.pdf
UNAIDS. (2007) A Framework for Monitoring and Evaluating HIV Prevention Programmes for Most-At-Risk Populations.	Provides guidance in monitoring and evaluating HIV prevention programs for most-at-risk populations, including PWID. It includes methods and tools that can be applied at the local and national level.	http://www.unaids.org/sites/default/files/sub_landing/files/17_Framework_ME_Prevention_Prog_MARP_E.pdf
NYC Department of Health and Mental Hygiene. (2009) Recommended Best Practices for Effective Syringe Exchange Programs in the United States: Results of a Consensus Meeting.	Summarizes the consensus among SSP experts of the underlying principles and programmatic elements that enable or constrain SSP effectiveness.	https://www.cdph.ca.gov/programs/Documents/US_SEP_recs_final_report.pdf
North American Syringe Exchange Network (NASEN)	A national network of syringe exchange programs, those who support them, and the people they serve. NASEN support SEPs through technical and financial assistance programs, expand and support the network of individuals and organizations interested in syringe exchange as an effective public health intervention, and disseminate information related to syringe exchange and disease prevention.	https://nasen.org/
Harm Reduction Coalition	A national advocacy and capacity-building organization that promotes the health and dignity of individuals and communities impacted by drug use. Harm Reduction Coalition develops tools and resources on methods for reducing drug-related harm (e.g., brochures, factsheets, training curricula), and provides training and capacity building to community-based organizations and other stakeholders.	http://harmreduction.org/
Public Health Law Research's Law Atlas: Syringe Distribution Laws Map	Provides a longitudinal dataset, displaying laws regarding access to sterile syringes from July 1, 2012 through April 30, 2015. Historically, state laws have created barriers that make it difficult for PWID to access sterile syringes by criminalizing distribution and possession of those syringes.	http://lawatlas.org/query?dataset=syringe-policies-laws-regulating-non-retail-distribution-of-drug-paraphernalia
Kentucky Harm Reduction and Syringe Exchange Program. (2015) Guidelines for Local Health Departments Implementing Needle Exchange Programs.	Provides an example of state-level guidance for local health department jurisdictions wishing to operate SSPs.	https://louisvilleky.gov/sites/default/files/health_and_wellness/clinics/2015_kydph_hrsep_guidelines_long_version.pdf

Table 2: Example Resources/Tools for Comprehensive, Integrated Prevention Services

Name	Description	Web Link
CDC. (2012) Integrated Prevention Services for HIV Infection, Viral Hepatitis, Sexually Transmitted Diseases, and Tuberculosis for Persons Who Use Drugs Illicitly: Summary Guidance from CDC and the U.S. Department of Health and Human Services. MMWR; 61 (RR05):1-40.	Summarizes current (as of 2011) public health recommendations and guidelines from multiple agencies of the HHS for science-based public health strategies for the prevention HIV infection, viral hepatitis, STDs, and tuberculosis (TB) among persons who use drugs illicitly and their contacts (sex and drug-using partners) in the United States.	http://www.cdc.gov/mmwr/pdf/rr/rr6105.pdf
CDC and Academy for Educational Development (AED). (2000) A Comprehensive Approach: Preventing Blood-Borne Infections among Injection Drug Users.	Technical assistance document that describes key strategies for prevention of HIV and other blood-borne infections among PWID. The assistance document also provides guidance on coordination of different services and coordination with providers, strategies to ensure access, coverage and high quality, and how to recognize and overcome stigma.	https://stacks.cdc.gov/view/cdc/6559
NASTAD. (2015) Maximizing Health, Minimizing Harm: The Role of Public Health Program in Drug User health	This resource highlights opportunities and provides recommendations for health department programs to address a range of drug user health issues, including HIV and HCV infections.	https://www.nastad.org/resource/maximizing-health-minimizing-harm-role-public-health-programs-drug-user-health
CDC. (2010) Toolkit for Implementing Comprehensive HIV Prevention Programs for People Who Use Drugs.	Provides an overview of tools and resources for key, effective interventions and planning programs for persons who use drugs, including designing and implementing programs, monitoring and evaluating program progress and outcomes, and supporting and developing effective drug and HIV policy.	http://www.cdc.gov/globalaids/resources/prevention/docs/toolkit-for-implementing-programs-for-people-who-use-drugs.pdf
CDC. (2015) HIV and Injection Drug Use, Factsheet.	Provides fast facts on HIV incidence and prevalence among PWID, prevention challenges, and CDC activities to maximize the effectiveness of current HIV prevention methods, and improve what we know about the behaviors and risks faced by PWID.	http://www.cdc.gov/hiv/pdf/risk/cdc-hiv-idu-fact-sheet.pdf
SAMHSA. (2014) SAMHSA Opioid Overdose Prevention Toolkit.	Provides basic facts about opioid overdose, lists steps for first responders, and outlines key information for prescribers, patients, and family members.	http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Updated-2014/SMA14-4742
CDC. (2015) Prescription Drug Overdose: What States Need to know About the Epidemic.	Provides information on overdose prevention strategies, state programs and policies, and latest opioid overdose data reports.	http://www.cdc.gov/drugoverdose/epidemic/states.html
U.S. Public Health Service and CDC. (2014) Preexposure Prophylaxis for the Prevention of HIV Infection in the United States – 2014 Clinical Practice Guidelines.	Provides comprehensive information for the use of daily oral antiretroviral preexposure prophylaxis (PrEP) to reduce the risk of acquiring HIV infection in adults, including PWID.	http://www.cdc.gov/hiv/pdf/prepguidelines2014.pdf
WHO. (2004) Evidence for Action: Effectiveness of Community-Based Outreach in Preventing HIV/AIDS Among Injecting Drug Users.	Provides the evidence for the effectiveness of community-based outreach intervention as one component of a comprehensive HIV prevention model for preventing HIV infection in PWID.	http://www.who.int/hiv/pub/prev_care/en/evidenceforactioncommunityfinal.pdf

Table 2: Example Resources/Tools for Comprehensive, Integrated Prevention Services

NIDA. (2000) The NIDA Community-Based Outreach Model: A Manual to Reduce the Risk of HIV and Other Blood-Borne Infections in Drug Users.	Describes a scientifically tested model of community-based outreach to reduce the risk of HIV and other blood-borne infections in drug users.	http://archives.drugabuse.gov/pdf/CBOM/Manual.pdf
NIDA. (2009) Principles of Drug Addiction Treatment: A Research-Based Guide.	Summarizes effective drug abuse and addiction treatments and a guide to their implementation.	https://d14rmgrtwzf5a.cloudfront.net/sites/default/files/podat_1.pdf
NIDA. (2006) Methadone Research Web Guide.	Provides guidance for developing knowledge and understanding of U.S. methadone maintenance research, share best practices in methadone treatment and program design and implementation, and provide access to approved treatment protocols.	http://blog.mlive.com/chronicle/2007/12/MethadoneResearchWebGuide.pdf
SAMHSA. (2007) TIP 27: Comprehensive Case Management for Substance Abuse Treatment.	Presents an overview of case management for substance use disorder treatment providers. Discusses models, program evaluation, managed care issues, referral and service coordination requirements, linkages with other service agencies, and clients with special needs.	http://store.samhsa.gov/product/TIP-27-Comprehensive-Case-Management-for-Substance-Abuse-Treatment/SMA12-4215
SAMHSA. (2005) TIP 43: Medication-Assisted Treatment for Opioid Addiction in Opioid Treatment Programs.	Gives a detailed description of medication-assisted treatment for addiction to opioids, including comprehensive maintenance treatment, detoxification, and medically supervised withdrawal. Discusses screening, assessment, and administrative and ethical issues.	http://store.samhsa.gov/product/TIP-43-Medication-Assisted-Treatment-for-Opioid-Addiction-in-Opioid-Treatment-Programs/SMA12-4214
WHO. (2014) Policy Brief: HIV Prevention, Diagnosis, Treatment and Care for Key Populations. Consolidated Guidelines.	Provides an overview of key findings, data and figures of the new consolidated guidelines on HIV prevention, diagnosis, treatment and care for key populations, including PWID. It also offers an overview of the comprehensive package on interventions and a table summarizing WHO recommendations concerning key populations.	http://www.who.int/hiv/pub/toolkits/keypopulations/en/
UNAIDS. (2007) A Framework for Monitoring and Evaluating HIV Prevention Programmes for Most-At-Risk Populations.	Provides guidance in monitoring and evaluating HIV prevention programs for most-at-risk populations, including PWID. It includes methods and tools that can be applied to SSPs at the local and national level.	http://www.unaids.org/sites/default/files/sub_landing/files/17_Framework_ME_Prevention_Prog_MARP_E.pdf
WHO, UNODC, UNAIDS. (2012) Technical Guide for Countries to Set Targets for Universal Access to HIV Prevention, Treatment and Care for Injecting Drug Users.	Provides technical guidance to countries on monitoring efforts to prevent and treat HIV infection among PWID and for setting ambitious but achievable national targets for scaling up towards universal access.	http://apps.who.int/iris/bistream/10665/77969/1/9789241504379_eng.pdf