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Revenge
is
Sweet

REVENGE

Volume II

*Retaliating through the
written word against
Others who would speak
for us...*

New York Harm Reduction Educators, Inc.

Volume II, April 2007

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What Does Harm Reduction Mean to You?

Maria Rosado

For me harm reduction is a way of using without feeling the pressure put on us by treatment centers and NA, which preach abstinence. That is not realistic. I am not capable of abruptly stopping using drugs. Thirty somewhat years of using alcohol and drugs, living to use, and using to live is not an easy thing to stop. I was using the philosophy of harm reduction before I knew about it. I weaned myself off drugs—using sometimes when I couldn't cope with the situations in my life, when boredom could not be avoided because living in certain places where there is nothing to do with one's time and problems on top of having nothing to do. What else would I do but get high? Harm reduction has helped me discover myself because the times where I did not use, the days in between using allowed me to think and work through my issues. And when life became intolerable to even desire death, I would use. These were my coping skills, which I had acquired in my everyday drug use to harm reduction and from harm reduction to abstinence.

Would You Change Anything About Your Past?

Dario Peralte

I wouldn't change anything in my past 'cause I believe I'll be greatly resourceful one day for my past suffering. People who are born rich don't know the Value of life, only Money. I can use a lot of cash right now, but I don't have it and I'm ok. If you take a rich man's wealth and put him in the shelter system or Harm Reduction, he probably couldn't survive. I've suffered for many years, but so did Jesus and He still reigns supreme. My pockets are broke but not my spirit.

NYHRE Mission Statement

New York Harm Reduction Educators, Inc. (NYHRE) is devoted to promoting the health, safety and well-being of marginalized, low-income persons who use drugs, their loved ones and their communities.

NYHRE recognizes the historical, structural, socio-economic and environmental inequalities that foster adverse outcomes among drug users, particularly those from communities of color.

Vigorously advocating for social justice, we strive to redress these disparities by providing vital resources, tools and support that enhance quality of life and facilitate the prevention of diseases disproportionately affecting persons who use drugs, including HIV and viral hepatitis.

To this end, we deliver integrated health and social services that promote physical, psychological, social and spiritual wellness. Utilizing a grass roots approach, we prioritize peer involvement in all aspects of our programming.

“You Get Paid to Listen, and You Don’t Listen!”

An Introduction by Kristin Simpson, *Revenge* Editor

revenge *n* 1 : a desire for revenge 2 *♦* : an act or instance of retaliation to get even 3 : an opportunity for getting satisfaction

In this volume, the reader will find that contributing authors have retaliated against Others who would speak for them by exercising their right to self-expression. Their stories demonstrate that drug users do, in fact, have well developed inner lives. Not only do they write to prevent their stories from fading into the ether, but also they offer a brutally candid examination of their attachments, their choices, and their very identities. To quote a former Writers’ Group facilitator, “[T]he words here have been honed to a sharp hypodermic edge of honesty.” Their stories are food and shelter. Their stories are a warm embrace. They are the currency that allows them to exist and survive in environments that have few immediately apparent resources. They are the means of gaining satisfaction from a world that is hard and mad and violent—and a wake up call to people such as myself who extend help without first taking the time to listen. This volume is *Revenge*. *Revenge* is sweet.

No Peace in the Middle East: Why?

Dario Peralte

To my dear Michele:

I love your groups, but we’re living in Hell. I get a lot out of Harm Reduction, but overseas this stuff means nothing. Life is so short. Why do people rush? They should focus on getting rid of Mr. Bush. You might think I’m angry or in a rage, but did you lose a loved one in the World Trade? I’ll just continue to pray for both sides., come to Harm Reduction, get my Metro Card, and RIDE. I could have put these words in a rap song, but for right now can’t we all just get along? Black, white, Chinese, or whatever sex when the next bomb goes off your ass could be next. So treat each other kind. Stay faithful and true. Whatever god you believe in, I’m sure he’ll come for you. They say Adam and Eve stared all the madness, but they were gonna end with pure joy and gladness.

Peace.

The Ideal Rehab, cont.

Melissa Delacruz

A psychiatric evaluation should be performed and psych meds prescribed if needed.

If patient is on methadone, detox to 30 mg then place on buprenorphine. Along with groups, exercise and mediation groups should be made along with acupuncture offered daily. Each patient should be asked to do at least 10 minutes of exercise according to physical limit. Herbal tea should be offered all day in decanters in the evening instead of coffee. All patients should get vitamin and mineral supplements at medication time and some type of herbal liver detoxifier like milk thistle, cat's claw, etc. The case manager should meet with the patient as much as possible during stay to plan for aftercare.



Artwork by Juan Nolasco

Boricuas Don't Play, Part II

Gamaliel Martinez

El ser Hombre ser padre tiene que responsable en todos los aspectos porque padre no es el que hace sino el que cria y para esto hay que ser Hombre de verdad porque este rol se espera uno tiene que tener la inteligencia y sabiduria y la Fortaleza espiritual para poder sobrellevar cualquier asunto a dificultad que tenia tu hijo o hija poder tener las palabras y confianza en uno mismo pero tambien con la ayuda de Dios porque en esto tiempo uno tiene que saber y tener una respuesta correcta y sabia para sacar a este ser apreciado hacia adelante y que pueda sentirse orgulloso de ese Hombre que pudo guiarlo por el camino de rectitud.

Fajardo; Puerto Rico de corazón 100%

Soy Boricua pa' que tu lo sepa

Ok



Fragile

NYHRE Participant

When I was young, I thought life was never going to end. I could go on forever doing what I liked and things would stay the same. Little did I know that none of that was true. Now that I'm in my forties, I realize that all the happiness and parties are just a blink of my eye. Time doesn't stand still. Relationships and people are like leaves that turn with every season. As the leaf turns brown and falls from the branch, so does my life and its passions I took to pursue. At this stage, everything is fragile and when all young war stories are told, you realize its all but minutes in an hour glass. So be positive and realize all your gifts. It's so important to care about life because it's fragile and can fall apart. The Lord has lessons and goals for us all. Remember you're important and stay strong and life will be long.

