

Services for women who use drugs or opioid substitution therapy

Practical examples for
harm reduction and
HIV service
organisations

LEGAL NOTICE

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Gender identities are diverse. The adjective cis (short for cisgender, for example cis woman, cis man) signifies that the person identifies with the gender they were assigned at birth. Trans (trans* woman, trans* man) is an adjective with a broad range of meanings. It signifies that the person has a gender identity different to the one they were assigned at birth.*

In this publication, we use the word 'women' to include all women: cis as well as trans women, and also non-binary persons.*

This handbook is a guide to tailored support for women who use drugs or opioid substitution therapy (OST). It is specifically designed for harm reduction and HIV service organisations. It is important to consider gender diversity when planning activities.

We recommend to clearly identify target groups as part of the planning process, and to decide how people with a range of gender identities can be included.

Introduction

Dear colleagues,

We are pleased to offer you this handbook about creating specific activities for women who use drugs or opioid substitution therapy (OST). Your interest and your commitment are important first steps towards improving the health and psychosocial status of women who use drugs.

Why provide specific activities for women?

Approximately one in five people who use drugs is a woman. Women who use drugs are particularly affected by emotional and physical violence.

This is as true for the drug scene as it is for the domestic context. The drug scene is a place where expressions of male dominance ('machismo') are a daily occurrence. Unfortunately, this structural phenomenon is perpetuated in harm reduction services, as these are also used mainly by men. Moreover, most services do not offer specific activities or spaces for women who use drugs or opioid substitution therapy (OST). For these reasons, many women who use drugs avoid these services, or use them only to meet basic needs (for example to obtain drug use paraphernalia, hygiene products, or food).

There are also internal reasons for the lack of specific activities for women within harm reduction and drug treatment services. In a telephone survey conducted in 2020, for example, respondents cited a lack of human resources, and an imbalance in the proportion of men and women in leadership positions – mirroring the gender disparity among people who use drugs. Other reasons, such as space and financial constraints, were also mentioned.

How can organisations better support women?

Community-based and low-threshold activities in local organisations can help reach, serve, and support women better. A safe space is a prerequisite for building trust, well-being, and openness. This handbook offers concrete suggestions and practical examples of specific activities for women. It can also just serve as inspiration for other types of initiatives and projects. The aim is to increase the uptake of services by women who use drugs in the medium term.

To make these suggestions for specific activities as practical as possible, we have developed them in the form of fact sheets, based on the knowledge and experience of women working in women-specific organisations.

Wishing you an enjoyable read and every success with your activities,
Maria Kuban and Dirk Schäffer

Preparing and implementing an activity



What is important when planning specific services for women?

Good practice in project planning also applies to activities that are intended specifically for women. Most important: include women in needs assessment and project design.

Participation is the key to needs-oriented services. While the organisation may make suggestions, women attending the organisation – and therefore the potential users of the new services – should always be included in decision making and planning. We therefore recommend that you involve interested women who use drugs as experts on their own situation.

Project development: before designing an activity


We recommend the following preparatory steps:

1. Assemble a team: Include staff as well as service users. The organisational representatives should have an overall perspective on available resources, and of course be interested in the project. Community representatives should be motivated to participate. It is best to inform potential community representatives about the time commitment involved if they decide to participate. For example: 'We would have a two-hour planning meeting next week. During implementation, we would meet in person or on the telephone for one hour every two weeks to plan the next steps together.'

2. Conduct a planning meeting: When the list of participants is finalised, the next step is to create an inviting atmosphere. This may include arranging the chairs in a circle, and offering refreshments. Choose a location and time that ensure the meeting cannot be observed or overheard by others, including other staff and visitors. This also applies to running the activities themselves. The organisation should also have reflected on its own work ahead of the meeting to identify gaps in services that specifically cater to the needs of women. You can then discuss tools for conducting a needs assessment at the meeting. Alternatively, you can use the meeting itself to assess the needs to which new project ideas then respond.

3. Match resources to needs: It is unlikely that new and additional services can be established entirely without additional means and resources. Consider carefully which human and financial resources, time, and space will be required, and what is actually available or can be made available. Don't dismiss ideas from community partners too quickly at this point, but don't nurture unrealistic expectations either. This can help avoid frustration on both sides.

Project implementation: points to consider



Once you have jointly developed ideas for activities and found the necessary resources, the implementation stage begins. It also includes promotion, and a pilot phase. Especially if the organisation has not provided women-specific services before, women might not yet perceive it as a safe space. Promotion needs to be well-planned (who are we informing, where, and how?) and carried out with patience. Scheduling a pilot phase serves to create commitment and helps prevent future frustrations. It means that you have a defined point in time to discuss whether the activity should be continued, modified, or terminated.

At a glance

1

Ask the women! Don't make decisions without involving service users. It's the only way to make activities needs-oriented, and therefore likely to succeed.

2

Welcome critical feedback! It can be worth looking at existing services before coming up with new ones. Asking for feedback from the community can point to gaps and opportunities as valuable starting points for improvements and new project ideas.

3

Assess the available resources realistically! This not only includes finances, human resources, and physical space. It also means persevering for the duration of the project, and being able to deal with conflict and frustrations.

4

Allow time for promotion and a pilot phase!

5

Don't forget the 'safe space' principle!

Meetup and café for women who use drugs or OST



NEED / TARGET GROUP AND BACKGROUND

This activity is intended for women who use drugs or OST. Low-threshold services with an open area (café) offer an important basic level of care to people who use drugs. Extending or designating opening hours exclusively for women creates an additional retreat and safe space for women. Topics that are not usually brought up in largely male-dominated organisations and drug scenes can be discussed there.

IMPLEMENTATION

1. Preparation: Carry out a needs assessment with the target group in a safe space. It is particularly important that you select the operating hours based on the women's needs. It's also best if women staff conduct the needs assessment and provide the service itself. Aim to make the activity ongoing over a longer period.

2. Implementation: Make the meetup /café available exclusively for women once per week or every two weeks. Open it for at least two hours – before or after the organisation's regular opening hours. During this time slot, women should be able to come and go as they please (open structure).

Operating hours can be linked to women-specific events, such as:

- ◆ Workshops / themed evenings (for example self-defence ► **see page 12**, Ayurveda ► **see Page 10**, clothing swap)
- ◆ Information sessions (for example on pregnancy, STIs, abuse)
- ◆ Visiting experts who provide information and advice (such as a woman trauma therapist, gynaecologist, sex worker, solicitor, hairdresser)
- ◆ Group and individual crisis intervention sessions

Alternatively, you can also hold meetings without a particular topic (for example cooking together, or having breakfast). If participants suggest an idea for an activity, the staff should be open to implementing it as quickly as possible and actively promoting it.

ONE-OFF PURCHASES AND EXPENSES

Making people feel appreciated and valued is fundamental to this type of service. You can use a range of existing resources (such as decorations, seating, kitchen, crockery).

There will be a cost for promotional flyers / posters (50–150 €¹, depending on print quality and print run). If specific topics emerge from the needs assessment that staff are unfamiliar with, consider offering them training.

REGULAR EXPENSES AND COSTS

You can use existing resources here as well (including for refreshments, depending on group size ca. 5–15 € per week). Ideally, there are materials already available in the organisation that you can use (including condoms, books, tools at a monthly budget of 20–50 €).

PERSONNEL

- ◆ Two women colleagues for a weekly meetup: two hours each for documenting / planning / organising, plus two hours each for implementation / facilitation (total of 2 staff members at 10% full-time equivalent each)
- ◆ Cultural mediators (possibly alternating)

MAINTENANCE

No additional effort required

PROMOTION

- ◆ Peer contacts: Approach women directly to raise awareness and ask them to pass the information on (working with language and cultural mediators if required)
- ◆ Outreach work using women staff with language skills to match the target group, and low-threshold communication materials such as flyers / pictograms with opening hours and directions to the location
- ◆ Notice boards in your own and other organisations, including counselling services, OST sites, drug-related sex work locations
- ◆ In public spaces – for example an A-frame billboard in front of the organisation, or a notice at the nearest public transport stop
- ◆ On social media – your own pages and maybe also asking other organisations to disseminate the messages

PILOT PHASE

Offer the service weekly for at least three months as a pilot project. A planning workshop can also be integrated into the pilot phase (guiding questions: What do you need in this space? What is missing for you? What don't you need?).

¹ All estimates are based on the purchasing power of the euro in Germany. Prices may vary locally

DOCUMENTATION

- ◆ Keep participant lists – this can be done anonymously
- ◆ Operational statistics: How many women can be reached in the evening/afternoon?
- ◆ Counselling topics / counselling sessions
- ◆ Analysing and evaluating topics in detail (relationships / violence / public authorities / medical / addiction etc.)

EVALUATION

- ◆ Qualitative and quantitative analysis of collected data
- ◆ Interim report after six months, including results, costs, problems arising
- ◆ Annual reporting after one year
- ◆ Evaluation / feedback
 - Statistics
 - Participant requests and your responses
 - Anonymous questionnaires
 - Individual conversations



Potential activities for extended café opening hours

Ayurvedic evening for women who use drugs or OST²

NEED / TARGET GROUP AND BACKGROUND

This activity is intended for women who use drugs or OST. It is an activity suggestion for extended meetup / café opening hours ► **see Page 7**

Offering an ayurvedic evening is an example for a topical activity with a range of components that focus on well-being. A themed evening like this addresses needs related to well-being, relaxation, and slowing down. It also provides an opportunity to exchange experiences, for social interaction, and to enjoy a relaxed atmosphere.

IMPLEMENTATION

1. Preparation: It is best if one or more women staff members run this activity. As part of preparations, determine the date, venue, promotion strategy, supplies, and a division of tasks (planning, purchases, facilitation). Include decorations, catering, and group activities in the plan for the ayurvedic evening.

2. Implementation: Creating an atmosphere of mutual appreciation and relaxation is essential. Design the activity to be informal, so that women can come and go according to what they need and how much time they have. The entire evening can be designed around the theme (decorations, incense / scented candles, ayurvedic food, relaxing music). Possible optional group activities include crafting an incense mix, cooking, and yoga or meditation.

² This activity was implemented at the Drogenhilfezentrum (Drug Assistance Service) in Saarbrücken. In 2021, we received the fact sheet about this activity, which had been tested in practice.

ONE-OFF PURCHASES AND EXPENSES

During the planning phase, make a list of the supplies needed (incense materials 5 €³, candles 5 €, decorations 10 €, food 3–5 € per person, drinks 1–3 € per person, sound system, floor mats and cushions if required, etc.). You may need a printing budget (100–200 €) for flyers/posters.

REGULAR EXPENSES

Arise only if the themed evening takes places regularly.

PERSONNEL

It may be a good idea to have a paid woman staff member – perhaps even someone with a personal connection to the topic – to run the activity together with a student and/or a woman on work experience placement.

MAINTENANCE

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PROMOTION

▶ See the fact sheet on extending the low-threshold meetup / café service

PILOT PHASE

▶ See the fact sheet on extending the low-threshold meetup / café service

DOCUMENTATION

▶ See the fact sheet on extending the low-threshold meetup / café service

EVALUATION

▶ See the fact sheet on extending the low-threshold meetup / café service

³ All estimates are based on the purchasing power of the euro in Germany. Prices may vary locally.





Potential activities for extended café opening hours

Self-defence and assertiveness training (Wen-Do)

NEED / TARGET GROUP AND BACKGROUND

This service is targeted towards women who use drugs or OST. Women who use drugs can be exposed to harassment, violence, and assault in their private lives, in relationships, and in the context of sex work. Training participants learn to set limits, to defend themselves, and to assert themselves. Wen-Do was developed by women for women, and is offered in many countries. Other types of self-defence activities for women also exist. The course can be offered as part of extended meetup / café opening hours
► see page 7

Further information about Wen-Do is available on the internet. Search using terms such as 'feminist self-defence', 'Wen-Do women's self-defence' or 'women's self-defence' in your language. Some example websites are www.wendo.de (Germany), <https://otrotiempo.org/curso-autodefensa-feminista-madrid/> (Spain), <http://www.wendo.be/> (Belgium), <https://autonomia.org.pl/odkryj-moc-i-dzialaj/wendo/> (Poland).

IMPLEMENTATION

It is ideal if you can offer the training course in the form of weekly sessions over a period of time. They can be held either at a drop-in centre, in one of the organisation's other spaces, or at a venue hired especially. Other clients who are not participating – especially men – should not be able to observe or overhear the training group. The Wen-Do approach has to be adapted to the needs of the target group. This includes designing self-contained training sessions so that women can attend as few or as many as they want.

ONE-OFF PURCHASES AND EXPENSES

You will need martial arts equipment, including judo or yoga mats (10–20 € each), martial arts pads (20–30 € each), and mitts (15 € per pair). Discuss the specific requirements with the Wen-Do trainer. Keep in mind that the equipment can also be used for other activities. You will also need promotional posters and flyers.

REGULAR EXPENSES AND COSTS

Invite and pay a woman Wen-Do trainer. You can find out about the costs at a local Wen-Do training centre. You will also need to find or hire a room for the duration of the course. Discuss requirements for the training space with the trainer. You may also need to budget for the cost of child care.

PERSONNEL

The organisation's staff need to recruit the participants and/or promote the activity. A staff member may need to be present if the training sessions take place on the organisation's premises.

MAINTENANCE

The equipment needs to be cleaned / disinfected regularly, checked for damage now and then, and repaired or replaced if required.

PROMOTION

▶ See the fact sheet on extending the low-threshold meetup / café service

PILOT PHASE

▶ See the fact sheet on extending the low-threshold meetup / café service

DOCUMENTATION

▶ See the fact sheet on extending the low-threshold meetup / café service

EVALUATION

▶ See the fact sheet on extending the low-threshold meetup / café service

Meetings for mothers who use drugs or OST



NEED/TARGET GROUP AND BACKGROUND

This activity is intended for mothers who use drugs or OST – regardless of whether they live in the same household as their children. A regular, facilitated mothers’ meeting offers peer support, a space to exchange experiences about parenting, and specialist advice – for example about legal issues. It can also lower barriers to accessing other services. Mothers should have the option of bringing their children along. The children of women who use drugs are often overlooked in the social support system. Their needs can be catered for at the same time as the mothers’ meeting, for example by promoting play, group activities, and creativity.

IMPLEMENTATION

1. Preparation: It is essential that a woman staff member takes care of this project. Prepare and implement the activity jointly with a mother who uses drugs. As part of the project, conduct a needs assessment with members of the target group you are already in contact with (see also Pilot phase: Kick-off event).

2. Implementation: Offer the meeting as an ongoing activity once per week or every two weeks in a safe space. This means that the meetings can’t be observed or overheard by other visitors to the organisation. For example, you can schedule separate opening hours for mothers only. To allow mothers to have their own space, offer separate activities for children between the ages of 0 and 12 years, for example outings to the zoo or a playground.



ONE-OFF PURCHASES AND EXPENSES

Make at least one room for the group and a child-friendly space available. You may need to furnish the latter with a play area (100-500 € , depending on the equipment chosen). To reduce costs, staff members and the mothers themselves could bring toys along to the meetings. Alternatively, you could collect donated toys.
You may need a printing budget (100-200 €) for flyers / posters.

REGULAR EXPENSES AND COSTS

Depending on the available options within a mixed-gender organisation, you may need to cover the cost of using an external venue as well as operating and cleaning costs.

Contract a child care worker for the duration of the meeting (15-20 € per hour). Provide the child care worker with a budget for entry tickets and similar expenses as appropriate. Also make drinks and snacks available (5-15 € per week, depending on group size).

PERSONNEL

It is best if a woman staff member is responsible for the project. Plan and facilitate it jointly with a peer if possible.

MAINTENANCE

Usual room maintenance and cleaning

PROMOTION

Approach mothers that already have a trusting relationship with the organisation, and make them aware of the new activity. In addition, attract the attention of other organisations using flyers / posters / social media with information about motherhood and the new activity in particular.

PILOT PHASE


Hold a kick-off event to build trust and assess needs. Offer the mothers' meetings every one or two weeks for at least six months.

DOCUMENTATION

- ◆ Keep participant lists – this can be done anonymously.
- ◆ Operational statistics: How many women are being reached?
- ◆ Document the main topics of discussion and emerging needs, including participants' wishes that exceed the scope of this activity.

EVALUATION

- ◆ Qualitative and quantitative analysis of collected data
- ◆ Evaluation / feedback
 - Statistics, participant requests and your responses
 - Anonymous questionnaires
 - Individual conversations



Structured leisure activities for women who use drugs or OST

NEED / TARGET GROUP AND BACKGROUND

This service is intended for women who use drugs or OST. There is a lack of structured and facilitated leisure activities in organisations providing services for this population. This is especially true for gender-specific services for women using OST. Such activities offer people an opportunity to experience 'normal' life outside of institutions and the social support system. It allows them to reconnect with themselves, their environment, and perhaps their hobbies. The primary aim is to escape social isolation for a time, and to experience joy and variety. Best suited to this purpose are groups that offer a safe space and promote women's confidence by excluding men. Such projects have a high chance of success.

IMPLEMENTATION

1. Preparation: You can collect data on needs and preferred leisure activities during psychosocial counselling at your organisation, but also in medical practices providing OST. You could use a short questionnaire, for example. Suggestions may include city walking tours and other outings (including entry fees, for example to the zoo), volunteering at an animal shelter, participating in a local music or theatre group, or joining local amateur sports activities such as ice skating or rowing.

2. Implementation: Plan the activities towards the end of the year so that they can be implemented from the following spring. It seems to be important to the target group that the activities are offered regularly and reliably, for example once every two weeks for a whole year.

ONE-OFF PURCHASES AND EXPENSES

Depending on the activity, you may need to purchase some type of equipment (such as sports equipment, musical instruments, or similar). You may also need a printing budget (100–200 €) for flyers / posters.

REGULAR EXPENSES AND COSTS

Apart from covering staff costs, you will need a monthly budget for entry tickets, rent/hire fees, materials, and joining fees. The project requires support from a paid woman staff member, at least for the first few months.

PERSONNEL

Assign a woman staff member for approximately 1-3 hours per week for preparation, implementation, and follow-up. It is best if this person knows the town/city and region well, including the leisure options available locally. Good connections to sports clubs, parks, workshops, adult education institutions etc. can be an advantage, also with respect to obtaining free tickets or reduced fees.

MAINTENANCE

-

PROMOTION

- ◆ Use a captivating poster or postcards to generate interest within the social support system and in the waiting rooms of medical practitioners providing OST.
- ◆ The project can also be promoted through contact among peers.

PILOT PHASE


Offer the activities regularly for at least one year.

DOCUMENTATION

- ◆ Record participant numbers in a way that allows people to remain anonymous.
- ◆ Collect operational statistics covering location, participant numbers, and any feedback received.

EVALUATION

Evaluation is useful, especially when you apply for funding. It can help demonstrate eligibility to government and other funding sources. It can also be helpful when fundraising through donations. Apart from capturing numerical data about participation, include photos of activities as well as quotes from the participating women in the evaluation.



Drug consumption room / area for women who use drugs or OST

NEED / TARGET GROUP AND BACKGROUND

This service is intended for women who use drugs or OST. Drug consumption rooms are a life-saving and harm reduction service. They aim to ensure clean and safe drug consumption, and to improve women's health. Separate consumption spaces offer women who have not been reached by other services an opportunity to make contact with the social support system.

Feedback from organisations shows that the proportion of women who use mixed-gender drug consumption rooms is even lower than that of women using other services. Women report that they feel the lack of a safe space and privacy when using. Implementing a service with a drug consumption option exclusively for women (as offered for example by ragazza in Hamburg, Germany) is complex. Targeted and needs-oriented redesign and spatial separation within a mixed-gender consumption room is a good alternative.

IMPLEMENTATION

1. Preparation: Ask women who come to use the drug consumption room, or another other type of consumption option, about their needs. You also need to assess the layout of the available space. Where possible, make a separate room or consumption option for injecting drug use available for women only. You can create spatial separation by installing a visual screen. Separate opening hours exclusively for women can be an alternative.

2. Implementation: Make it an ongoing project and offer the service year-round, the same as any existing drug consumption room service.

ONE-OFF PURCHASES AND EXPENSES

To extend an existing consumption room service, for example with added opening times exclusively for women, you could apply for funding at the state or municipal level, for example for a 'pilot project to establish a gender-specific consumption room for women'.

When extending opening hours, you need to budget for additional staff costs, running costs, and supplies. To promote the service, you may need a printing budget (100–200 €) for flyers / posters.

REGULAR EXPENSES AND COSTS

Apart from increased staff costs, there may be additional goods and services costs (rent, maintenance, cleaning) for the premises.

PERSONNEL

Recruit and roster women staff for the support roles within the drug consumption room. Make additional language skills and/or women cultural mediators available as required. The existing personnel can also carry out outreach, networking, and collaborative work.

Additional staff may be needed to cover special opening hours.

MAINTENANCE

Apart from daily cleaning, certain types of equipment may need to be replaced after some time.

PROMOTION

- ◆ Peer contacts: Approach women directly to raise awareness, and ask them to pass the information on (working with language and cultural mediators as required)
- ◆ Outreach work using women staff with language skills to match the target group as required, and low-threshold communication materials such as flyers / pictograms with opening hours and directions to the location
- ◆ Promotion in nearby drop-in centres and counselling services using flyers and posters

PILOT PHASE

Offer the service continuously for at least one year.

DOCUMENTATION

- ◆ Make it possible to use the service anonymously.
- ◆ Operational statistics
- ◆ Logbook / handover

EVALUATION

Carry out process evaluation using key questions like 'Why and to what extent does the target group access the service?'

- ◆ Annual evaluation
 - Operational statistics
 - Anonymous questionnaires
- ◆ Convening a peer advisory group to provide feedback once per year



Social media project to better reach women who use drugs or OST

NEED / TARGET GROUP AND BACKGROUND

This service is intended for women who use drugs or OST. Women who use drugs or OST experience multiple kinds of stigma. They are also particularly at risk of and affected by emotional and physical violence. Gender-specific services that contribute to strengthening self-esteem and lead to better networks are therefore of particular significance. The extensive reach of social media can help achieve these goals.

IMPLEMENTATION

Create organisational Facebook and Instagram accounts. Here, information can be processed and presented in a range of languages and formats, including teasers, videos, and images. You can also offer a contact option via chat or a comments section. If you notice a need for online counselling, you can create an additional, GDPR compliant contact option.

ONE-OFF PURCHASES AND EXPENSES

- ◆ A mobile, online-ready work station (such as laptop computer, mouse, LAN cable, ca. 1,000 €)
- ◆ Professional development training in social media for at least two women staff members (ca. 1,500 €)
- ◆ Online counselling software (ca. 700 € for the initial set-up) if the need arises (not right from the start of the project)

REGULAR EXPENSES AND COSTS

- ◆ Supervision (ca. 500 € annually)
- ◆ If required, licence extension and support for online counselling software (from ca. 30 € per month)
- ◆ Media/merchandise to promote the service (500 € annually)

PERSONNEL

Budget for two – preferably experienced – women staff members at 25-50% full-time equivalent.

MAINTENANCE

Check general social media profile data (such as the organisation's contact information) at least twice annually. Service technical devices as needed.

PROMOTION

Promote the account via social media (for example through networking with other organisations, participating in campaigns, or using hashtags,) as well as within your own organisation (by using posters, stickers, or postcards).

PILOT PHASE

Schedule a pilot phase of at least one year. Maintain / check the accounts, and post content regularly during this period.

DOCUMENTATION

Install statistics/analytic tools for the respective platform(s). These provide mainly quantitative measurements. In addition, topics/issues arising in posts/comments/chats can be documented. Documentation must comply with the GDPR (especially with respect to counselling contacts).

EVALUATION

- ◆ Download and evaluate statistics annually
 - Amount of content posted
 - Number of likes / clicks / visits
 - Number of counselling sessions / feedback responses / client contacts
- ◆ Analyse the collected data regarding emerging needs for content and / or services.



National and international examples of specific activities for women

SPAIN:

Metzineres is an integrated harm reduction programme in Catalonia, targeted exclusively to women who use drugs.

<https://metzineres.net/>

SWEDEN:

There are two needle and syringe exchange locations in Stockholm that are open exclusively for women on certain days. They also offer a visiting midwifery service once per week. The **Stockholm OST Programme** has a women-only group. Its **Mika Hälsa project** offers women who use drugs gynaecological check-ups and treatment as a component of the Stockholm regional strategy and part of the national health system.

<https://www.beroendecentrum.se/vard-hos-oss/sprututbyte/>

There is also an NGO supporting women who use drugs and who have experienced violence

<https://qjouren.se/>

as well as rehabilitation and treatment facilities specifically for women.

GERMANY:

1. FrauSuchtZukunft ('WomanSeeksFuture' – the German word Sucht can mean both 'addiction' and 'seeks') is the largest Germany-wide addiction support services provider. It offers a range of supports for women and girls who use drugs in the areas of counselling, housing, and employment. One of these is the Frauenladen ('Women's Shopfront') in Berlin

<https://frausuchtzukunft.de/einrichtungen/frauenladen/>

It runs a breakfast activity, which is described in one of the fact sheets in this handbook.

2. Frauentreff Olga ('Olga Women's Drop-in') is run by the Drogennotdienst (Drug Emergency Service) Berlin and offers women who use drugs and female sex workers low-threshold access to counselling and medical care

<https://drogennotdienst.de/nur-fuer-Frauen/Frauentreff-olga/>

3. Bella Donna (Italian for 'Beautiful Woman', but also the botanical name of the deadly nightshade plant, which contains hallucinogenic substances) in Essen offers women and girls who use drugs individual support options

<https://www.belladonna-essen.de/>

4. The SkF is a Catholic women's charity offering assistance and support to women who use drugs

<https://www.skf-zentrale.de/>

Apart from general prevention, information, and support services, there is also Café Mac-Up for women and girls in Cologne. It offers specific services in the areas of sex work, homelessness, and violence

<https://www.skf-koeln.de/angebote/krisen-notlagen/prostitution/>

5. Lagaya in Stuttgart provides outpatient as well as inpatient care and counselling services for women who use drugs, as well as for their relatives

<https://www.lagaya.de/>

6. Lilith e. V. in Nuremberg does participatory, feminist, and low-threshold work with and for women and mothers who use drugs. Its services cover a wide range of activities, from street-based outreach to a drop-in centre and drug treatment

<https://lilith-ev.de>

7. ragazza e. V. (Italian for 'girl') offers numerous and comprehensive services supporting women and women sex workers who use drugs

<http://ragazza-hamburg.de/de/>

In 2000, ragazza also established the first and only drug consumption room in Germany that is exclusively for women

<http://ragazza-hamburg.de/de/offer/medical-room>

8. La Strada (Italian for 'The Road' or 'The Street') in Hannover is a contact point for women who use drugs, and provides a large range of low-threshold services

<https://www.la-strada-hannover.de/>

Other good practice examples:

<https://whrin.site/>) has published a report listing all known women-specific harm reduction services around the globe. The report is available in three languages (English, French, Spanish) at

<https://whrin.site/ourpublication/global-mapping-of-harm-reduction-services-for-women-who-use-drugs-english/>

<https://whrin.site/ourpublication/cartographie-mondiale-des-services-de-reduction-des-risques-a-destination-des-femmes-usageres-de-drogues-french/>

<https://whrin.site/ourpublication/global-mapping-report-spanish-mapeo-global-de-servicios-de-reduccion-de-danos-para-mujeres-que-consumen-drogas-spanish/>

A webinar (in English) with an analysis of the results of the mapping project is also available at

<https://www.youtube.com/watch?v=d930lmM43xs>

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