



Harm Reduction
Making every door the
"right door"

Agenda

History

What It Isn't

What it is

Principles

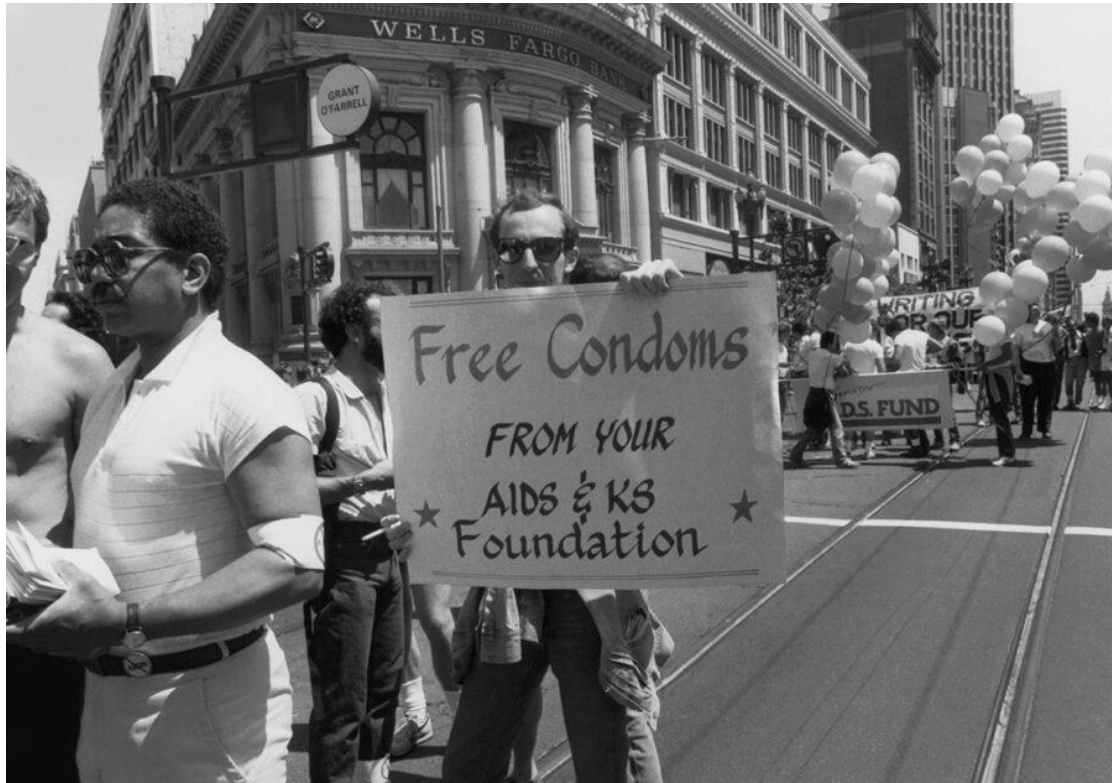
Tools

Resources

A Brief History

It didn't begin with drugs.

1983



1988

A Brief History

The Bifurcated System

- Mental Health Services



- Substance Use Services

A Brief History

Recognizing barriers



"My door is always open. That's why I installed the tripwire."



"My door is always open. My mind, not so much."

Integrating Care

"What does that even mean?"

- Multiple Pathways to Recovery
- Strengths Based Approaches
- Person Centered Practices
- Stage based treatment

- Harm Reduction

What is NOT Harm Reduction?

- Condoning
- Supporting
- Ignoring



It Is However.....



Enabling

- Enabling People To:
 - Feel accepted and understood
 - Easily Access Services
 - Stay Alive

What is NOT Harm Reduction?

Authoritative Treatment Methods



- Punitive
- Coercive

- Directive



What is NOT Harm Reduction?



Just Tools

Thoughtful Action



What is NOT Harm Reduction?

Not just a sum of its parts

- Tools
- Programs
- Strategies
- Resources



The Foundation: Principles

Harm Reduction is a *PRINCIPLE BASED* model of service provision.

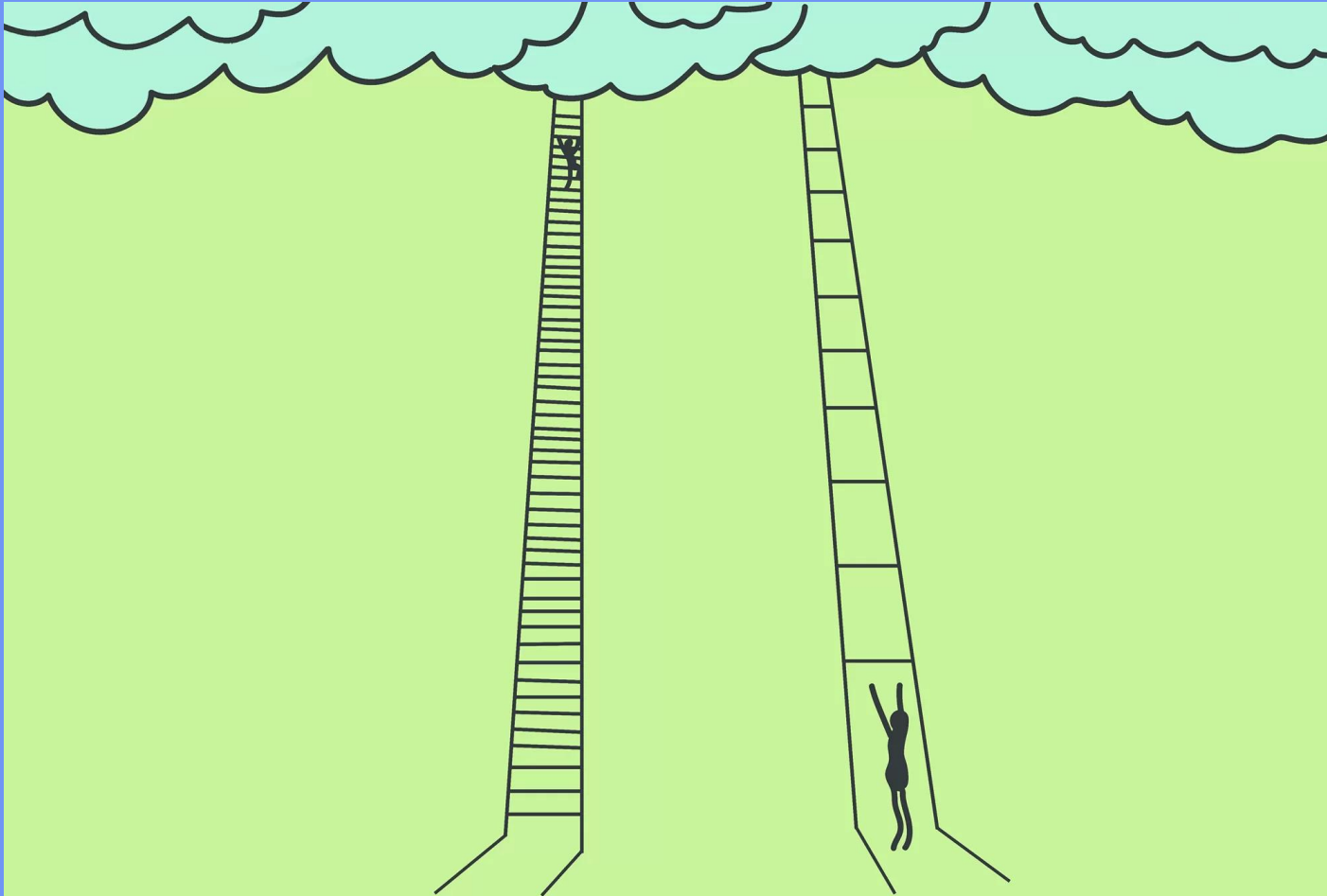


Acceptance of behaviors that carry risk

- Harm Reduction accepts that people choose to participate in behaviors that can be harmful.
- Rather than ignore or judge those behaviors, we focus on supporting individuals in minimizing their harmful effects.



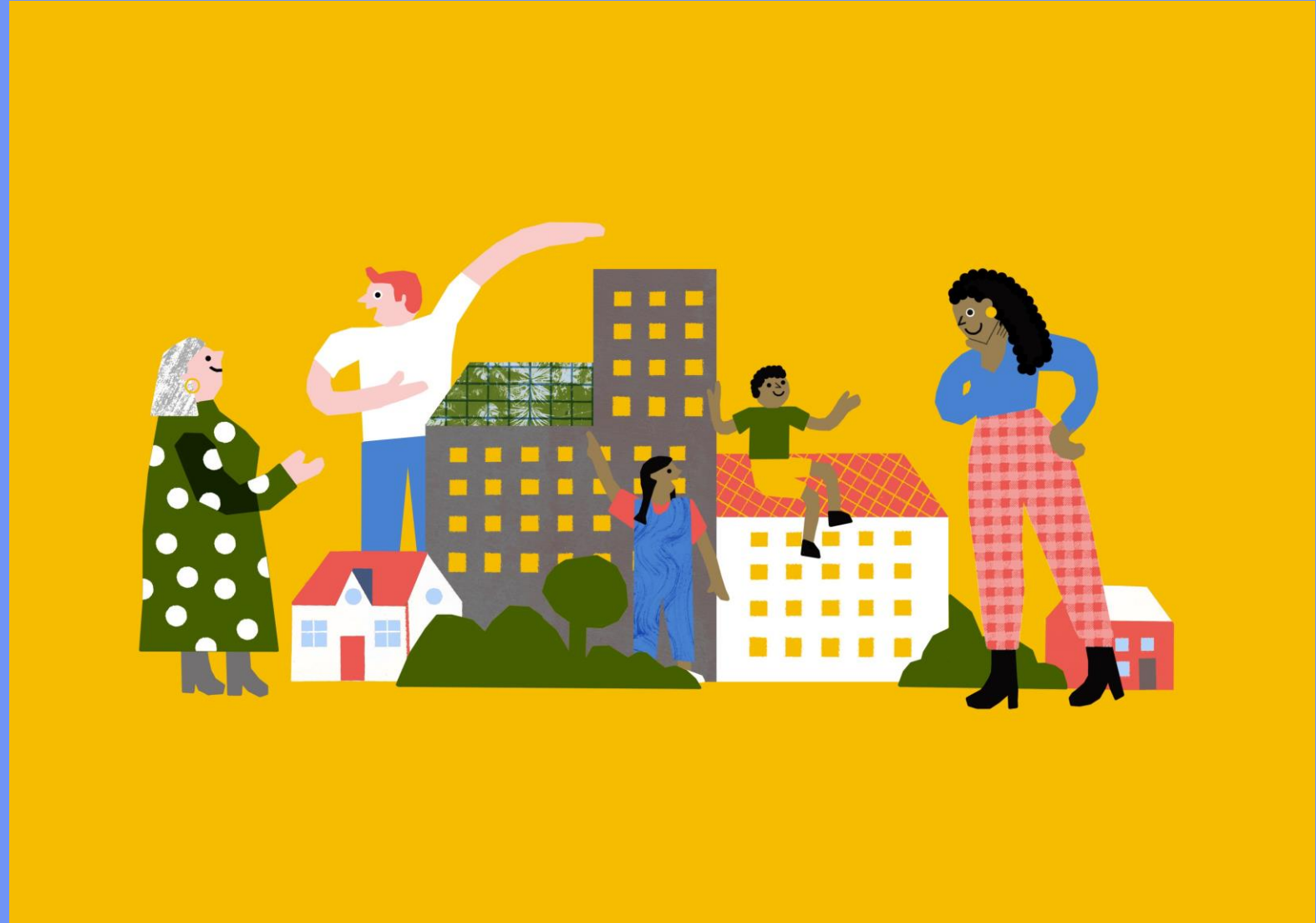
Any reduction in harm is a positive change



- Harm exists on a continuum;
 - Some behaviors are more harmful than others
- *Any* reduction in harm is a positive step towards health.

Health and wellbeing are the most important measures of success

- Quality of life is the most important measure of success.



Every person has equal value and dignity

Do you have unconditional positive regard?

That depends.

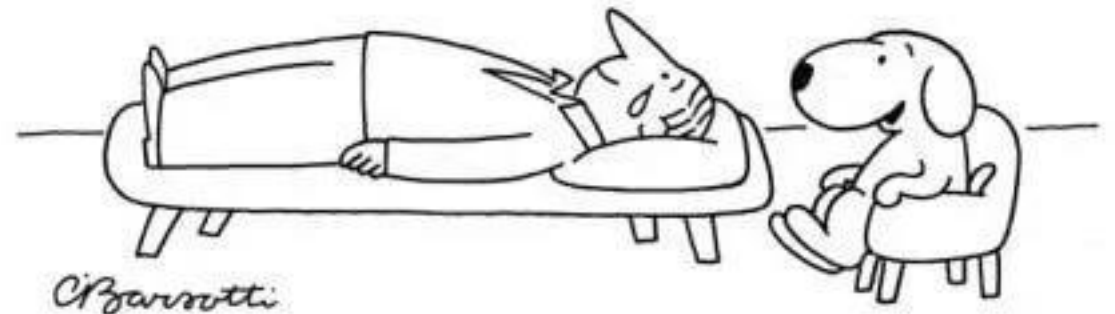


Harm Reduction

- Recognizes the humanity of every individual
- Does not base their worth on their behaviors
- All individuals are equally valuable
- All people deserve to be treated with Unconditional Positive regard

Harm Reduction

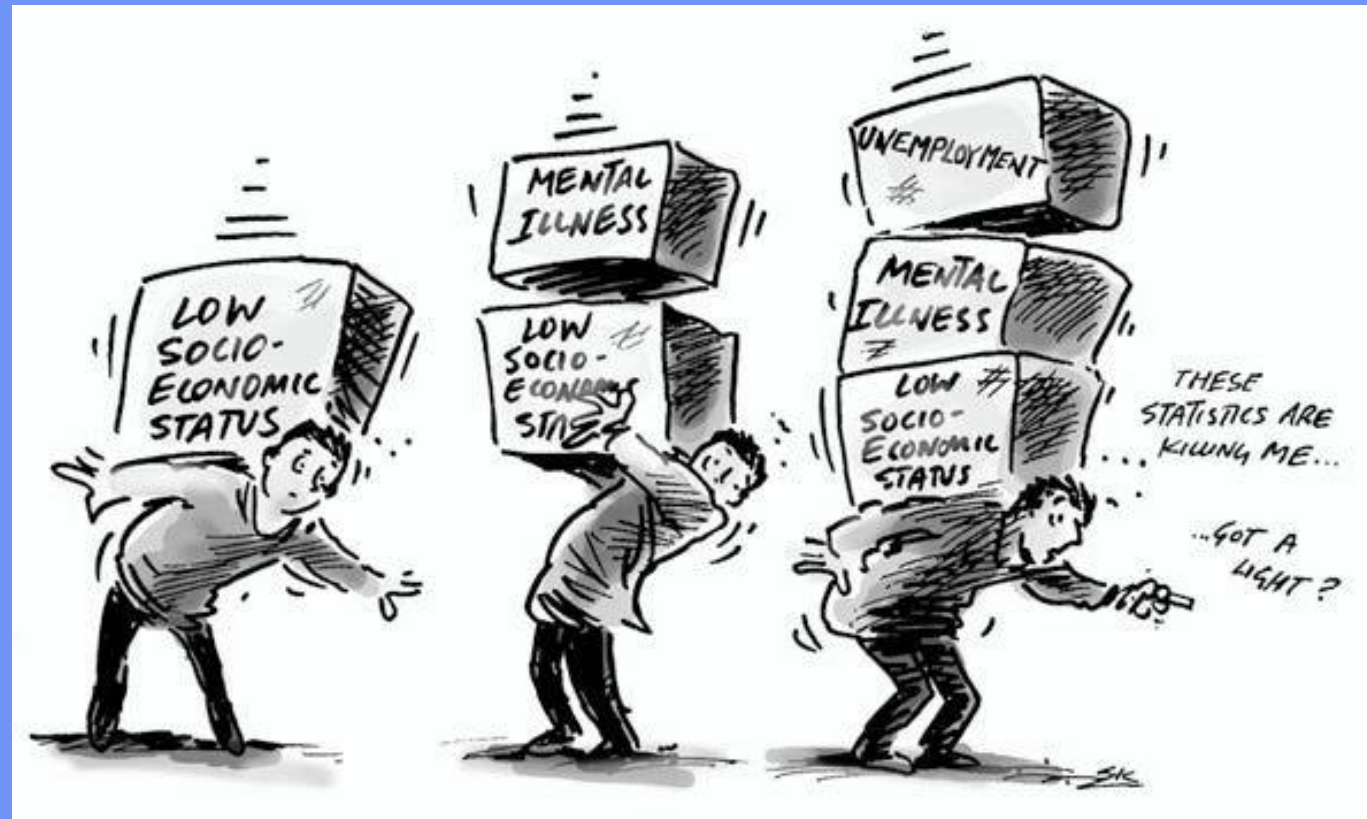
- Relinquishes authority
- Consciously rejects judgement over another person's choices and right to autonomy.



"Well, I think you're wonderful."

Recognize the impact of life experience.

- Trauma
- Oppression
- Marginalization
- Racism
- Sexism
- Poverty
- Societal and interpersonal violence
- The list goes on.....



Values and utilizes the knowledge of individuals
with lived and living experience



Harm Reduction Values and Requires:

- The expertise of lived and living experience

Harm Reduction Ensures:

- These individual's voices and goals are central to service design and provision

Honest recognition of harm.

Harm Reduction fully recognizes and does not attempt to minimize or ignore the actual harms and risks associated with a behavior



Practice radical neutrality



- Disengage from our own beliefs and judgements
- Grapple with Ethical Gray Areas
- Tolerate
- Accept
- Seek to Understand Difficult Behaviors

Principles: The Guiding Compass



- Principles are the core values that keep us moving in the right direction

Harm Reduction Tools

- **Information and Education**



- **Materials**



- **Practices**



Harm Reduction Tools for Substance Use

- Drug Information
- Safer Use Practices
- MAT
- Overdose Prevention
- Wound Care
- Drug Testing



Harm Reduction Tools for Mental Health Needs



- Peer Supports
- Self-Injurious Behaviors
- Medication Management
- Eating Disorders, etc

Harm Reduction Tools for Housing

- Behaviors that put housing at risk.
- Housing that puts the individual at risk



Harm Reduction Tools for Sex Work



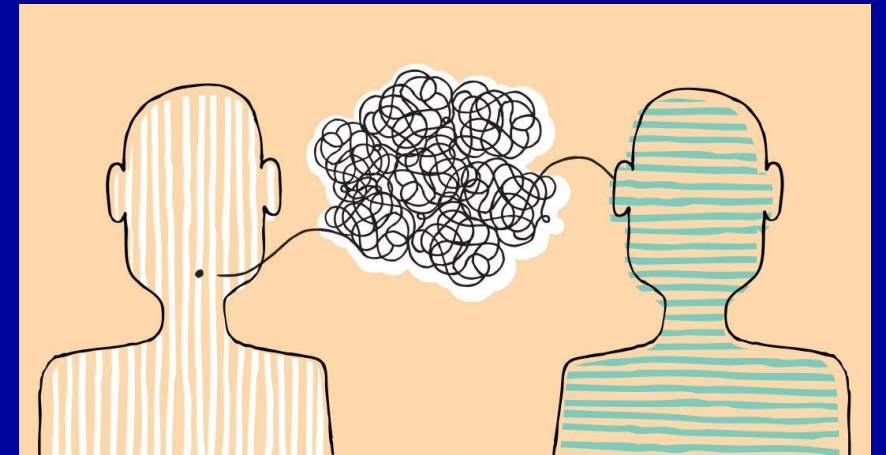
- Safer sex materials and education
- Access to anonymous testing.
- Support accessing healthcare
- Connecting with community
- Personal Safety

Harm Reduction Practices



Stigma Reduction

Motivational
Interviewing



Unconditional Positive Regard



Resources <https://portal.ct.gov/dmhas/initiatives/dmhas-initiatives/harm-reduction>

Connecticut Resources



National Resources



Harm Reduction: Every Door is the Right Door

