Incorporating Harm Reduction in Your Program

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CSH

Mission: to advance solutions that use housing as a platform for services to improve the lives of the most vulnerable people, maximize public resources and build healthy communities.

We envision a future in which high-quality supportive housing solutions are integrated into the way every community serves the men, women and children in most need.

Core Values: entrepreneurial, strategic, pragmatic collaborative, accountable, dedicated
What word/s or phrases come to mind when you hear

Harm Reduction
“The philosophy of harm reduction promotes and supports the right of people who use substances and engage in other risky behaviors to be treated with dignity and respect; their right to exercise self-determination related to use; and their right to expect and receive collaboration in therapeutic relationships.”

- Midwest Harm Reduction Institute
Areas of Harm & Impact of Stigma

- Health (physical and mental)
- Personal Safety
- Housing
- Financial/Job Performance
- Relationships
- Legal Criminal
Harm Reduction is an integration of well established evidenced based practices; and found to be effective because:

- It understands that most people change gradually and experience ups and downs
- It builds upon one success at a time
- It is individualized - Each individual’s relationship with drugs and alcohol is different
- It emphasizes self determination, is client directed and encourages honesty
- It empowers clients to choose their own goals
- It fosters client growth, self discovery and decision making
- It requires commitment, compassion and caring
Harm Reduction Core Principles

- Individuals have a voice
- The focus is on reducing harm, not consumption
- The individual’s decision to engage in risky behaviors is accepted
- There are no pre-defined outcomes
- The individual is expected to take responsibility for his or her own behavior
- The individual is treated with dignity
The 3 Factors That Impact Risk

Drug
Set
Setting
Substance Use Management - Drug

What is the goal/benefit of your use

What harms have you experienced in the past that you’d like to avoid in the future

What action steps can you take to avoid these harms
Substance Use Management - Set

- How are you feeling before you use
- What kind of mood are you in
- Are you sick
- Are you depressed
- Are you happy
Substance Use Management - Setting

- Where are you using – is it always in the same place
- How safe is it
- Do you use by yourself or with others
- How do your surroundings/environment contribute (positively or negatively) to your experience
Learning Review

Which of these are not components of Harm Reduction philosophy?

a) Reducing consumption is a goal
b) An individual’s decision to engage in risky behaviors is accepted
c) The individual is expected to take responsibility for his or her behavior.
Tenancy Skills

- Tenant training about their lease: rights and responsibilities.

- Most common problems:
  - Too many guests
  - Noise
  - Non-payment of rent

- Helpful Tips:
  - Label TV and stereo at desired sound levels
  - Does tenant feel comfortable asking guests to leave.
  - Connect resident to community activities
  - Establish a relationship with a fair housing program/legal center
Assisting Tenants in Breaking Down the Problem

- Problems can seem overwhelming
- Break the problem into smaller pieces
- Ask which pieces you can do something about
- Often, different people can help with different parts of the puzzle
- Small successes builds confidence

Overdose Prevention

- What is an overdose?
  - Naloxone/Narcan

- Protocols, training, and communication

- Opioids + downers

- Binge drinking

- Detox
  - Learn more at Harmreduction.org
What is he talking about?
Other ideas

Recovery Coaches

- Development of Recovery Plan.
- help to initiate and sustain an individual/family in their recovery from substance use or addiction.
- promote recovery by removing barriers and obstacles to recovery.
- serve as a personal guide and mentor for people seeking, or already in recovery.
- help a client find resources for harm reduction, detox, treatment, family support and education, local or online support groups; or help a client create a change plan to recover on their own.
- help individuals find ways to stop using (abstinence), or reduce harm associated with addictive behaviors.

Recovery groups

- Make them easy to get to; share rides, etc.
- [http://twodreams.com/dream-journal/142-substance-abuse-group-therapy-activities](http://twodreams.com/dream-journal/142-substance-abuse-group-therapy-activities)
Harm Reduction does NOT

a) Condone substance abuse
b) Reduce harmful stigma
c) Engage tenants in recovery services
Refresher

If someone is hiding their substance abuse from service providers, we should

a) Try to convince them to tell us what’s going on, keep asking about it.

b) Be patient, demonstrate empathy; make sure they know about Harm Reduction and Housing First.

c) Give them hints that we know what they’re up to or look for evidence to point out that we know.
“Everybody is a genius. But, if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid”. Albert Einstein
Assertive Engagement Principles

*Professionals are catalysts for change*

- Care for immediate needs
- Help people make informed choices
- Develop an honest and trusting relationship
- Unconditional positive regard
- Provide and/or connect to services and resources
- A persistent and active approach to interaction
- Active Listening
Effective Engagement

When engaging a tenant...

- Be a real person, authentic
- Be nonjudgmental about behaviors of tenant
- Believe that change is possible
- Examine your own biases
- Remember positive reinforcement tips people toward change
- Get meaningful supervision and peer support
- Be flexible and creative
Contact Information

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Questions...Comments...Feedback