

Harm Reduction

Philosophy
& Practice

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<p>Matt Bennett, MA, MBA</p> <ul style="list-style-type: none">• matt@optimalhrv.com• Before our journey<ul style="list-style-type: none">• Harm reduction can be challenging• The state of the world• A story of hope and healing	The book cover features a white background with a red heart and a black ECG line. Text includes 'HEART RATE VARIABILITY', 'THE FUTURE OF TRAUMA-INFORMED CARE', and 'MATTHEW S. BENNETT'. A small red seal says 'REVISED EDITION'.	The cover has a white background with a colorful gear-like graphic in the center. Text includes 'TALKING ABOUT TRAUMA & CHANGE', 'A CONNECTING PARADIGMS SUPPLEMENT', and 'MATTHEW S. BENNETT'.
The cover features a white background with a colorful gear-like graphic. Text includes 'CONNECTING PARADIGMS', 'A TRAUMA-INFORMED & NEUROBIOLOGICAL FRAMEWORK FOR MULTICULTURAL, MULTIGENERATIONAL IMPLEMENTATION', and 'MATTHEW S. BENNETT'.	The cover shows a group of diverse children and adults. Text includes 'TRAUMA-SENSITIVE EARLY EDUCATION', 'Helping Pre-School & Elementary Students Thrive!', and 'MATTHEW S. BENNETT SARAH BENNETT'.	

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The illustration is divided into two parts. On the left, a small island with a mountain peak is labeled 'RECOVERY ISLAND'. On the right, a person is shown in a lifeboat on a choppy sea, with another person visible in a lifeboat further away.

Harm Reduction is a Lifeboat

Van Asher

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Assumptions	Goal	Methods
<ol style="list-style-type: none"> 1) Public health alternatives to moral/criminal and disease drug use and addiction models. 2) Recognizes abstinence as an ideal outcome and accepts other alternatives. 3) Harmful consequences of drug use can be placed on a continuum. 	<p>To move along this continuum by taking steps to reduce harm (and increase safety).</p>	<ol style="list-style-type: none"> 1) Safer route of drug administration. 2) Alternative, safer substances. 3) Reduce the frequency of drug use. 4) Reduce the intensity of drug use. 5) Reduce harmful consequences of drug use.

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Low-threshold access to services

- High threshold – contains requirements of preconditions
- Low threshold – focus on moderation allows more access to a larger population
 - Meet the person on their own terms (where they are, not where society thinks they should be)
 - Work with a variety of other behaviors associated with sex or drug use
 - Reducing the stigma associated with receiving help
 - Providing integrative and normalized approach to high-risk behaviors

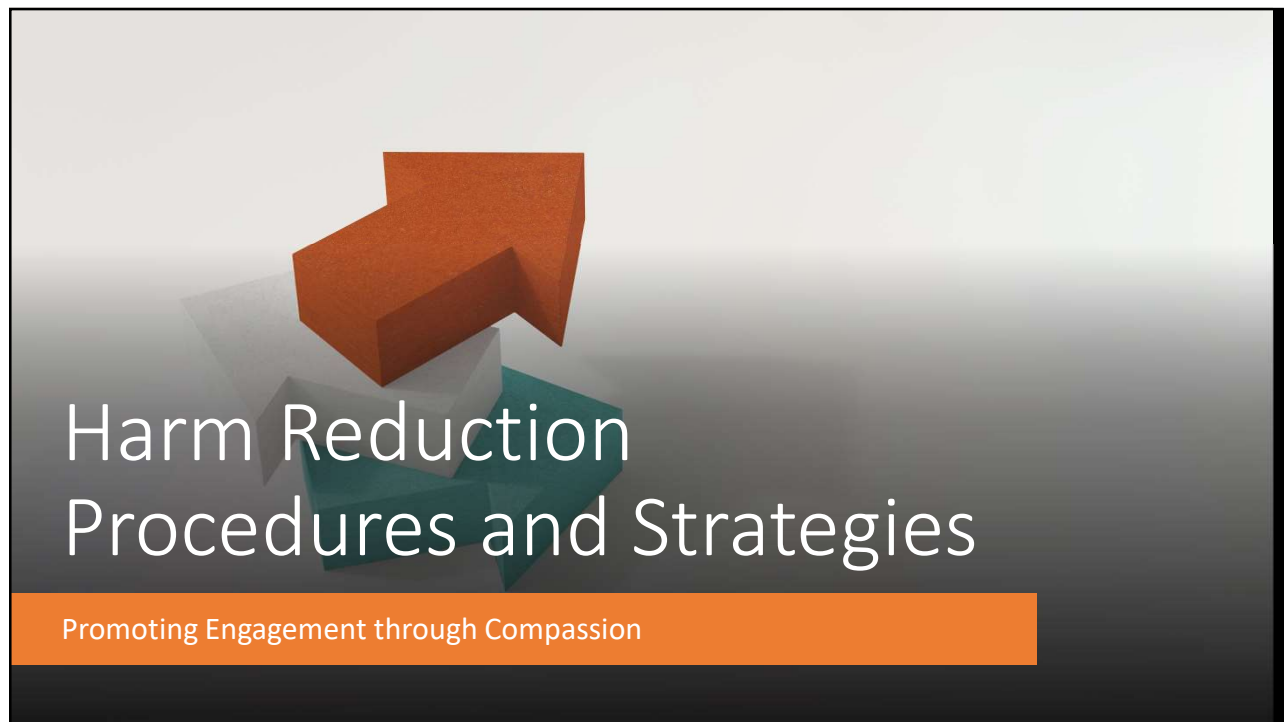
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Compassionate Pragmatism vs. Moralistic Idealism

- Harmful behaviors have always and will always happen
- Doesn't mean we condone or promote harmful behaviors
- Just because a person participates in a behavior does not make them good or bad as a person
- Compassionate pragmatism
 - How can we reduce harm to the individual and society?
 - How can we increase safety for the individual and society?



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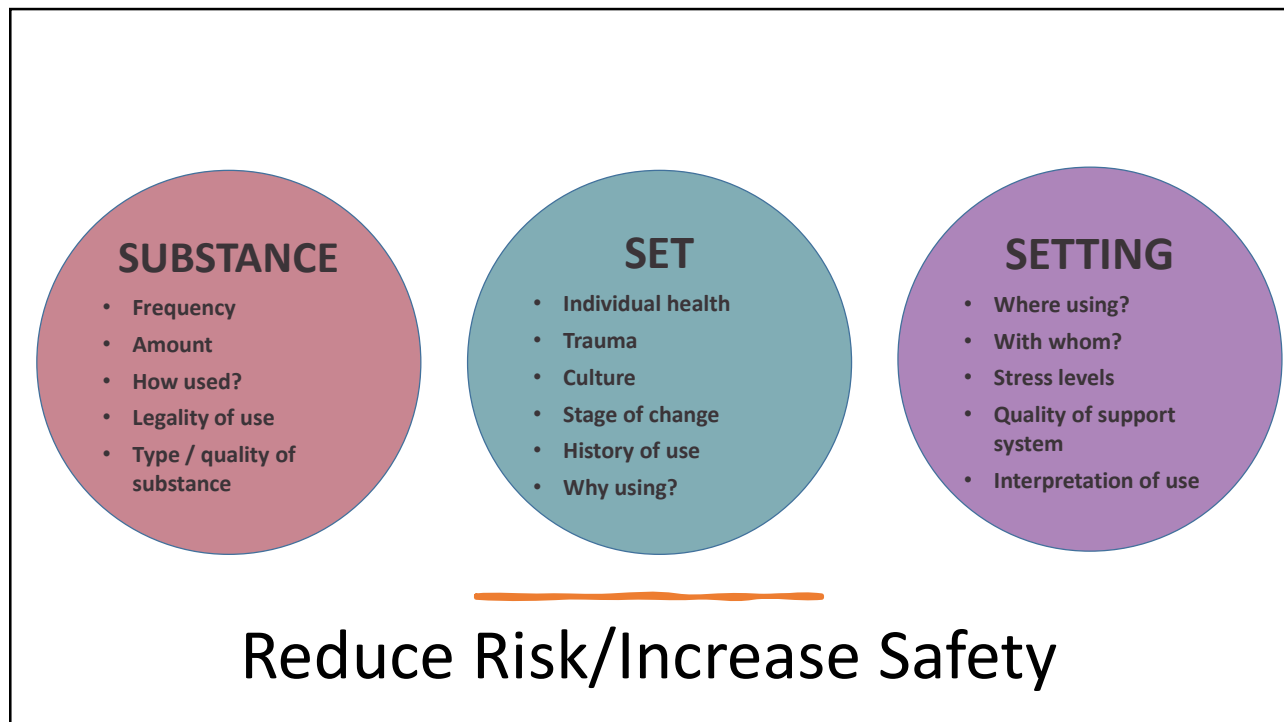
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Harm Reduction: (In)Direct Approaches

DIRECT	INDIRECT
<ul style="list-style-type: none"> • Safer sex <ul style="list-style-type: none"> • Risk behavior cascade • Reducing sex-based violence <ul style="list-style-type: none"> • e.g. Sex work • Safer drug use <ul style="list-style-type: none"> • Sterile equipment access • Pragmatic drug education • Understanding overdose risks • Prioritizing infectious disease prevention • Housing First 	<ul style="list-style-type: none"> • Low-barrier treatment adherence • Building trust and healthy partnerships • Setting realistic expectations of support systems • Systemic harm reduction • Trauma-informed

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Harm Reduction Program Goals

- Increase awareness and understanding of high-risk behaviors and their helpful and harmful consequences
- Coping skills training to deal with high-risk situations
- Promoting moderation through training in risk-reducing and health-promoting behaviors

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Common Elements of Harm Reduction Programs

- Input from participants
- Use of peers
- Active discussion format (MI)
- Use of role play to practice high-risk situation
- Emphasis placed on personal choice and responsibility



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Shifting in Intervention

- Attempt to stabilize a person's harmful behavior
- Focus on maintenance and keeping the problem from getting worse
- Encourage the reduction of harmful consequences
- Utilize other methodology
 - Group and/or individual therapies (primarily cognitive and behavioral-based)
 - Pharmacotherapies – naltrexone, methadone, etc.
- Stay client-centered and utilize client and group input



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Increasing Environmental Availability

- If there is no safe opportunity to practice harm reduction or safer behaviors, it will not happen
- Often linked to public policy – think needle exchange!
- Help person identify not only lower-risk behaviors but safe places to practice these behaviors



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Keep Learning

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www.traumainformedlens.org

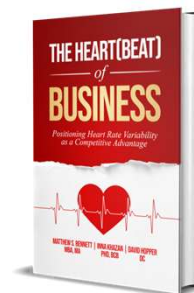
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