



Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Practicing Flexibility

Part 2: Matching Harm Reductive Interventions to Client Readiness

Session Handouts

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Exercise 1: “What is Harm Reduction to me?”

Length: 4 minutes

Goal: Reflect on current understanding of Harm Reduction

Instructions:

Take a few minutes to think about your current understanding of Harm Reduction. Below write down a short, working on definition of Harm Reduction. If time allows, write down some concerns & hopes you have for integrating harm reduction strategies into your practice.

Notes:



Exercise 2: Where might we find success?

Length: 15 minutes

Goal: Gain experience identifying possible harm reductive goals using actual client examples.

Instructions:

In groups of 2 or 3, share a brief (no more than 2 minute) overview of a person you have worked with for whom an abstinence-based approach is/ wasn't effective. As group, identify a list of possible goals for reducing harm improving health outcomes:

Notes:



Safer Use

Stabilization of
emotional
states

Reduction of
“chaotic”
substance use

Socioeconomic
stabilization

Substance use
Moderation

Management
of Psychiatric
Symptoms

Abstinence
from
Substances

Other things



Exercise 3: Who/What/Where/Why/ When/ How?

Length: 20 Minutes

Goal: Practice engaging in a conversation surrounding describing Drug/ Set/ Setting with a client and describing use a tracking form for the purpose of awareness building.

Instructions:

You and your partner will take turns practicing introducing the concept of Drug/ Set/ Setting to your clients, identifying a way of logging information, and outlining how you might discuss it in future sessions.

Tips:

Sample Tracking Form:

Date:	Use Drugs? Y/N	How much?	Urges to Use?	Situation/ Setting?	Thoughts (about use, occurred as a result of using, or followed)



Experiential Process	Applicable Stage of Change	Goal
Consciousness raising	Precontemplation/Contemplation	<i>Gains new awareness and understanding of substance use behavior</i>
Emotional arousal	Precontemplation/Contemplation	<i>Is motivated to contemplate change after an important emotional reaction to current substance use behavior or the need to change</i>
Environmental reevaluation	Precontemplation/Contemplation	<i>Evaluates pros and cons of current substance use behavior and its effects on others and the community.</i>
Self-reevaluation	Contemplation	<i>Explores the current substance use behavior and the possibility of change in relation to own values</i>
Social liberation	Contemplation/Preparation	<i>Recognizes and increases available positive social supports.</i>



Exercise 4: *Houston, Do you read me?*

Length: Approximately 20 minutes

Goal: Practice responding to changing clients needs when practicing from a harm reduction framework.

Instructions:

You will be split into small breakout rooms. Your trainer will be sharing a screen that shows information about a fictional client and will change over time. Periodically, this screen will be updated to include information to react to in your care recommendations with this fictional client. Below is brief introduction that you can use to begin to use for your discussion.

“Julian”

16 years old, seeking an assessment after leaving a residential program that he was referred to by his probation officer. He left this residential program against advice after learning that his ex girlfriend is pregnant. He states at the time of assessment that he has not used Opioids in over 3 weeks. He is currently on home monitoring (house arrest) and states that he would like to enter a GED program and also find work in the meantime. He reports that his home environment is mostly safe/ sober, but his former peers stop by from time to time or even live in the same apartment complex.

Historically he has also used other substances such as methamphetamine, alcohol, cannabis, and nicotine.



Behavior/ Need	Harm Reduction Strategies



Exercise 5: Planning your Planning

Length: Approximately 10 minutes (4-5 minutes per turn)

Goal: Identify next steps or planning processes relevant to your work in practicing flexibility.

Instructions:

With a partner, take turns to identify what (if any) next steps exist for you in your efforts to match client readiness to treatment interventions. Each partner will take turns in the “speaker” and “listener” roles.

Listener: Work to elicit the following from your partner:

- Topics that interested/ excited them about today’s workshop
- Their next steps to practicing flexibility/ adapting interventions
- Something they feel confident trying sooner rather than later
- Something they are wondering if they can be flexible with due to setting, practice, or some other factor

Speaker: Share what you are comfortable with!

We’ll use the debrief of this exercise to close of our workshop today.



Resources:

TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment

Transtheoretical Model of Change: A Model for the Treatment of Substance Use Disorders



Harm Reduction Umbrella

Adapted from materials provided by the Harm Reduction Therapy Center

Core Values	Recovery Characteristics	Outcome Options
<ul style="list-style-type: none"> Acceptance of intoxication as a normal part of human existence Safety Inclusivity Diversity Self-determination Integration 	<ul style="list-style-type: none"> Well-being Autonomy Resilience Relatedness Competence Empowerment Non-problematic substance use 	<ul style="list-style-type: none"> Safer Use Stabilization of emotional states Reduction of "chaotic" substance use Socioeconomic stabilization Substance use Moderation Management of Psychiatric Symptoms Abstinence from Substances Other things
Core Values	Intervention Options	Self Help Options
<ul style="list-style-type: none"> Belief that <i>they are us</i> Cultural Humility Radical Acceptance Knowledge of drugs, their uses, benefits and risks Understanding of co-occurring disorders Meeting people where they are, and staying with them at their pace toward their goals Trauma Informed Care Motivational Interviewing Countertransference management 	<ul style="list-style-type: none"> Psychodynamic Cognitive Behavioral Medical Somatic Socioeconomic Systemic 	<ul style="list-style-type: none"> Harm Reduction Community groups Over the influence book clubs HAMS (Harm Reduction, Abstinence, and Moderation Support) online meetings Moderation Moderation Management Abstinence AA, NA, DDA, etc... SMART Recovery Lifering Secular Organizations Women for Sobriety



Problems with drugs and the experience people have while using them is the result of an interaction

DRUG

- The drug itself (effects, potency)
- How it is used (method of admin)
- Legality
- What impurities exist (e.g., what is cut with).

SET

- The person's:
 - Unique physiology
 - Physical Health
 - Mental/ Emotional State
 - Cultural identity, origin, and sense of belonging.
- The expectation and motivation for using the substance

SETTING

- Stress in a person's life (social, economic, or environmental)
- The support in their life
- Where and with whom the use is occurring
- Social and cultural attitudes towards drug use

Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.