

# HARM REDUCTION FOR SUBSTANCE USE: MEETING CLIENTS WHERE THEY'RE AT

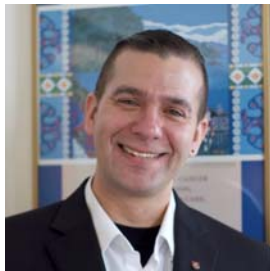
APRIL 5, 2019, 9:00AM – 5:00PM, PSB 2097

PLEASE REGISTER AT:

[HTTPS://REDCAP.ITHS.ORG/SURVEYS/?S=YCW9FHNKHE](https://redcap.iths.org/surveys/?s=YCW9FHNKHE)



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## WHAT IS HARM REDUCTION?

As applied to substance use, “harm reduction” describes a broad set of compassionate and pragmatic approaches that aim to reduce substance-related harm and improve quality of life. Harm reduction may be enacted on policy, population, community and individual levels. In this workshop, we will discuss the practice of harm reduction on the individual level in a clinical application. We call this evidence-based practice harm reduction treatment. Our Center’s harm reduction treatment comprises 3 primary components—patient-led tracking of preferred metrics, harm-reduction goal-setting and safer-use strategies—delivered in a compassionate and pragmatic way.

## FOLLOWING THIS COURSE, YOU WILL BE ABLE TO:

- Define harm reduction
- Describe the rationale for harm reduction
- Describe harm-reduction treatment and name its components
- Enact harm-reduction treatment components

## SCHEDULE OF EVENTS:

- 9-10:15am—Introduction to Harm Reduction
- 10:15-10:25am—Break
- 10:25am-12pm— Engagement and Compassion
- 12-1pm—Lunch on your own
- 1-2:30pm—HaRT Toolbox: Assessment, feedback and tracking
- 2:30-2:40pm—Break
- 2:40-3:40pm—HaRT Toolbox: Harm reduction goals
- 3:40-3:50pm—Break
- 3:50-4:30pm—HaRT Toolbox: Safer-use strategies
- 4:30-5:00pm—HaRT Toolbox Q&A

Dr. Collins will lead the morning sessions, joined by Drs. Nelson and Clifasefi in the afternoon.

## COST:

This course is free for Harborview staff, clinicians and trainees; Suggested donations for others: \$240 for for-profits, \$160 for nonprofit & educational entities, and \$80 for students.

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