HARM REDUCTION FOR THE CLINICAL SETTING
Presented by Kimberly May, LPC-S, LMFT

Welcome, your facilitator will be:
Samson Teklemariam, LPC, CPTM
- Director of Training and Professional Development for NAADAC
- NAADAC, the Association for Addiction Professionals
- www.naadac.org
- Steklemariam@naadac.org

Halcyon Health
Halcyon Health provides high-quality, evidence-based, personalized care for our members—designed to increase Recovery Capital and improve outcomes.

Certified Peer Recovery Coaching  Tech-Enabled Whole-Person Care  Integrated Care Coordination
www.naadac.org/webinars

Using GoToWebinar (Live Participants Only)
- Control Panel
- Asking Questions
- Handouts
- Audio (phone preferred)
- Polling Questions

Kimberly May, LPC-S, LMFT
Founder of Substance Use Therapy
Austin, TX
Kim@SubstanceUseTherapy.com
www.SubstanceUseTherapy.com

NAADAC Webinar Presenter
What is Harm Reduction?

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

-Harm Reduction Coalition

Examples of Harm Reduction

- Designated drivers
- Seat belts
- Moderation
- Nicotine replacement therapy
- Sunscreen
- Eat This, Not That
- Condoms
LET’S TALK ABOUT MEAT

Applying Harm Reduction to the Clinical Setting

- Meet people where they are.
- First reduce harm to themselves or others caused by substance use.
- Crucial to get to know each person and their relationship with drugs and alcohol.
- View each person as an individual who has complex needs that may extend beyond just addressing substance use.

Common Themes

- Lack of self-compassion
- Lack of self-worth
- Shame
- Guilt
- Unhealthy/non-existent boundaries
Types of Boundaries

- Emotional boundaries
- Physical boundaries
- Work boundaries
- Time boundaries
- Sexual boundaries

Beyond Tough Love

- Boundaries for caregivers
- Rethink enabling & co-dependency
- What role are you taking on?
- The problem with promises
- What can you realistically take on?

CONTINUUM OF USE

0. No use
1. Experimentation
2. Social/Recreational
3. Habitual
4. Abuse
5. Dependence (addiction)
6. Physiological dependence
7. Persistent addiction
PROGRESSION FROM USE TO DEPENDENCE IS NOT INEVITABLE

Addiction is a biopsychosocial phenomenon
- The full picture is complex
- Our strengths are also a biopsychosocial phenomenon

ESTABLISH THE CLIENT’S GOAL
...and embrace the ambivalence
CAN'T DECIDE IF I NEED A HUG, AN XL COFFEE, 6 SHOTS OF VODKA, OR 2 WEEKS OF SLEEP.

DEVELOP NEEDS HIERARCHY FROM CLIENT PERSPECTIVE

IF DRUGS ARE BAD THEN WHY DO THEY MAKE ME FEEL SO GOOD?

DRUG USE IS INITIALLY ADAPTIVE

RATS ON DRUGS
"Maybe there are cages we don’t see”
- Dr. Bruce Alexander

ACTIVE USERS CAN AND DO PARTICIPATE IN TREATMENT

INCREASING MOTIVATION FOR CHANGE IS THE THERAPEUTIC WORK, NOT A CONDITION FOR BEGINNING THE WORK
ANY REDUCTION IN HARM IS A STEP IN THE RIGHT DIRECTION

SUCCESS IS RELATED TO SELF-EFFICACY

Combating Clinician Hopelessness and Burnout
1. Redefine/reframe success
2. Build trust through lack of bias
3. Create atmosphere of understanding
4. Focus on process, let go of outcome
Drug, Set, and Setting

Drug
- Potency
- Route of administration
- Adulterants
- Pharmacology and actions of each drug
- Amount

Set
- Personality traits
- Mood when using
- Expectation
- Motivation
- Emotional issues
- Coping deficits
- Health
Drug, Set, and Setting

- Environment
- Life stressors
- Alone or with others?
- How at ease or rushed they feel
- Time of day
- Culture

Myth: Harm reduction is against abstinence

Truth:
- Harm reduction therapists simply accept that people use both licit and illicit substances.
- Use is not condoned, but personal choice is respected, and goals come from the client.
- At the forefront will be honest discussions of risk with continued use.

Decisional Balance Exercise

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Save money</td>
<td>Not worry about getting a DUI</td>
</tr>
<tr>
<td>Look better</td>
<td>Trouble sleeping</td>
</tr>
<tr>
<td>Not be hungover</td>
<td>Knee would hurt</td>
</tr>
<tr>
<td>Not worry about getting a DUI</td>
<td>Fear of unknown</td>
</tr>
<tr>
<td>Like going to bars</td>
<td>Continue using the way I am now</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>No withdrawal</td>
<td>Might lose my relationship</td>
</tr>
<tr>
<td>Wouldn’t feel overwhelmed</td>
<td>Might get arrested</td>
</tr>
<tr>
<td>Could keep going to bars</td>
<td>Might get arrested</td>
</tr>
</tbody>
</table>
Substance Specific Harm Reduction Strategies

Alcohol & harm reduction
- Transportation plan
- Black out prevention
- Moderation strategies
- Abstinence days
- Naltrexone
- Sinclair Method
- Changing location
- Measuring
- Avoid mixing with other drugs
- Less is more

Opioids & harm reduction
- Medication Assisted Treatment
- Needle exchange
- Safe shoot practices
- Fentanyl testing kits
- Naloxone (Narcan)
- Use less after periods of abstinence
- Use less in strange environments
“THE OPPOSITE OF ADDICTION IS NOT SOBRIETY. IT'S CONNECTION.”

“THE OPPOSITE OF ADDICTION IS NOT SOBRIETY. IT'S CONNECTION.”

References
References

Images Retrieved from:
- https://media.npr.org/assets/img/2013/06/10/designdrive-0311bc97531dffdfaeb1c87e5ff01ef86b1ba4d0-s600-c85.jpg
- https://static1.squarespace.com/static/5952b1e73a0411c3050ab944/5991eb68f29efee946865739/5c477e6740ec9a50cd15dfcc/1548858898378/Screen+Shot+2019-01-22+at+3.40.28+PM.png?format=1500w
- https://static.gosquared.com/images/liquidicity/18_10_25_proactivechat/crosssellingarrows.png
- https://jhuadultlearninghoepfner.files.wordpress.com/2010/04/slide11.gif
- https://memegenerator.net/instance/12767158/philosoraptor-if-drugs-are-bad-then-why-do-they-make-me-feel-so-good
- https://miro.medium.com/max/596/0*xm7KCqyN_j5I0IZf.jpeg
- https://i.redd.it/o3m03gxd7nb21.jpg
- https://www.gannett-cdn.com/presto/2019/10/07/PCNJ/5582dd0d-c75d-4852-9902-1aa9f838d860-Social_Happy_Hour.jpg?crop=938,704,x212 ,y0&quality=50&width=640
- https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSAtayeyKoaoZxFgBVACPRCix9BwSW8TKGhUg&usqp=CAU
- https://cf.ltkcdn.net/cocktails/images/std/219565-500x340-Forest-Fire-Shot.jpg
- https://wwwassets.rand.org/content/rand/blog/rand-review/2020/01/fentanyl-the-most-dangerous-illegal-drug-in-america/jcr:content/par/blogpost.aspectcrop.868x455.cm.jpg/x1578506710527.jpg.pagespeed.ic.rCIK2hNcKU.jpg

Overview

Halcyon Health specializes in substance use disorder (SUD) and addiction treatment solutions. By combining a proprietary, software-driven integrated care platform, Certified Peer Recovery Coaching (CPRC), and Care Coordination; Halcyon fills in the gaps in care at a highly targeted level — enhancing well-being and improving patient outcomes.
**Member Journey**

1. **Provider**: Talks to prospective member about Halcyon and makes referral.
2. **Member**: Enrolls with Halcyon Health, completes intake with dedicated Care Coordinator and is matched with their CPRC.
3. **Care Team**: Designs a personalized recovery plan and handles all referrals + coordination.
4. **Member**: Works with CPRC to build recovery capital and improve overall well-being.
5. **Care Team**: Works with the member to assess progress using ongoing surveys and member communication — further refining plans as needed.

**Halcyon Health**

- Acting as an extension of their team to eliminate any barriers to treatment
- We Partner with Best-In-Class Providers
  - We help decrease patient/client hospitalizations and improve long-term outcomes
  - We help increase patient/client satisfaction, resulting in continued engagement in care
  - You will be added to our “Preferred Provider Database,” which Halcyon utilizes when seeking referral options that fit members’ needs

**Have questions? Need more resources? Reach out!**

[www.SubstanceUseTherapy.com](http://www.SubstanceUseTherapy.com)

Kim@SubstanceUseTherapy.com
MORE FROM NAADAC

EMERGENCY RESPONSE WEBINARS:
• COVID-19: Telehealth for Opioid Addiction Interventions
  By: Marlene M. Maheu, PhD
• The Impact of Disaster on Recovery: The Perfect Storm
  By: Timothy Legg, PhD, PsyD, PMHNP-BC, MAC
• Psychological First Aid During COVID-19
  By: Frederick Dombrowski, PhD, LMHC, MAC, CASAC
• Virtual Town Hall: Understanding the Impact of COVID-19 on the Addiction Profession
  By: Thomas F. Britton, DNP, LPC, LCAS, AAS, Lisa Tardello, MA, CT, and Arlene Haberly, MD
• Telehealth During COVID-19 and Beyond: Integrative Treatment for Co-Occurring Disorders
  By: Frederick Dombrowski, PhD, LMHC, MAC, CASAC
• Virtual Workplace Wellness: Successfully Managing Change and Reducing Stress
  By: PerCilla Zeno, CCHW, CPRS

OVER 145 CEs of free educational webinars are available. Education credits are FREE for NAADAC members.

WEBINAR SERIES
Over 145 CEs of free educational webinars are available. Education credits are FREE for NAADAC members.

MAGAZINE ARTICLES
In each issue of Advances in Addiction & Recovery (NAADAC’s magazine), one article is eligible for CEs.

FACE-TO-FACE SEMINARS
NAADAC offers live, face-to-face seminars of varying lengths in the U.S. and abroad.

INDEPENDENT STUDY COURSE
Earn CEs at home and at your own pace (includes study guide and online examination).

UNLEASH YOUR VIRTUAL CONFERENCE
• NAADAC 2020 Annual Conference
  • COVID-19: Telehealth for Opioid Addiction Interventions
  • The Impact of Disaster on Recovery: The Perfect Storm
  • Psychological First Aid During COVID-19
  • Virtual Town Hall: Understanding the Impact of COVID-19 on the Addiction Profession
  • Telehealth During COVID-19 and Beyond: Integrative Treatment for Co-Occurring Disorders
  • Virtual Workplace Wellness: Successfully Managing Change and Reducing Stress
  • Telehealth During COVID-19 and Beyond

ONDEMAND ANNUAL VIRTUAL CONFERENCE
Demonstrate advanced education in diverse topics with the NAADAC Certificate Programs:
• Certificate of Achievement for Addiction Treatment in Military & Veteran Culture
• Certificate of Achievement for Clinical Supervision in Addiction Treatment
• Certificate of Achievement for Clinical Supervision in Opioid Treatment
• Conflict Resolution in Recovery
• National Certificate in Tobacco Treatment Practice

CERTIFICATE PROGRAMS
Demand-driven advanced education in diverse topics with the NAADAC Certificate Program.

Thank you for joining!
NAADAC
44 Canal Center Plaza, Suite 301
Alexandria, VA 22314
phone: 703.741.7686 / 800.548.0497
toll-free: 877.382.5760
fax: 703.741.7698 / 800.377.1136
naadac@naadac.org
www.naadac.org

Presented by Kimberly May, LPC-S, LMFT