

Chemical Dependency Professional (CDP) Engagement in Harm Reduction Settings



**THE MORE TIMES A PERSON ENGAGES IN
HARM REDUCTION ACTIVITIES THE
HIGHER THE LIKELIHOOD
THEY WILL ENTER TREATMENT**

- JOURNAL OF SUBSTANCE ABUSE TREATMENT

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Harm Reduction Engagement



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CDP engagement in Harm Reduction settings involves the client as a partner in their recovery . .

***when the client is ready**

***where the client is at the present time**

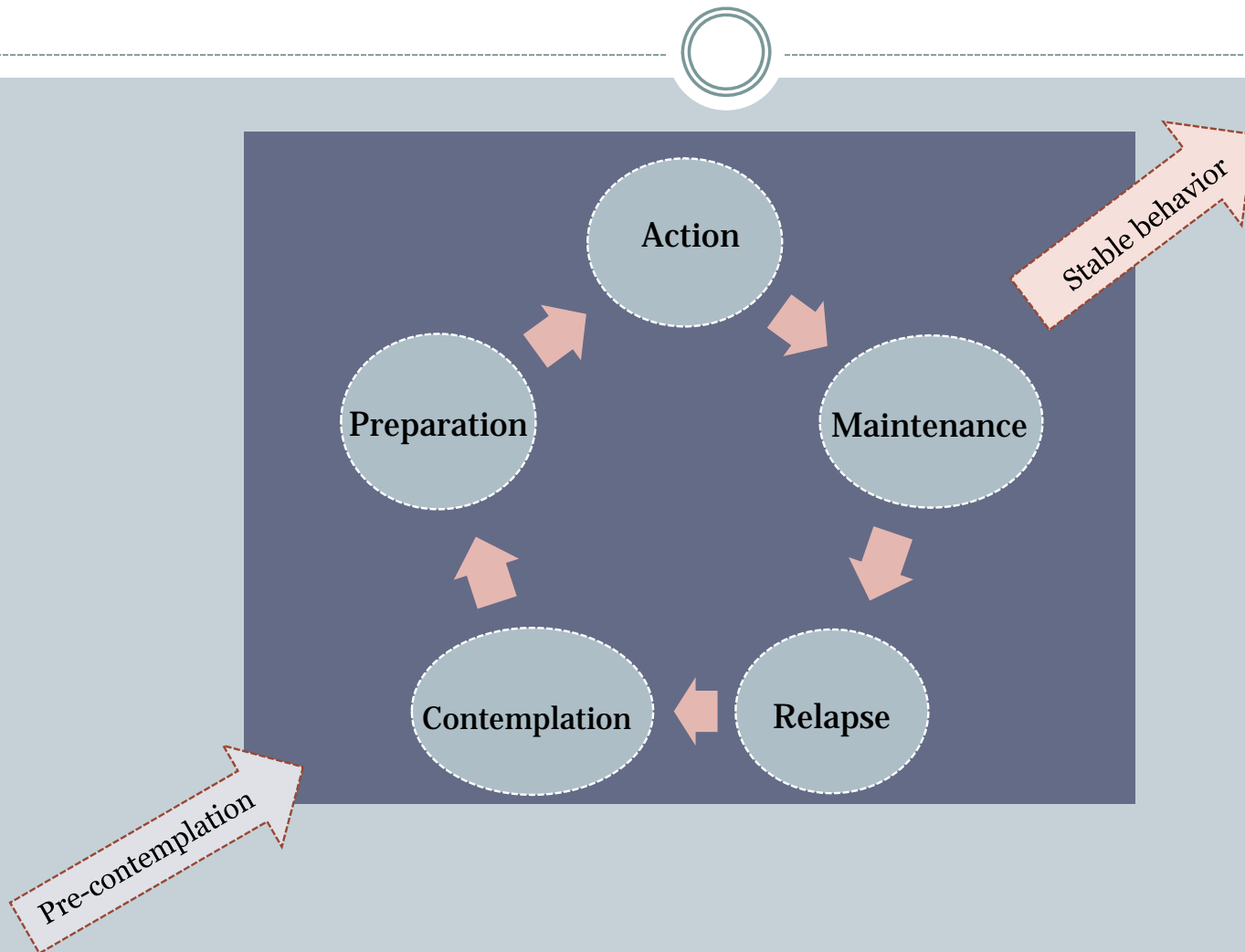
Stages Of Change



- For most substance-using individuals, progress through the stages of change is circular or spiral in nature, not linear.
- In this model, recurrence is a normal event because many clients cycle through the different stages several times before achieving stable change.

(www.ncbi.nlm.nih.gov/bookshelf/br.fcgi?book=hssamhsatip&part=A61626#A61680)

Cycle Of Change



What Is Harm Reduction Engagement?

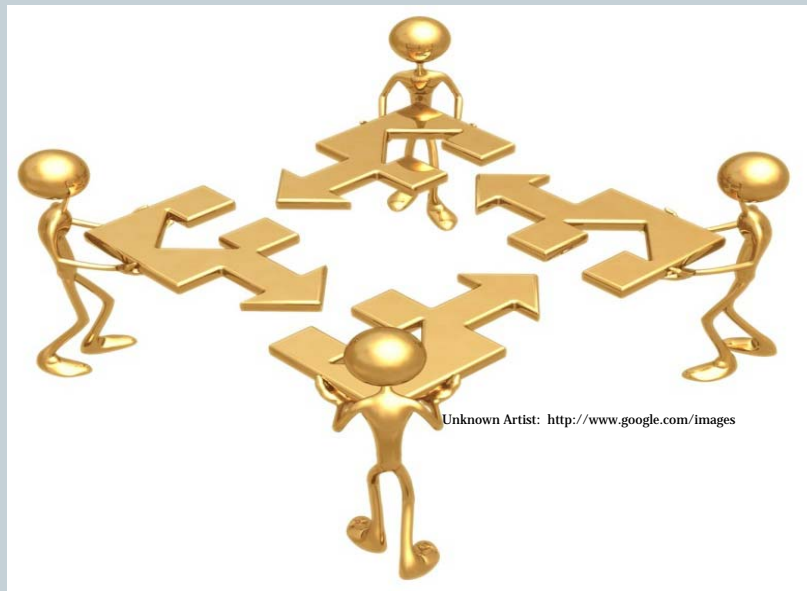


- **Mitigates the negative consequences of active drug addiction.**
- **Clients can be moved from:**
 1. Safer use (into)
 2. Managed use (into)
 3. Ongoing recovery from active drug addiction
- **However, abstinence may not always be the end goal.**
 1. A large spectrum of options are available within harm reduction settings.

Restore Human Dignity



- Active addiction can erode human dignity.
- Harm reduction engagement reinforces human dignity for clients seeking services.
- Human dignity starts to be restored by approaching the client with respect and helping the client to reach possible solutions.



Why Use A Harm Reduction Approach?



- Supports people to address immediate concerns
- Develops a non-judgmental foundation to the relationship
- Encourages the person to take small self-directed steps forward
- Equals quality care

Harm Reduction and Your Agency



- **Clearly define harm reduction as it relates to the activities, goals and mandates of your agency.**
- **Develop your policy or position statement.**

What Does Harm Reduction Look Like in Practice?



- **Offers support**
- **Helps people with basic resources and life skills**
- **Recognizes that relapse is often a part of recovery**
- **Advocates for people's needs**

How does a CDP Constructively Engage in a Harm Reduction Setting?



- **Establish Trust**
- **Be supportive**
- **Talk openly and honestly about their substance use**
- **Believe in their ability**
- **Create an individual plan**
- **Recognize the opportunity to ask the person to identify what they have learned from the experience and to plan how to do things differently next time**

Resistance



- Engagement seeks to “roll” with client resistance.
- Motivation Interviewing (MI) is a method which assists Chemical Dependency Professionals and workers in a Harm Reduction setting to “roll” with client resistance.
- Resistance by the client is natural and to be expected.

MI and Harm Reduction



- MI can help Chemical Dependency Providers and harm reduction workers provide advice based upon the client's motivation for change.
- The idea is to engage within a client-centered conversation.
- Information is gathered and reflected back to the client in a non-judgmental manner.



Example of the MI Ask-Tell-Ask Technique



- **Clinician (Ask):** What concerns you about injecting heroin?
- **Client response:** I do not want to get hepatitis C.
- **Clinician (Tell):** Some people contract Hepatitis C from sharing needles when injecting heroin. I advise you to use a needle exchange program and always use new clean needles and do not share needles, cottons, or cookers.
- **Clinician (Ask):** Another direct open-ended question, which starts the Ask-Tell-Ask process again.

Develop a Change Summary for the Client



- **The change summary is a concise recap of what the client is willing to do.**
- **Conducting a change summary when speaking with clients can lead to more questions. It can also create helpful self-directed solutions for clients.**

End On A Positive Note!



After completing a client summary ask positive questions.



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What would you like to do now?

What do you think?

What options do you see for yourself?

What changes do you think you will make?

What's The Point?



- **Harm Reduction Activities - Needle Exchange, Methadone Maintenance, Drug Treatment.**
- **Harm Reduction Approach - Acknowledges that there is no ultimate solution to the problem of drugs in a free society, and that many different interventions may work. Those interventions should be based on science, compassion, health and human rights.** ~Drug Policy Alliance

Resources



- Drug Policy Alliance-www.drugpolicy.org
- Harm Reduction Coalition-www.harmreduction.org
- Non Prescription Needle Initiative (2007). Working with people who use drugs: A harm reduction approach. Edmonton, AB: Author
- Prochaska, J.O., and DiClemente, C.C. (1984). The Transtheoretical Approach: Crossing Traditional Boundaries of Therapy. Homewood, IL: Dow Jones-Irwin, 1984.
- Miller, W.R., and Rollnick, S. (1991). Motivational Interviewing: Preparing People To Change Addictive Behavior. New York: Guilford Press, 1991.
- A. Tatarsky-Journal of Substance Abuse Treatment 2003: Harm Reduction psychotherapy: Extending the reach of traditional substance use treatment.