

**Harm Reduction Treatment for Substance Use:
Meeting people where they're at...**

Susan E Collins on behalf of the
Harm Reduction Research and Treatment (HaRRT) Center
University of Washington – Harborview Medical Center

Talk timeline

Definition

↓

Practice

↓

Rationale

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Harm reduction applied to various behaviors

From: <http://www.adcouncil.org>



Stephen Gygas



from: nswp.org



From: [harmreduction.org](http://www.harmreduction.org)



Todd Huffman



From: <http://www.dasc.org/1811.html>



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Harm reduction can be described as a set of strategies...



Harm reduction is a grass-roots and "user-driven" set of compassionate and pragmatic approaches to reducing the substance-related harm and improving quality of life **without requiring abstinence or use reduction**.

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Collins et al (2011), Marlatt (1998)

...but the attitude counts more.



"More of an attitude than a fixed set of rules or approaches..."

David Purchase, Director of the North America Syringe Exchange Network cited in Marlatt (1998)

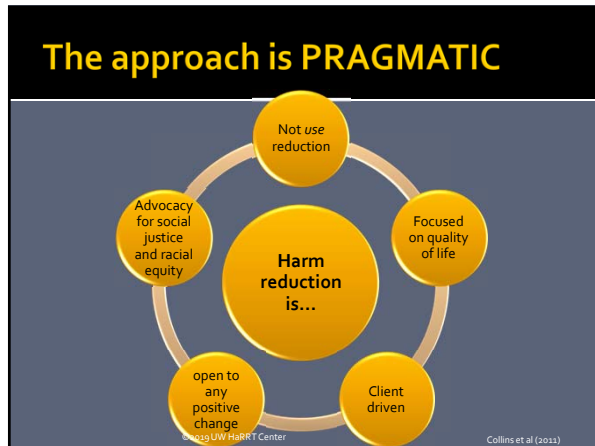
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The philosophy is COMPASSIONATE



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Collins et al. (2011)

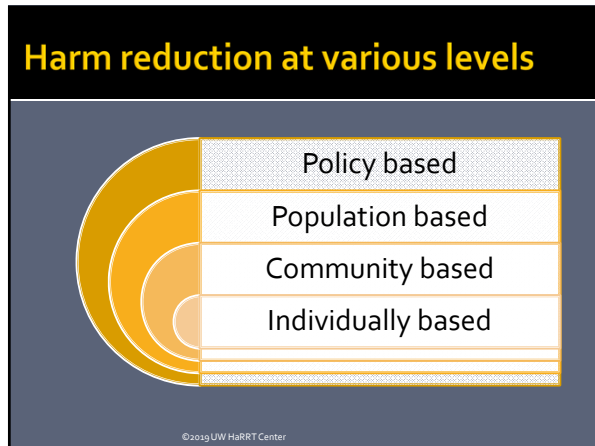


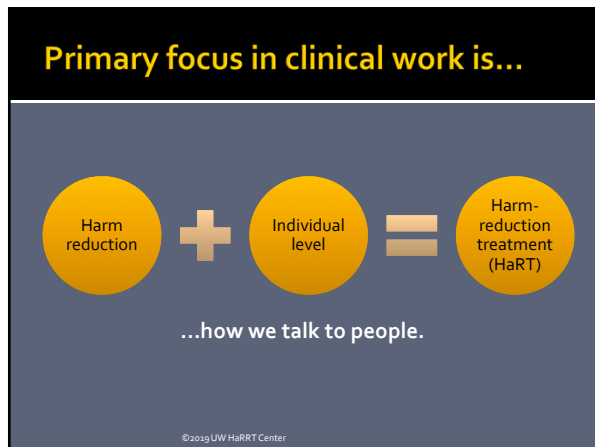
Why is this important?

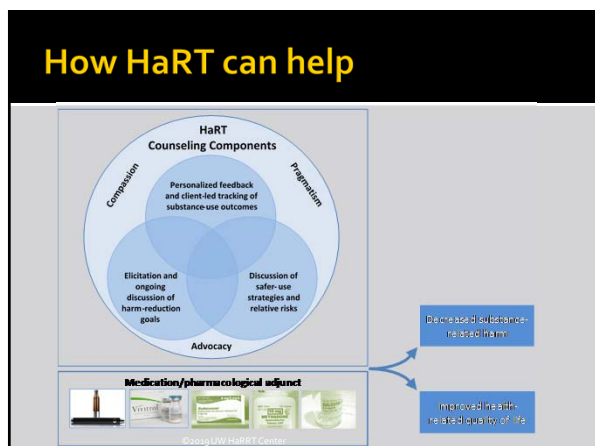


Harm reduction started as and should be honored as a grassroots movement that centers the voices and interests of substance users.

Harm reduction in its application...







Harm reduction treatment ≠ ...

Relapse prevention	Cognitive behavioral treatment	Motivational interviewing
Inpatient, IOP, outpatient, aftercare tx in WA state	Brief interventions	Contingency management

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Harm reduction treatment ≠ ...

Relapse prevention	Cognitive behavioral	Motivational interviewing
Provider-driven vs. User-driven goals		
Mindfulness based interventions	Brief interventions	Contingency management

"Therapists from a humanistic or existential orientation might object to the directional aspect of MI, whereby clients would be intentionally guided toward what the counselor regards to be appropriate goals." – Miller & Rollnick (2012)

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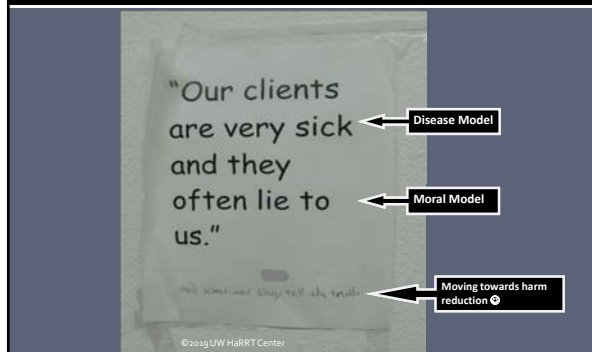
Use reduction vs harm reduction

USE REDUCTION	HARM REDUCTION
<ul style="list-style-type: none"> Ultimate goal is abstinence Use and problems are in 1:1 agreement Prescriptive: provider "prescribes" treatment Doctor-knows-best! 	<ul style="list-style-type: none"> Goal is harm reduction Risk of problems is variable and individually based Predictive: helping client assess their risk for harm Client knows better!

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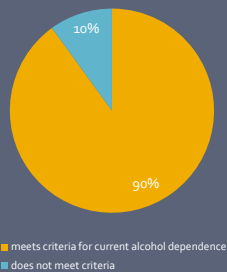
Why harm reduction?

Traditional approaches may be disempowering



Traditional approaches don't work for some...

- Chronically homeless individuals with alcohol dependence report an average of 16 treatment episodes in their lifetime (Larimer et al., 2009)
- This traditional treatment didn't resolve the problem:
 - Still endorsed a mean of 11/15 alcohol problems
 - 44% reported experiencing DTs in last 3 mos (Collins et al., 2012)

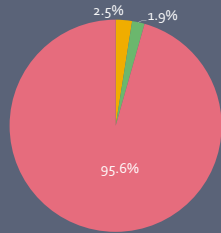


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Well, really, they don't engage most.

- According to SAMHSA, in 2016
 - 21 million Americans needed treatment
 - 2.2 million received treatment

Of Americans who needed but did not receive treatment...

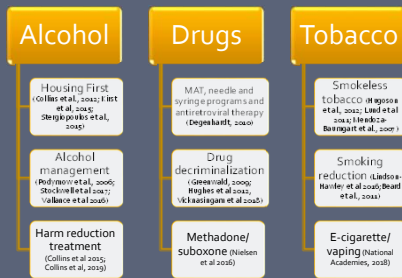


- Felt they needed treatment & did not make effort
- Felt they needed treatment & did make effort
- Did not feel they needed treatment

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Harm reduction provides an effective alternative...

...for those who are not yet ready, willing or able to stop using



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Use of HaRT-specific components is associated with...

- 71% reduction in alcohol-related harm
- 66% reduction in peak alcohol consumption
- 63% reduction in AUD symptoms
- 20% reduction in positive urine tests

Collins et al (2019)

...over a 3-month treatment and follow-up period

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This is your brain on harm reduction.
Any questions?



We would like to acknowledge our faculty, staff and trainees at the Harm Reduction Research and Treatment (HaRRT) Center; our research partners, including DESC, REACH, Neighborcare, Dutch Shisler Sobering Center, MHCAOSD, and the many community members and participants who have shaped our work. We dedicate this training to Dr. Alan Marlatt who was a legendary alcohol researcher, compassionate clinician, mentor to many, and inspiration to all.

Resources on harm reduction

- **Websites**
 - <https://depts.washington.edu/hartlab/>
 - www.harmreduction.org
 - www.andrewtatarsky.com/links_harmreduction.html
 - www.hrsa.net/
 - www.harmreductiontherapy.org/
 - www.drugpolicy.org
 - www.anypositivechange.org
 - <http://harmnetwork.org/>
- **Self-help for clients**
 - Anderson, K.A. (2010). *How to change your drinking: A harm reduction guide to alcohol* (2nd edition). New York: The HAMS Network.
 - Denning, P., Little, J., & Glickman, A. (Eds.). (2017). *Over the influence: The harm reduction guide to controlling your drug and alcohol* (3rd edition). New York: The Guilford Press.
 - Sarge, R., & Kershner, S. (1998). *Getting off right: A safety manual for injection drug users*. New York: Harm Reduction Coalition.
 - Harm Reduction Coalition (2017). https://www.harmreduction.org/links_harmreduction.html
- **Literature on harm reduction approaches and psychotherapy**
 - Denning, P., & Little, J. (2013). *Practicing harm reduction psychotherapy: An alternative approach to addictions* (2nd edition). New York: Guilford Press.
 - Marlatt, G. A., Witkewitz, K., Larimer, M.E. (2011). *Harm reduction: Pragmatic strategies for managing high-risk behaviors* (2nd edition). New York: Guilford Press.
 - Marlatt, G. A. (1996). Harm reduction: Come as you are. *Addictive Behaviors*, 21, 779-788.
 - Stout, D. D. (2009). *Coming to harm reduction kicking and screaming: Looking for harm reduction in a 12-step world*. Bloomington, IN: AuthorHouse.
 - Tatarsky, A. (2002). *Harm reduction psychotherapy: A new treatment for drug and alcohol problems*. Plymouth, UK: Rowman & Littlefield Publishers, Inc.

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Resources on racial equity

- **People's Institute NW:** <https://www.pinwseattle.org/>
- **Showing Up for Racial Justice (SURJ):**
http://www.showingupforracialjustice.org/affiliated_groups_local_contacts
- **Racial equity analysis for institutions:**
 - <https://racc.org/wp-content/uploads/buildingblocks/foundation/Continuum%20on%20Anti-Racism%20Multicultural%20Institution.pdf>
 - <https://www.housingconsortium.org/wp-content/uploads/2016/11/Racial-Equity-Toolkit-Downloadable.pdf>
 - <https://msw.usc.edu/mswusc-blog/diversity-workshop-guide-to-discussing-identity-power-and-privilege/>

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