

Harm Reduction Treatment (HaRT)

Training Handouts

by

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Harm Reduction Treatment Rationale

I am a [title, job description] at [xx]. I do harm reduction treatment. This is a different approach to substance-use treatment. When we meet, I will not require, ask or advise you to stop or cut down your substance use or change your use in any way you do not want to. Instead, my focus is to understand what your goals, intentions, or visions for your future are, and I will work with you to help you move towards those. I will also help you assess the relative risks of your substance-use behavior so you can make your own informed decisions about your substance use. Ultimately, in harm reduction, we want to help people and communities reduce their substance-related harm—the problems people experience due to substance use—and improve their quality of life on their own terms and on their own timeline. How does that sound to you?

SIP-AD

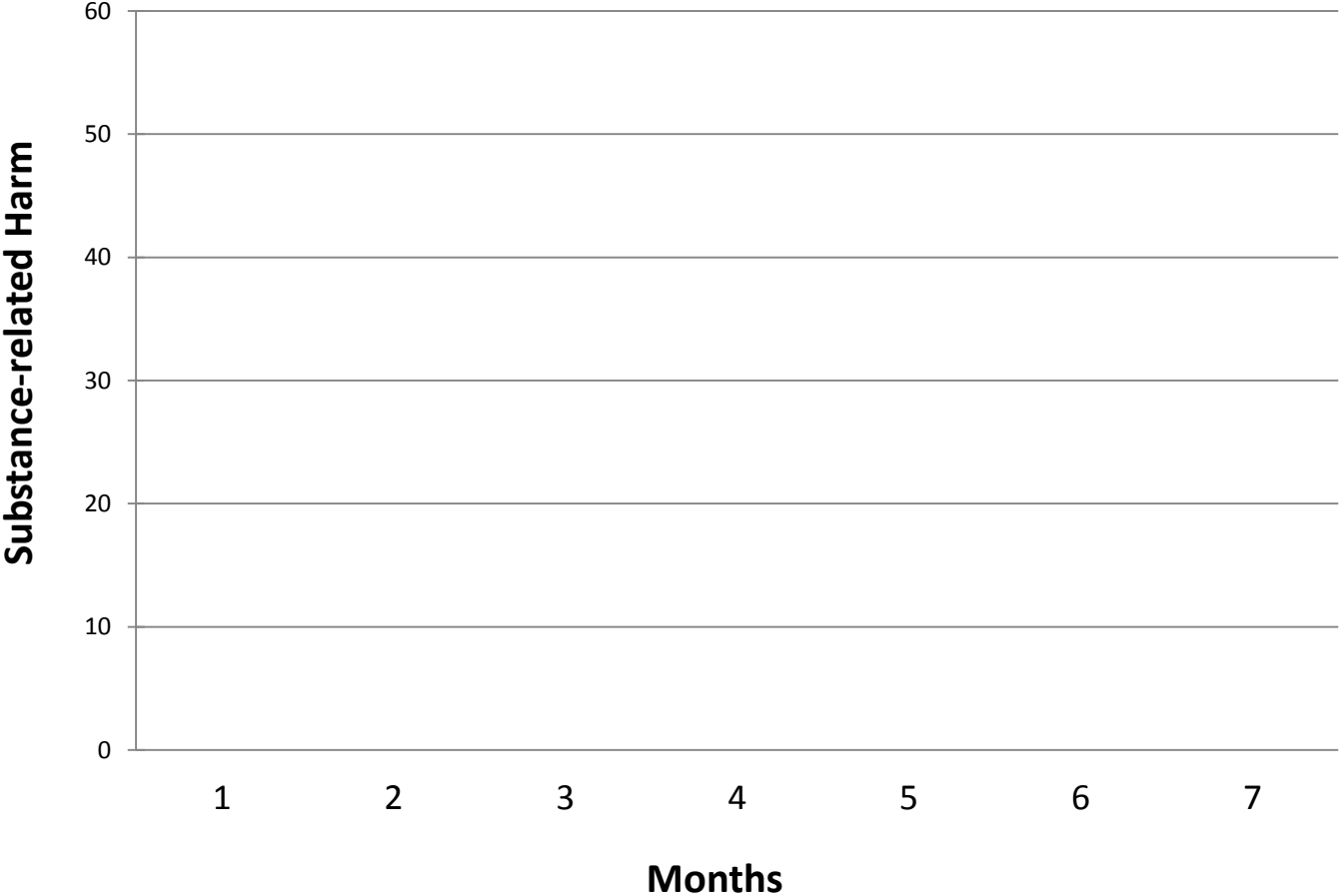
INSTRUCTIONS: I am going to read to you a number of events that people sometimes experience in relation to their alcohol/drug use. Please indicate how often each one has happened to you during the past 30 days by telling me the appropriate number (0 = Never, 1 = Once or a few times, etc.). If an item does not apply to you, answer zero (0).

	During the <u>past 30 days</u>, about how often has this happened to you?	Never	Once or a few times	Once or twice a week	Daily or almost daily
1.	I have been unhappy because of my drinking/drug use.	0	1	2	3
2.	Because of my drinking/drug use, I have not eaten properly.	0	1	2	3
3.	I have failed to do what is expected of me because of my drinking/drug use.	0	1	2	3
4.	I have felt guilty or ashamed because of my drinking/drug use.	0	1	2	3
5.	I have taken foolish risks when I have been drinking/using drugs.	0	1	2	3
6.	When drinking/using drugs, I have done impulsive things that I regretted later.	0	1	2	3
7.	My physical health has been harmed by my drinking/drug use.	0	1	2	3
8.	I have had money problems because of my drinking/drug use.	0	1	2	3
9.	My physical appearance has been harmed by my drinking/drug use.	0	1	2	3
10.	My family has been hurt by my drinking/drug use	0	1	2	3
11.	A friendship or close relationship has been damaged by my drinking/drug use.	0	1	2	3
12.	My drinking/drug use has gotten in the way of my growth as a person.	0	1	2	3
13.	My drinking/drug use has damaged my social life, popularity, or reputation.	0	1	2	3
14.	I have spent too much or lost a lot of money because of my drinking/drug use.	0	1	2	3
15.	I have had an accident while drinking/using drugs/intoxicated.	0	1	2	3

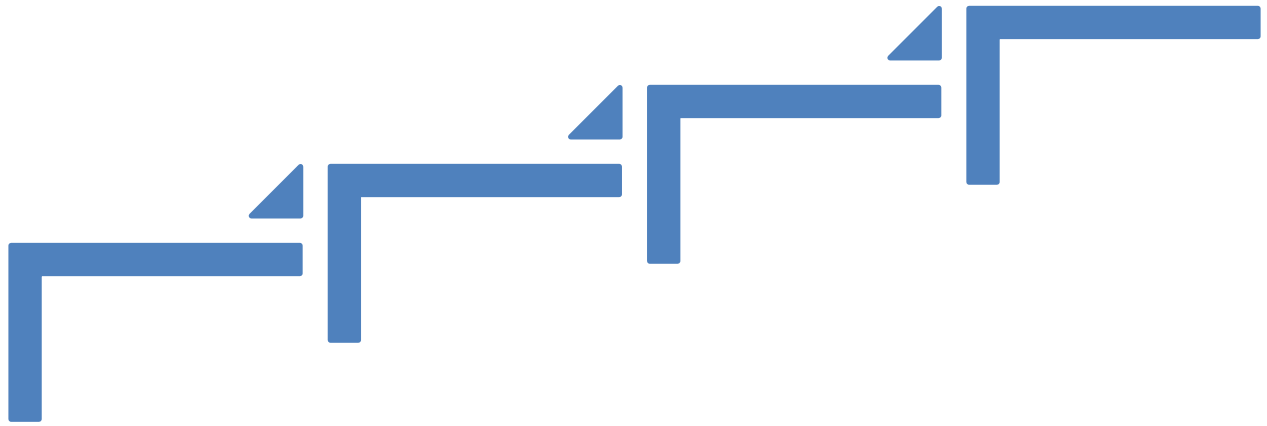
Add columns: + +

Total:

Tracking Your Progress



Goals Progress Steps



SHaRE Form

SHaRE Form		Week xx assessment of week xx goals	
Client's Stated Goals (week xx)		Progress y/n	Achieved y/n
1			
2			
3			
4			
5			
6			
Week xx notes on progress towards goals since week xx:			
Client's Safer Use Plan (Week xx)		Week xx assessment of week xx plan	
Client's Safer Use Plan (Week xx)		Achieved y/n	
1			
2			
3			
4			
5			
6			
Week xx notes on safer use tips used since week xx:			
Other notes/comments:			

What I want to make happen for myself

- _____

- _____

- _____

- _____

- _____

- _____

Safer-use Strategies: Alcohol

Here are some tips to help you stay safer and healthier no matter how you choose to change your use. Using more safely does not mean that you remove all risks, including death, but it can help you reduce your drug-related harm. You are worth it!

Ways to stay healthier when you drink	Drink water	<ul style="list-style-type: none"> • Why? Reduces hangover effects • How? Drink water while you are drinking or alternate between water and alcohol
	Count your drinks	<ul style="list-style-type: none"> • Why? Knowing how much you drink helps you think about how much alcohol you really want or need. It can help you take control of the effects of alcohol. • How? Keep your bottlecaps and screwtops in your pocket and count them later. You can keep track of this over time to see what amount works best for you.
	Try to eat	<ul style="list-style-type: none"> • Why? Food eases the pace of alcohol entering the bloodstream so it does less harm. Food gives you important nutrients. • How? Try to eat before you start drinking and while you drink. Proteins (meat, cheese, eggs) and carbs (bread, rice) are especially good choices when you drink.
	Take vitamins	<ul style="list-style-type: none"> • Why? Drinking can take away important nutrients from your body. • How? If you can, try to take B-vitamins: folate, thiamine, B-12. Your case manager might be able help with this.
Ways to make your drinking safer	Avoid nonbeverage alcohol	<ul style="list-style-type: none"> • Why? Mouthwash, aftershave, cooking wine, vanilla extract, cleaning spray, sterno contain unpredictable amounts of alcohol and other poisonous ingredients. • How: If you drink, be sure to drink alcoholic beverages (beer, wine, liquor).
	Drink beer vs malt liquor	<ul style="list-style-type: none"> • Why? You might be getting more alcohol than you thought. A 24 oz. 211 Steel Reserve = nearly 4 12oz regular beers. A 24oz. Joose or Tilt =nearly 6 12oz beers. • How? Check the labels and try beer with 4-6% alcohol instead, like Bud or Keystone
	Space your drinks	<ul style="list-style-type: none"> • Why? Keep the buzz going for longer and avoid the not-so-good things. • How? Pace yourself; sip your beer; alternate between beer and water.
	Avoid mixing drugs	<ul style="list-style-type: none"> • Why? Drinking and drugging at the same time can stress your heart and liver and can lead to overdose. • How? When you drink, try to avoid other drugs.
	Drink in a safe place	<ul style="list-style-type: none"> • Why? People can take advantage of you when you're drinking. Drinking on the streets or in unsafe places can lead to fights, hassels and arrest. • How? If you can, avoid drinking heavily with people you don't trust. Try to drink in places where you feel more in control of your surroundings.
Ways to change how much you drink	Less is more	<ul style="list-style-type: none"> • Why? Most things people like about alcohol occur when they are buzzed not drunk. • How? Think of some way you can limit your drinking, then pace your drinking to keep the buzz going on less drinks. You might ask your case manager or a friend to help you stick with your limit.
	Chose not to use	<ul style="list-style-type: none"> • Why? Not drinking—even for a few hours—gives your liver, kidneys and pancreas a rest and may help you avoid other problems. • How? Try a few hours of not drinking or introducing one nondrinking day a week. To stop altogether, medically supervised detox might help.
	Avoid withdrawal	<ul style="list-style-type: none"> • Why? Alcohol withdrawal—getting the shakes, seizures or DTs—can be serious • How? If you want to stop drinking altogether and you get more than a little shaky if you don't drink, medical detox is safest. If you choose to drink, alcohol can relieve withdrawal symptoms. Check with your doctor about anti-seizure meds.

Safer-use Strategies: Downers/Depressants

Depressants are “downers” and include opioids, benzos, and barbiturates. They can be prescribed like Oxy, Vicodin, and Xanax, or street drugs like heroin. Here are some tips to help you stay safer and healthier no matter how you choose to change your use. Using more safely does not mean that you remove all risks, including death, but it can help you reduce your drug-related harm. You are worth it!

Ways to be safer and healthier without changing use

Carry rescue drugs

- **Why?** Opioids like heroin, fentanyl and Oxys can lead to overdose.
- **How?** Carry naloxone (Narcan) with you and give it to your family and friends who are near you when you use. Naloxone is a drug that may be inhaled through your nose or injected to reverse an opioid overdose. Use the buddy system when you use opioids so your friend can administer naloxone. Check out www.stopoverdose.org.

Test your drugs

- **Why?** You can be more aware if your drugs are cut with other drugs (like fentanyl) or fillers (like levamisole) that could harm you. Note: Current methods are not failsafe.
- **How?** Talk to providers about getting a urine drug testing kit and testing liquids before you shoot them. For pills and powders, check out <https://dancesafe.org> for testing kits.

Nuture your body

- **Why?** Some depressants can dull your appetite, and used in larger quantities, depressants can take their toll on your body.
- **How?** Try to eat nutritious foods before you use, pack healthy snacks and water on the go. **For people who don't get strung out:** Let your body rest for at least a day before using again, and try to take just as many days off as you used for.

Take care of your veins

- **Why?** If you are shooting drugs, you can take care of your veins.
- **How?** Drink water to keep yourself hydrated, rotate your injection sites, and learn about techniques that could help you stay safer and healthier when you use (e.g., <http://harmreduction.org/issues/drugs-drug-users/drug-information/straight-dope-education-series/>).

Choose safer ways of using

- **Why?** Some ways of using drugs are less risky to your health.
- **How?** Taking drugs by mouth is safer than snorting or smoking which is safer than shooting. Snorting opioids has a greater risk of overdose than smoking them. You can get clean works at the People's Harm Reduction Alliance or the King County Needle Exchange.

Shoot safer

- **Why?** Avoid overdose, bloodborne illness (HIV and hepatitis C), bacterial infections.
- **How?** Pace yourself until you know the strength of your stash. Shooting into veins in your arms or hands is safer than hitting blind into your groin or into your neck. Rotate sites and shoot downstream if possible. Using new, clean needles and works can help prevent bloodborne illnesses, like HIV and hepatitis C, and other infections.

Avoid mixing drugs

- **Why?** Using different drugs at the same time can have unexpected effects, put stress on your heart, and lead to overdose.
- **How?** Try to stick to one drug at a time, especially when you are unsure of its strength or content.

Use with safe people in a safe place

- **Why?** Use of depressants can cause sleepiness, make you confused, and lower your inhibitions. People can take advantage of you when you're high.
- **How?** Avoid using with people you don't know or trust. Use where you feel safe and in control of the surroundings. Do not drive or ride your bike when you are high.

Less is more

- **Why?** You can avoid overdosing or experiencing drugs' toxic effects.
- **How?** You can decide how you want to limit your use. You could choose to buy only a certain amount or set a spending limit. Leave the rest of your money at home or in a safe place. You might ask a trusted friend to remind you of your limit.

Choose not to use

- **Why?** Not using—even for a few hours or days—gives your body a rest and may help you to avoid your body or mind becoming dependent on depressants.
- **How?** If you are **not yet dependent and don't get strung out**, you should not use for long periods of time and take days off from use every week to avoid getting hooked. Check in with a provider if you want to stop altogether.

Talk to a provider about withdrawal

- **Why?** If you are highly dependent, alcohol and benzo withdrawal can be life-threatening. Other depressants may have uncomfortable withdrawal symptoms. These can be particularly harmful to unborn babies and people with HIV or other illnesses.
- **How?** Talk to your provider if you are cutting down or stopping. They may be able to help. Also, there are some effective medications to help with opioid dependence.

Ways to change how much you use

Ways to use more safely

Safer-use Strategies: Uppers/Stimulants

Stimulants are “uppers” and include cocaine, crack, meth, MDMA (Molly) and bath salts, as well as prescribed drugs like Ritalin and Adderall. Here are some tips to help you stay safer and healthier no matter how you choose to change your use. Using more safely does not mean that you remove all risks, including death, but it can help you reduce your drug-related harm. You are worth it!

Ways to stay healthier when you	Prepare for safer sex	<ul style="list-style-type: none"> • Why? Stimulant use can lower your inhibitions and turn up your sex drive. • How? It's a good idea to think ahead and carry condoms, dams, lube and gloves with you. These barriers can prevent unwanted pregnancy and sexually transmitted infections like HIV and hepatitis C.
	Test your drugs	<ul style="list-style-type: none"> • Why? You can find out if your drugs are cut with other drugs (like fentanyl) or fillers (like levamisole) that could harm you. • How? Talk to providers about getting a urine drug testing kit and testing liquids before you shoot them. For pills and powders, check out https://dancesafe.org for testing kits.
	Try to eat	<ul style="list-style-type: none"> • Why? Stimulants can drain your body and dull your appetite. Food and water replenish these important nutrients to help you stay healthy. • How? Try to eat nutritious foods before using, pack healthy snacks and water on the go, and avoid using over a long time. Let your body rest for at least a day after using.
	Take care of your mouth	<ul style="list-style-type: none"> • Why? Some stimulants cause mouth dryness, sores, cracks, and teeth clenching. • How? Drink water to keep yourself hydrated, and chew gum to keep your mouth moist and your teeth from grinding. Brushing your teeth can help control increased bacteria due to dry mouth. Use chapstick to prevent lip and mouth cracking.
Ways to use more safely	Choose safer ways to use	<ul style="list-style-type: none"> • Why? Some ways of using drugs are less risky to your health. • How? Taking drugs by mouth is safer than smoking which is safer than shooting. If you smoke crack, you can use a crack condom for your pipe. You can get clean works at the People's Harm Reduction Alliance or the King County Needle Exchange.
	Shoot safer	<ul style="list-style-type: none"> • Why? Avoid overdose, bloodborne illness (HIV and hepatitis C), bacterial infections. • How? Pace yourself until you know the strength of your stash. Shooting into veins in your arms or hands is safer than hitting blind into your groin or into your neck. Rotate sites and shoot downstream if possible. Using new, clean needles and works can help prevent bloodborne illnesses, like HIV and hepatitis C, and other infections.
	Avoid mixing drugs	<ul style="list-style-type: none"> • Why? Using stimulants and depressants, like opioids, alcohol or benzos, at the same time can have unexpected effects, put stress on your heart and lead to overdose. • How? Try to stick to one drug at a time, especially when you are unsure of its strength or content.
	Use with safe people in a safe place	<ul style="list-style-type: none"> • Why? Heavy stimulant use can cause paranoia or aggression that can lead to fights, hassels and arrests. People can take advantage of you when you're high. • How? Avoid using with people you don't know or trust. Use where you feel safe and in control of the surroundings. Do not drive or ride your bike when you are high.
Ways to change how much you use	Less is more	<ul style="list-style-type: none"> • Why? You can avoid overdosing or experiencing drugs' toxic effects. • How? You can decide how you want to limit your use. You could choose to buy only a certain amount or set a spending limit. Leave the rest of your money at home or in a safe place. You might ask a trusted friend to remind you of your limit.
	Choose not to use	<ul style="list-style-type: none"> • Why? Not using—even for a few hours or days—gives your body a rest and may help you to avoid your body or mind becoming dependent on stimulants. • How? Try a few hours of not using or introducing some nonuse days every week. Check in with a provider if you want to stop altogether.
	Talk to a provider about withdrawal	<ul style="list-style-type: none"> • Why? Only alcohol and benzo withdrawal, which causes the shakes, seizures or DTs—can be deadly. However, other drugs may have uncomfortable withdrawal symptoms. • How? Ask your provider if you are worried about withdrawal or if you have HIV or are pregnant. They may be able to help with some of the symptoms.