

APPLYING THE HARM REDUCTION PHILOSOPHY INDIVIDUALLY AND PROGRAMMATICALLY

THE THREE E'S OF HARM REDUCTION

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THE THREE E'S

- Engagement is. . . .
- Education needs to be
- Empowerment is

Stages of Change

Stage	Definition	Intervention
PRE-CONTEMPLATION	Unaware of the problem, hasn't thought about change	Increase awareness of need for change, personalize information on risks and benefits
CONTEMPLATION	Thinking about change, in the near future	Motivate, encourage to make specific plans
PREPERATION/DETERMINATION	Making a plan to change, setting gradual goals	Assist in developing concrete action
ACTION	Implementation of specific action plans	Assist with feedback, problem solving, social support, reinforcement
MAINTENANCE	Continuation of desirable actions, or repeating periodic recommended step(s)	Assist in coping, reminders, finding alternatives, avoiding slips/relapses (as applies)

ENGAGEMENT



WHAT IS ENGAGEMENT

Engagement is:

- **Meeting the person where they are at.**
- Welcoming another person into a relationship with you.
- Inviting and supporting the person to identify and make changes in his/her life.
- Helping to locate and sustain sources of hope.
- Helping to deepen a person's satisfaction with his/her connection to other people and community places
- Engagement varies in both intensity and duration, and is a craft built over time

TOOLS FOR ENGAGEMENT

- Designing your services and agency to be behavior based (low threshold services).
- Asking the member what they would like to work on first
- Providing hope for the member
- Lunches, cigarettes, coffee, etc
- Community integration activities
- Lets list some more!

VIGNETTE 1

Upon Intake you determine that: Jim a 32 yr old male with bi-polar disorder, reports that he hasn't taken medications for 1 year, has been using cocaine, alcohol and marijuana for approximately 10 years. He is homeless, has SSI, has been to treatment 3 times over the last 5 years and is requesting assistance from your agency.

EDUCATION



EDUCATION

Education sets in motion a process of collaborative information sharing that is

- fact based
- Incorporates possible negative and positive consequences
- disseminated at the level the person is at in terms of language and understanding

Education is an intervention

EDUCATIONAL OPPORTUNITIES

What a landlord would expect

- Pay rent, minimize traffic

What a neighbor would expect

- Minimize noise, be respectful

What an employer would expect

- Show up on time, do your job

EDUCATIONAL BREAKDOWN

- Just say no
- Drugs will destroy your life
- You cant have a job if your using
- You cant have and maintain housing if your using

EDUCATION, NOT!

- [Commercial](#)
- [commercial 2](#)
- [Commercial 3](#)
- [Commercial 3](#)

EDUCATIONAL ENLIGHTENMENT

- As long as you continue to use in that manner we can help you decrease the harm by -----
- Here are some warning signs to look out for
- Lets talk about what would be involved in the decision
- Natural consequences
- Behavior based

VIGNETTE

Jim has been coming to your agency for 1 year now and participates in your community integration activities on a regular basis, has opened up about his ambivalence regarding abstinence and taking medication. Jim expresses interest in locating an apartment

EMPOWERMENT



EMPOWERMENT

- Empowerment is the process for which we take responsibility for walking along side someone, supporting their decision, providing factual information and engaging them in a dialogue regarding the potential outcomes of their decision's
- We put the responsibility for change in the members lap
- We work with adults and ultimately to make any change it has to come from them and that must be respected.

NEGATIVE ASSUMPTIONS

- That un-medicated and using people are incapable of making any rational decision
- That people are in denial if they don't choose abstinence
- That abstinence is the only choice

POSITIVE ASSUMPTIONS

- That people can learn and grow from their experience
- That if we focus on what the member wants we have a better chance of helping them
- That if we focus on relationship building, education and empowerment we can have more “frank” conversations

TOOLS FOR CHANGE

- Motivational Interviewing
 - Express Empathy, Support Self-Efficacy, Roll with Resistance, and Develop Discrepancy.
- Stages of Change
 - They are not always linear or time consistent.

VIGNETTE

Jim has been housed for 3 months and has received multiple complaints from the landlord about the noise in his apartment. Jim reports that he feels obligated to house his homeless friends because they have helped him out in the past. Jim continues to use and expresses an interest in keeping his apartment

REFERENCES

- <http://harmreduction.org/about-us/principles-of-harm-reduction/>
- Patt Denning and Jeannie Little (2001) Harm Reduction in Mental Health The Emerging Work of Harm Reduction Psychotherapy, Harm Reduction Communication, 11 (7-10)
- Motivational Interviewing: Preparing People for Change, 2nd Edition, William R. Miller and Stephen Rollnick, Guilford Publications, New York, NY, 2002
- Group Treatment for Substance Abuse: A Stages-of-Change Therapy Manual, Mary Marden Velasquez, Gaylyn Gaddy Maurer, Cathy Crouch, and Carlo C. DiClemente The Guilford Press New York, New York, 2001