
Hour 1: Introduction to Harm Reduction

This hour will introduce some general definitions for harm reduction and allow participants to share both positive and negative experiences with the approach. Instructor will educate people on the history of harm reduction, including the models used prior, as well as how harm reduction came to U.S. Instructor will highlight differences between older models and harm reduction.

Hour 2: Integration of Harm Reduction Techniques

This section will introduce the principles of harm reduction—including the four pillars: client-centered care, stages of change, understanding substance use, and understanding and discussing sex. Participants will review each pillar (each with an activity) and learn how each pillar elevates service provision to marginalized populations.

Hour 3: Analysis and Evaluation

This section will focus on putting all the principles into action. Participants will utilize intensive case studies to practice utilizing each of the pillars and the various tools highlighted throughout the training. Participants will practice assessing risk and generating realistic and appealing options for lowering risk or harms.