Sandy Hill
Community Health Centre

Centre de santé
communautaire Côte-de-Sable

Harm Reduction As Addiction Treatment

Rethinking Recovery for People with Concurrent Disorders

Shift the Conversation

Association of Ontario Health Centres

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What is Harm Reduction?

"Harm reduction refers to the policies, programs and practices that aim primarily to reduce the adverse health, social and economic consequences of the use of legal and illegal drugs without *necessarily* reducing drug consumption."

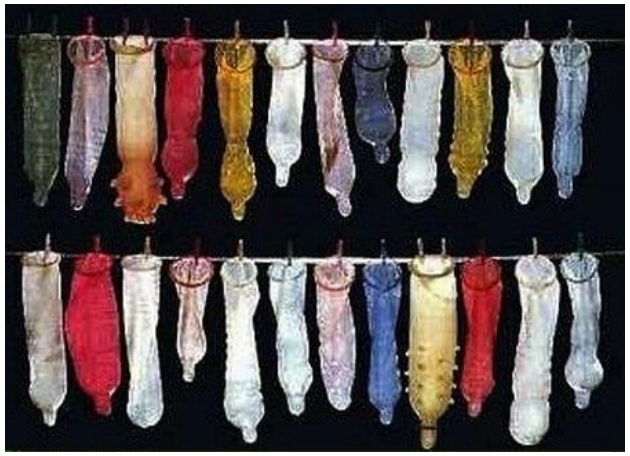
International Harm Reduction Association, 2009.

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Harm Reduction

Public Health

- Emergence of HIV/AIDS Pandemic late 80's early 90's



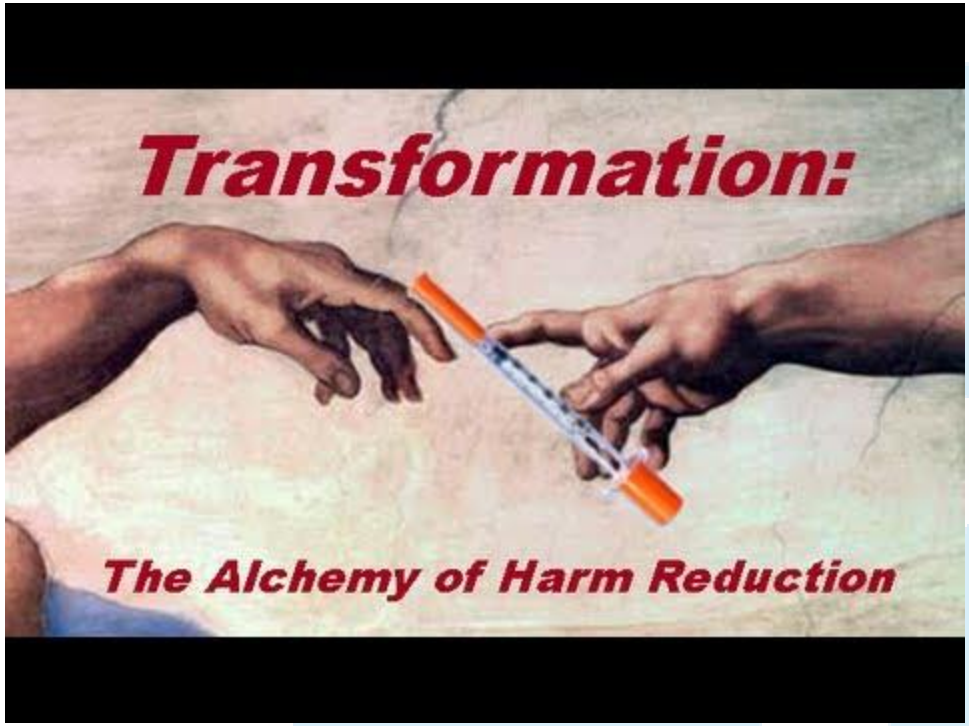
Human Rights

- Right to health, housing and security of person is guaranteed.



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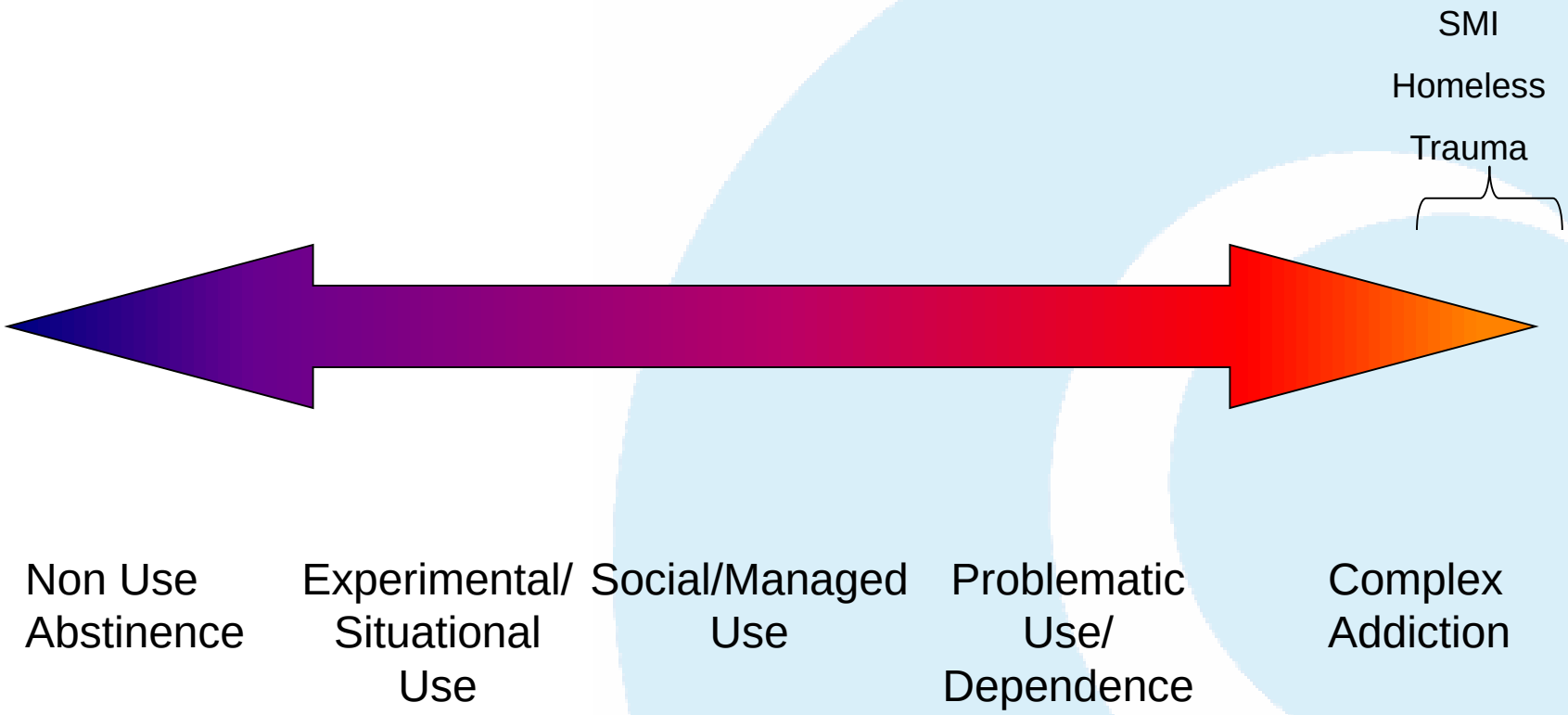
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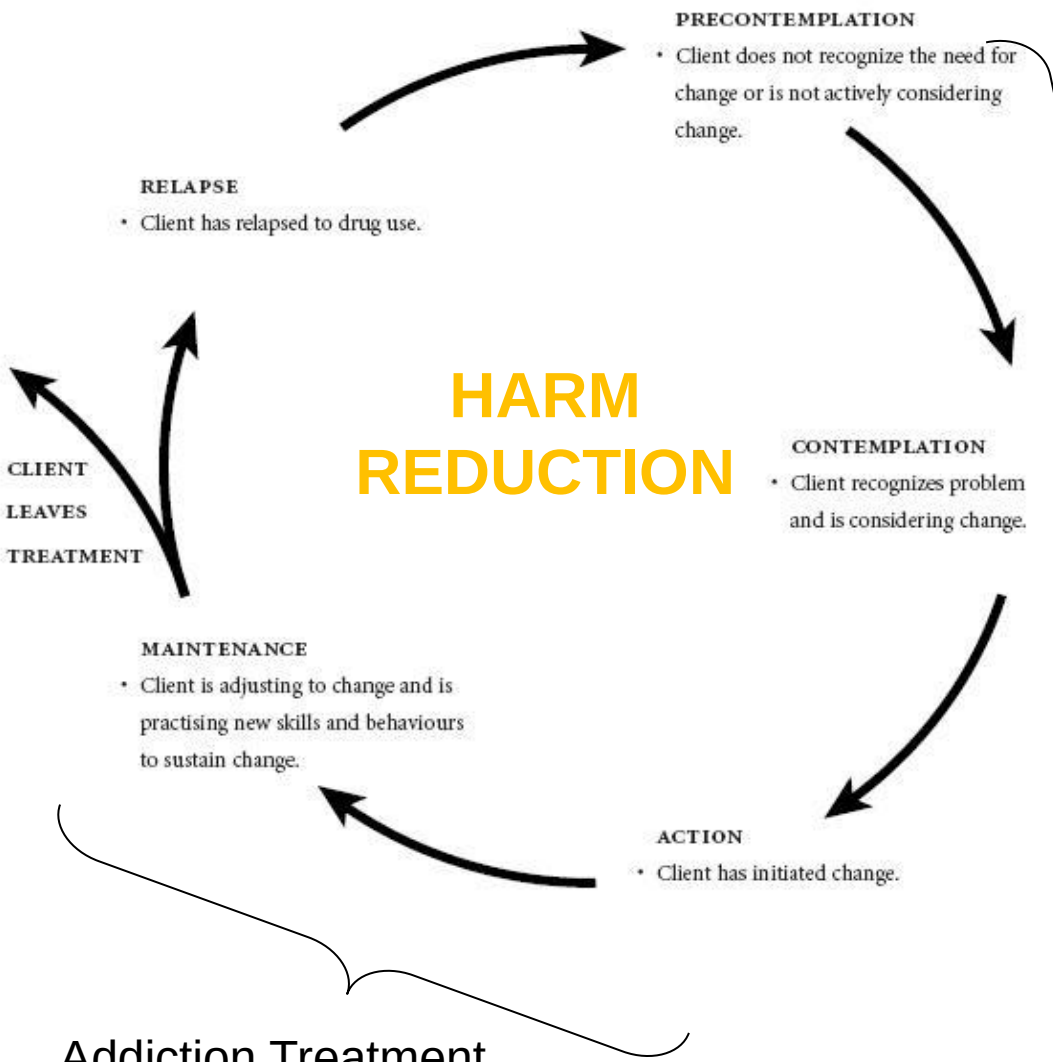
IS HARM REDUCTION ADDICTION TREATMENT?

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Continuum of Substance Use



Overview of Stages of Change*



Harm Reduction

Addiction Treatment

*Adapted from Prochaska, J.O., and DiClemente, C.C. (1982). Transtheoretical therapy: Toward a more integrative model of change. *Psychotherapy: Theory, Research and Practice*, 19 (3), 276-288.

Enablers and Disablers

Not everyone enters the treatment system from the same path.

The more recovery capital you have the less likely you will develop SUD and the more likely you will recover.

- Collateral damage is the harms associated with substance that can interfere with recovery: HIV, HCV, ABI, criminal record, homelessness.

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Will I be able to play the piano after the operation?

- Recovery is very ambitious if we are asking people to achieve more than they had prior to their drug using career.
- Some have limited recovery capital and may have acquired collateral damage along the way.



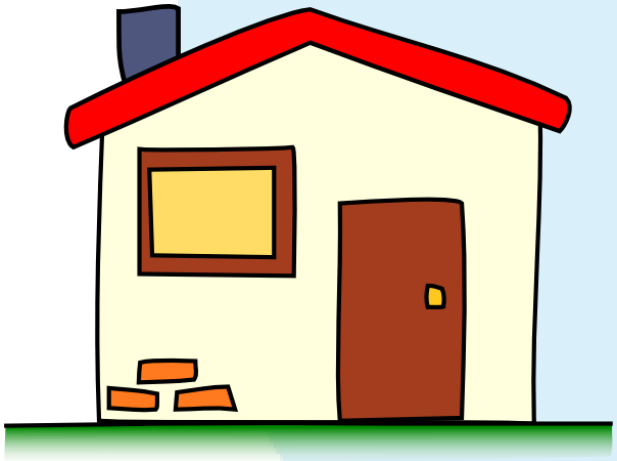
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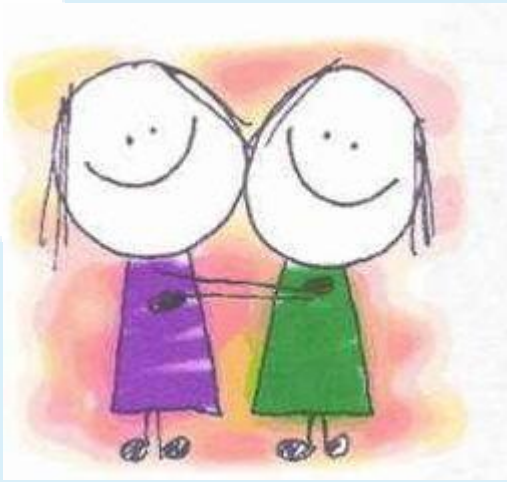
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What is Recovery?

A process in which people overcome problematic substance use or dependence (by managing use or abstinence) AND achieve or maintain positive outcomes in a number of domains:







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Striking a balance



Every One Matters.