

Harm Reduction Principles

Health & Dignity

Participant-Centered

Participant Involvement

Participant Self Rule

Recognize Inequalities and Injustices

Practical and Realistic

Accountability Without Termination

(Hawk, Coulter, Egan, Fisk, Friedman, Tula, & Kinsky, 2017)

Learn From People Who Do This Work Every Day

Health & Dignity – We care for and respect people as individuals, understanding that people do things for a reason. Transparently understand the balance between benefits and harms is key.

Patient Centered – Therapeutic relationship is at the center of care. Everyone has their own strengths and needs requiring individualized intervention strategies.

Participant Involvement – We used strategies like shared decision-making and informed consent to involve the participant in their care process.

Participant Self-Rule – People make their own choices for treatment and care based on suggestions, education, and options.

Recognize Inequality & Injustice - Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities affect both people’s vulnerability to and capacity for effectively dealing with harms.

Practical & Realistic – We may never achieve perfect health behaviors. Any positive change is a step toward better health & wellness; we celebrate the small victories. Abstinence is not prioritized or assume to be the goal of treatment.

Accountability Without Termination – Participants are not “fired” for not meeting their goals. We continue to help people understand the consequences of their behaviors and own the responsibility for their choices.