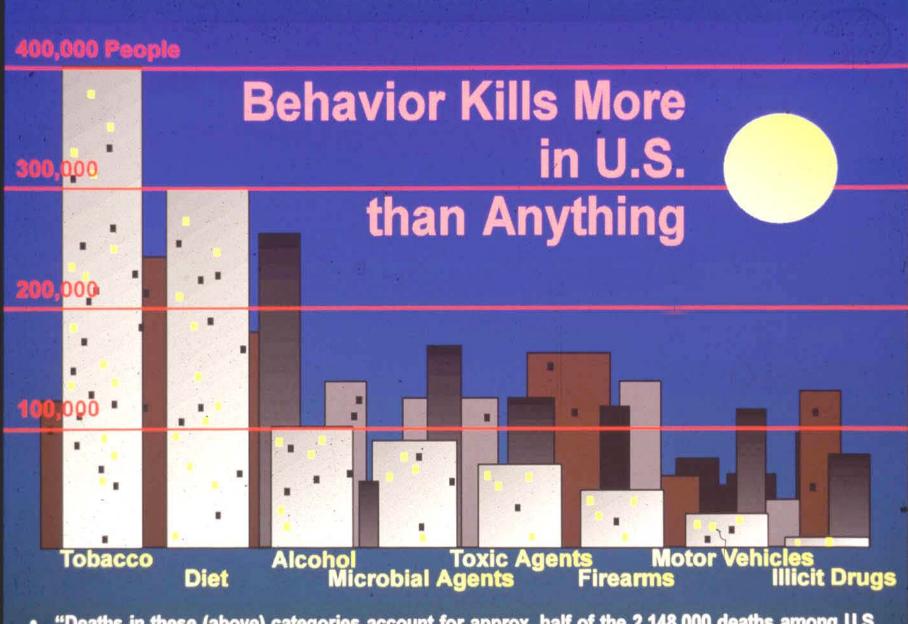
Harm Reduction

UW/ABRC

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"Deaths in these (above) categories account for approx. half of the 2,148,000 deaths among U.S. residents in 1990."

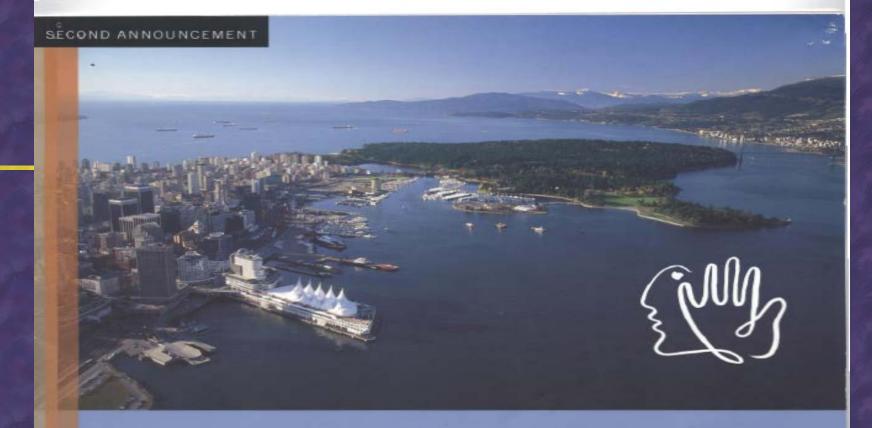
Office of Disease Prevention & Health Promotion

FIFTH INTERNATIONAL CONFERENCE ON THE REDUCTION OF DRUG-RELATED HARM

Learning harm more harm about Nation Teduction

An important event is coming to North America for the first time, cosponsored by the Canadian Centre on Substance Abuse (CCSA), the Addiction Research Foundation (ARF), the Mersey Drug Training and Information Centre of Liverpool, England, and the provinces of Québec and British Columbia. International experts will gather to discuss aspects of a humane and pragmatic approach to drug abuse.





REGISTRATION + CALL FOR ABSTRACTS

17th INTERNATIONAL CONFERENCE

ON THE Reduction of DRUG RELATED HARM

April 30 - May 4, 2006 | Vancouver, Canada

First National Harm Reduction Conference

Sponsored By: The Harm Reduction Coalition September 18 - 21, 1996 Oakland, California



The Association for Harm Reduction Therapy is pleased to present the

Second National Harm Reduction Therapy Conference Harm Reduction Therapy in the Real World

November 2-4, 2007



Conference Location

Philadelphia College of Osteopathic Medicine (PCOM) 4180 City Avenue Philadelphia, Pennsylvania 19131

American Psychological Association, NASW and NBCC will be available at no charge. Participants requiring CE credits must register for them at the time of conference registration.

Conference Sponsors

Financial support for the conference has been received from The Drug Policy Alliance and several private donors. The Association for Harm Reduction Therapy gratefully acknowledges the Philadelphia College of Osteopathic Medicine's generous donation of the conference venue.

Conference Highlights:

Opening Reception Friday 6:30-8:00 PM: Ethan Nadelman, Director, Drug Policy Foundation and Allan Clear, Executive Director, Harm Reduction Coalition

Keynote Addresses:

Saturday AM: Ricardo Munoz, Ph.D., Chief Psychologist, San Francisco General Hospital, Co-author (with William Miller) of "Controlling Your Drinking"

Sunday AM: Maia Szalavitz, Journalist Covering Harm Reduction and Addiction Issues

Saturday Evening 6:30-8:00 Special Presentation by the Philadelphia Youth Empowerment Project: Harm Reduction at Home

Dutch Model

- Realistic and pragmatic
- Social/health approach
- Openness, "Normalization" leads to access, control
- Distinction between "soft" and "hard" drugs
- Low threshold treatment policies

Dutch vs. American Drug Policies

- Low vs. High threshold access to prevention and treatment programs
- Public health vs. Criminal justice approach
- Tolerance vs. Zero-tolerance
- Normalization vs.Denormalization policies

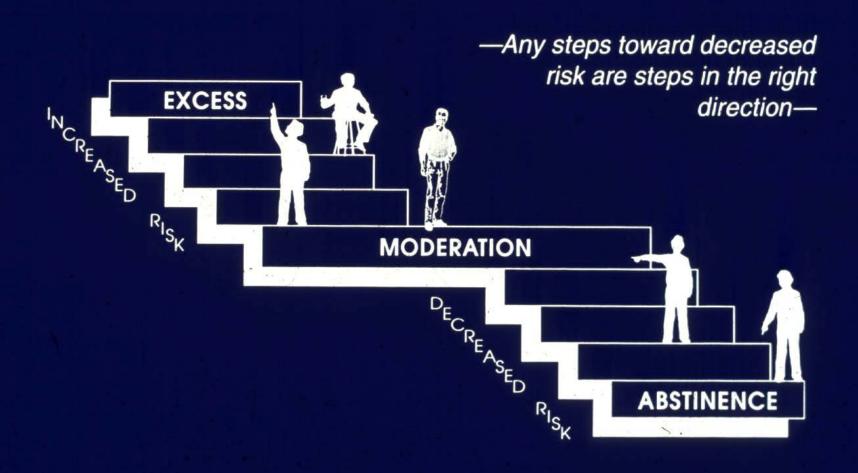
Harm Reduction: Central Assumptions

- Public health alternatives to moral/criminal and disease models of drug use and addiction
- Recognizes abstinence as an ideal outcome, but accepts other alternatives
- Often partners with the group to obtain input on programs

Harm Reduction: Overview

- Harmful consequences of drug use can be placed on a continuum
- Goal: to move along this continuum by taking steps to reduce harm

Continuum of Excess, Moderation, and Abstinence



Harm Reduction

UW/ABRC

"Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time."

Mark Twain, Pudd'nhead Wilson's Calendar, Chapter 6

Harm Reduction: Methods

- Safer route of drug administration
- Alternative, safer substances
- Reduce frequency of drug use
- Reduce intensity of drug use
- Reduce harmful consequences of drug use

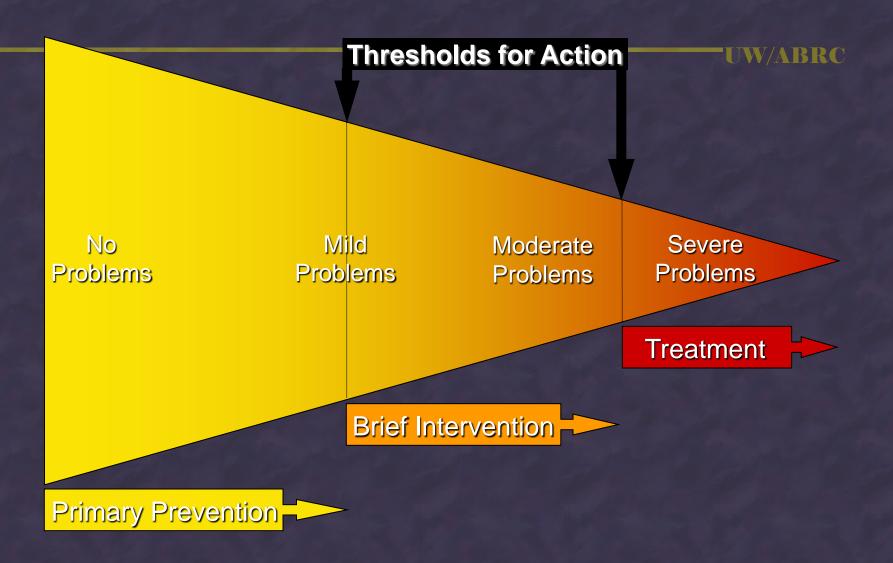
Harm Reduction: Behavior Change

- Individual
- Environment
- Policy

Young Heavy Drinkers

- Heaviest drinking period in life
- Problems common, yet more isolated
- Development in adulthood?
- Problems associated with peer influence, impulsivity, conduct history
- Do not see drinking as a problem

Spectrum of Intervention Response



A CALL TO ACTION:

CHANGING THE CULTURE OF DRINKING AT U.S. COLLEGES

'UW/ABRC













Task Force of the National Advisory Council on Alcohol Abuse and Alcoholism

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

www.collegedrinkingprevention.gov

Alcohol Skills Training Program

TUW/ABRC

Curriculum Manual

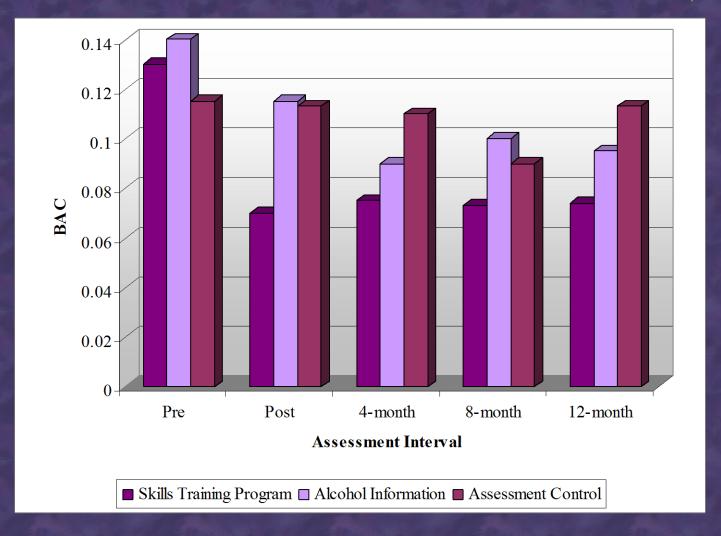
Alcohol Skills Training Program

Components of Skills Training Program for Secondary Prevention

- Training in self-monitoring of blood alcohol levels and drinking moderation techniques
- Training to anticipate and prepare for situations involving increased risk of heavy drinking (e.g. social pressure, or negative emotional states)
- Training to recognize and modify alcohol outcome expectancies (i.e. placebo vs. drug effects)
- Training to alternate stress coping skills (e.g. relaxation & aerobic exercise)
- Training in relapse prevention to enhance maintenance of drinking behavior change



Peak Blood Alcohol Concentration by Group



BASIES Project

Brief Alcohol Screening and Intervention for College Students

UW/ABRC

Principal Investigator
Co-Principal Investigator
Co-Principal Investigator
Project Coordinators

Research Coordinator Research Study Assistant Graduate Research Assistant

Funding By:
The National Institute of
Alcohol Abuse and
Alcoholism
Grant # 5R37-AA05591

G. Alan Marlatt, Ph.D John S. Baer, Ph.D. Daniel R. Kivlahan, Ph.D. Lori Quigley, Ph.D. Mary E. Larimer, Ph.D. Sally Weatherford, Ph.D. Dan Irvine, BS Ken Weingardt, MS Lisa Roberts, MA Lizza Miller, BA Jason Kilmer, MS **Linda Dimeff, MS**

Brief Alcohol Screening and Intervention for College Students

A Harm Reduction Approach

Linda A. Dimeff
John S. Baer

Daniel R. Kivlahan

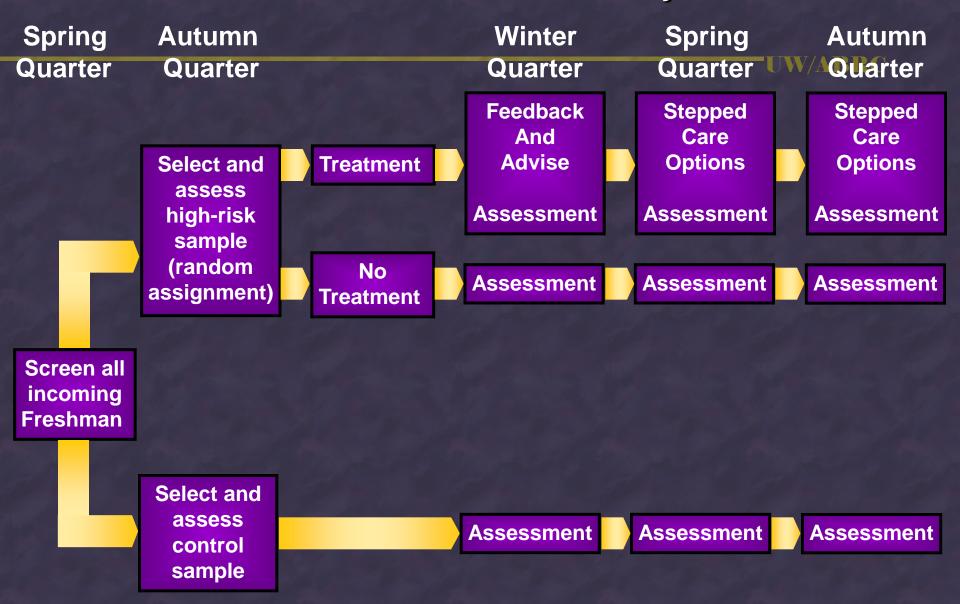
G. Alan Marlatt

Prevalence of Alcohol-Related Consequences Among Fraternity and Sorority Members

50.0%	Neglected your responsibilities
47.8%	Missed a day (or part of a day) of school or work
41.7%	Not able to do your homework or study for a test
40.0%	Got into fights, acted bad, or did mean things
39.2%	Felt you needed more alcohol to get same effect
38.9%	Caused shame or embarrassment to someone
36.8%	Had a fight, an argument or bad feelings with a friend
36.6%	Drove shortly after having more than two drinks
36.3%	Had blackouts
33.7%	Noticed a change in your personality
29.8%	Passed out
24.2%	Missed out on things spent too much on alcohol
21.9%	Drove shortly after drinking more than four drinks
16.2%	Went to work or school high or drunk
16.1%	Felt that you had a problem with alcohol
8.1%	Felt physically or psychologically dependent
7.9%	Felt you were going crazy
7.5%	Had withdrawal symptoms

BASICS Design

Freshman Year of University



Motivational Interviewing

Five General Principles

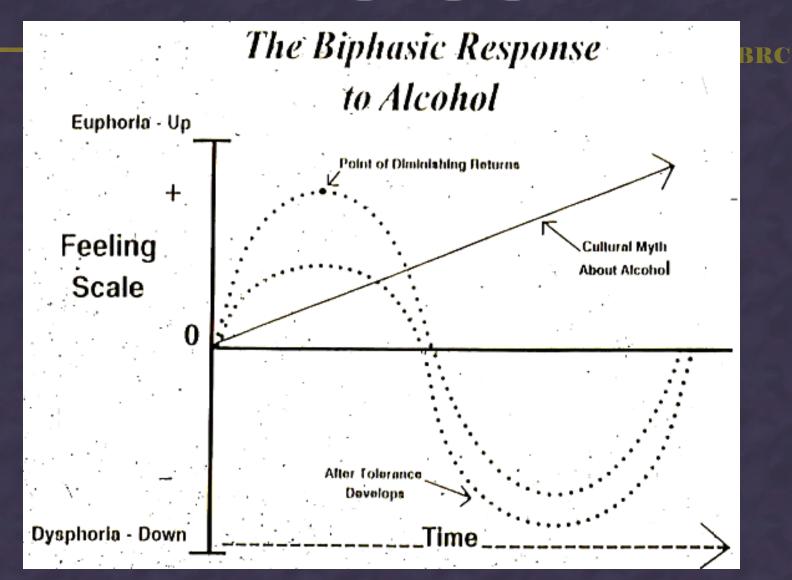
- Express Empathy
- Develop Discrepancy
- Avoid Argumentation
- Roll with Resistance
- Support Self-Efficacy

Motivational Interviewing

Negotiating a Plan for Change

- Settings Goals
- Considering Options
- Arriving at a Plan
- Encouraging Action

BASIES



Number of Drinks

Blood Alcohol Concentration* as a Function of Drinks Consumed and Time Taken to Consume

Number of Hours

	0	1	2	3	4	5	6	7	8	9	10	
1	0.020	0.004	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
2	0.040	0.024	0.008	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
3	0.060	0.044	0.028	0.012	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
4	0.080	0.064	0.048	0.032	0.016	0.000	0.000	0.000	0.000	0.000	0.000	
5	0.100	0.084	0.068	0.052	0.036	0.020	0.004	0.000	0.000	0.000	0.000	
6	0.120	0.104	0.088	0.072	0.056	0.040	0.024	0.008	0.000	0.000	0.000	
7	0.140	0.124	0.108	0.092	0.076	0.060	0.044	0.028	0.012	0.000	0.000	
8	0.160	0.144	0.128	0.112	0.096	0.080	0.064	0.048	0.032	0.016	0.000	
9	0.180	0.164	0.148	0.132	0.116	0.100	0.084	0.068	0.052	0.036	0.020	
10	0.200	0.184	0.168	0.152	0.136	0.120	0.104	0.088	0.072	0.056	0.040	
11	0.220	0.204	0.188	0.172	0.156	0.140	0.124	0.108	0.092	0.076	0.060	
12	0.240	0.224	0.208	0.192	0.176	0.160	0.144	0.128	0.112	0.096	0.080	

^{*} for a MALE, 185 lbs.

Strategies to Reduce Alcohol Consumption

- Keep Track
- Slow Down
- Space Your Drinks
- Select Different Types of Drinks
- Drink for Quality instead of Quantity
- Enjoy Mild Effects



BASICSGraphic Feedback

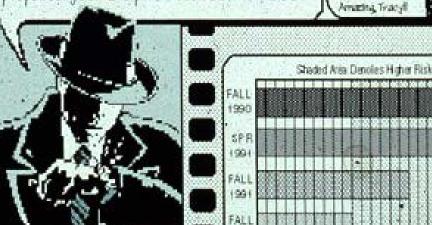
Calling John. John Doe! Lifestyles '94's investigative team has prepared your Graphic Feedback for 1993.

Tall up what you found.

According to the

information ha gave up during the

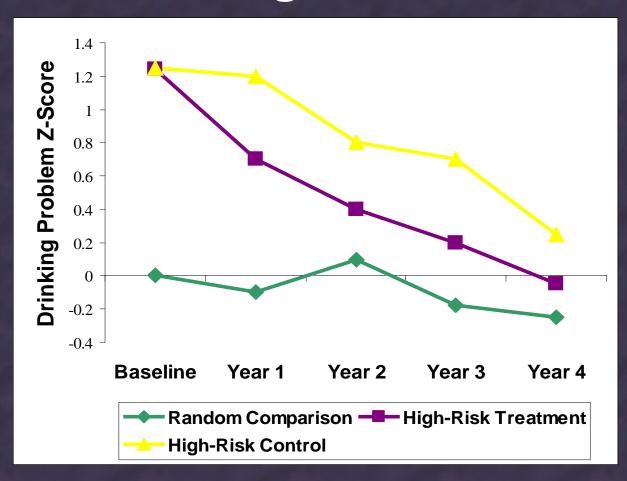
Number of Dinks Consumed on a Typical Weekend Evening



Detail of Quantity Graph

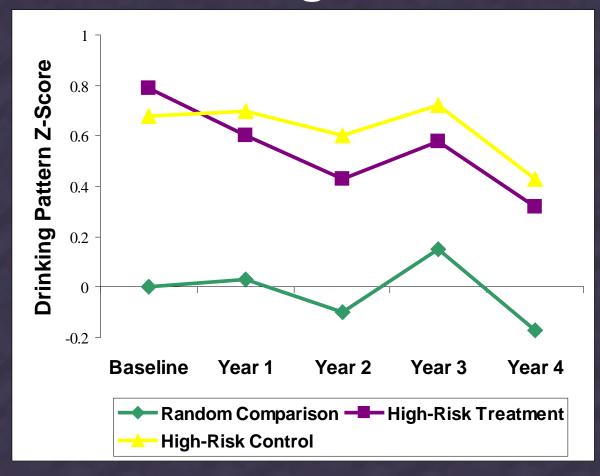
BASIES

Four Year Outcome Results Drinking Problems



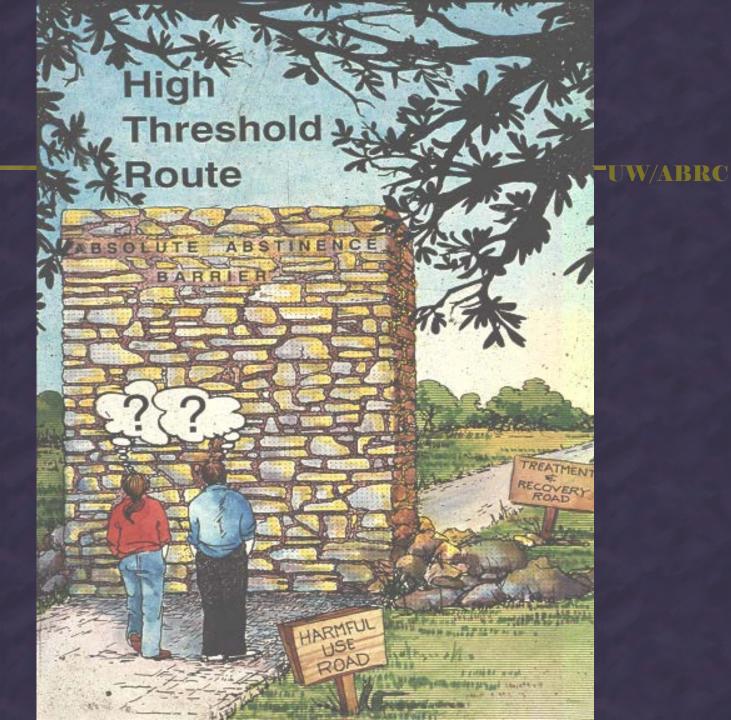
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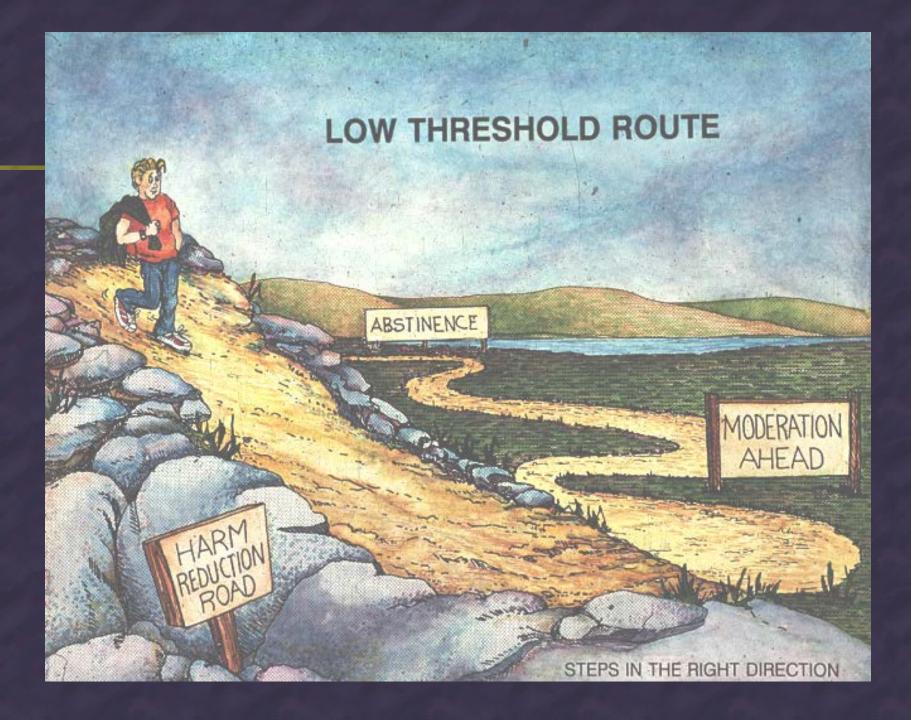
Four Year Outcome Results Drinking Rates



Harm Reduction: for Young Heavy Drinkers

- Low Threshold
 - Avoids Labels
 - Avoids Rules
- Public Health Model
 - -Treats young people as adults
 - -Tolerates "illegal" activity
- Flexible
 - -Tailored to personal history
 - -Tailored to risk status





3-D Model

The Three Dangerous Drives in Adolescent Motivation

Drinking

Dating

Driving



Are YOU are Harm Reduction therapist?

- 1. Are you a licensed or certified health care provider, or work under the supervision of one?
- 2. Do you provide health services to individuals who suffer from drug-related harm?
- 3. Are your health services guided by the principles of compassion, engagement, collaboration, self-determination, and pragmatism?
- 4. Are your health services ethical, culturally competent, evidence-based, and guided by an assessment of your clients' specific needs, goals, strengths, and resources?
- 5. Are you willing to deliver low-threshold health service that reduce drug-related harm to clients who are unable or unwilling to stop using, and to their loved ones?

Are YOU are Harm Reduction therapist?

UW/ABRC

If you answered Yes to all five questions, then you ARE a harm Reduction Therapist, and we would like to invite you to join your colleagues as a member of the Association for Harm Reduction Therapy (AHRT)!