Using Harm Reduction with Clients Who Use Substances

Have a conversation about the risks + benefits of the client’s substance use.

Client identifies their primary goal as...

- abstinence
- safer use
- reduced use
- something unrelated to use

Refer to detox if desired. Then inpatient or outpatient treatment, psychotherapy, group therapy, or community group - as desired by client.

Offer information about safer use methods and strategies. Collaborate on plan.

Offer information on strategies to reduce use. Collaborate on plan.

Work collaboratively on client-identified priority.

Was treatment effective in helping patient achieve detoxification and abstinence?

- yes
  - Resources on Safer Use
  - Resources to Reduce Use

- no
  - Reaffirm or reevaluate goals. Offer referral to appropriate treatment.

SUCCESS "Any Positive Change"

Because relapse is an expected part of the recovery process, every client needs education + tools for safer substance use. This includes providing naloxone (Narcan®) and overdose education for those who use opioids.

www.perinatalharmreduction.org