

## **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.

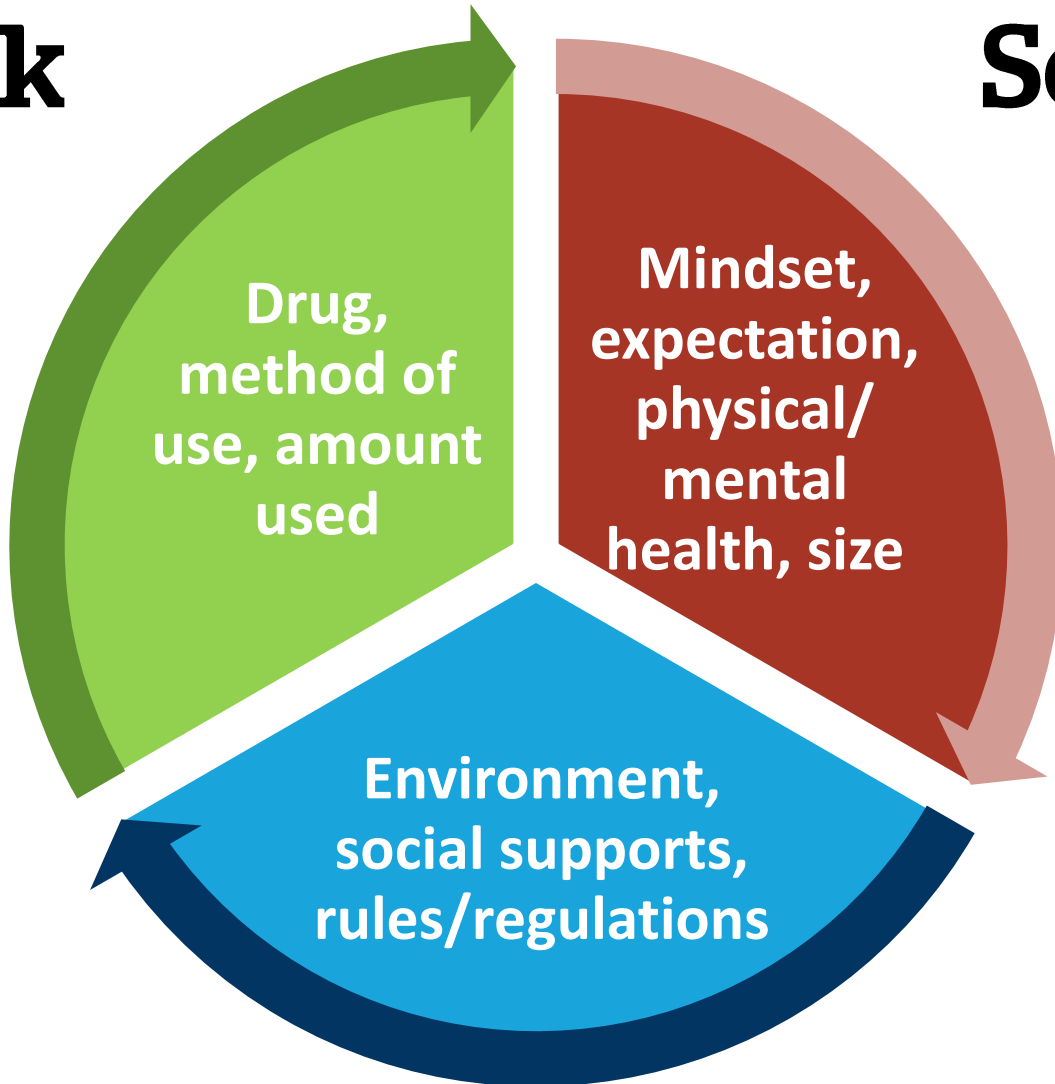
**Participant Self-Rule** – People make their own choices for treatment and care based on suggestions, education, and options.

**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.

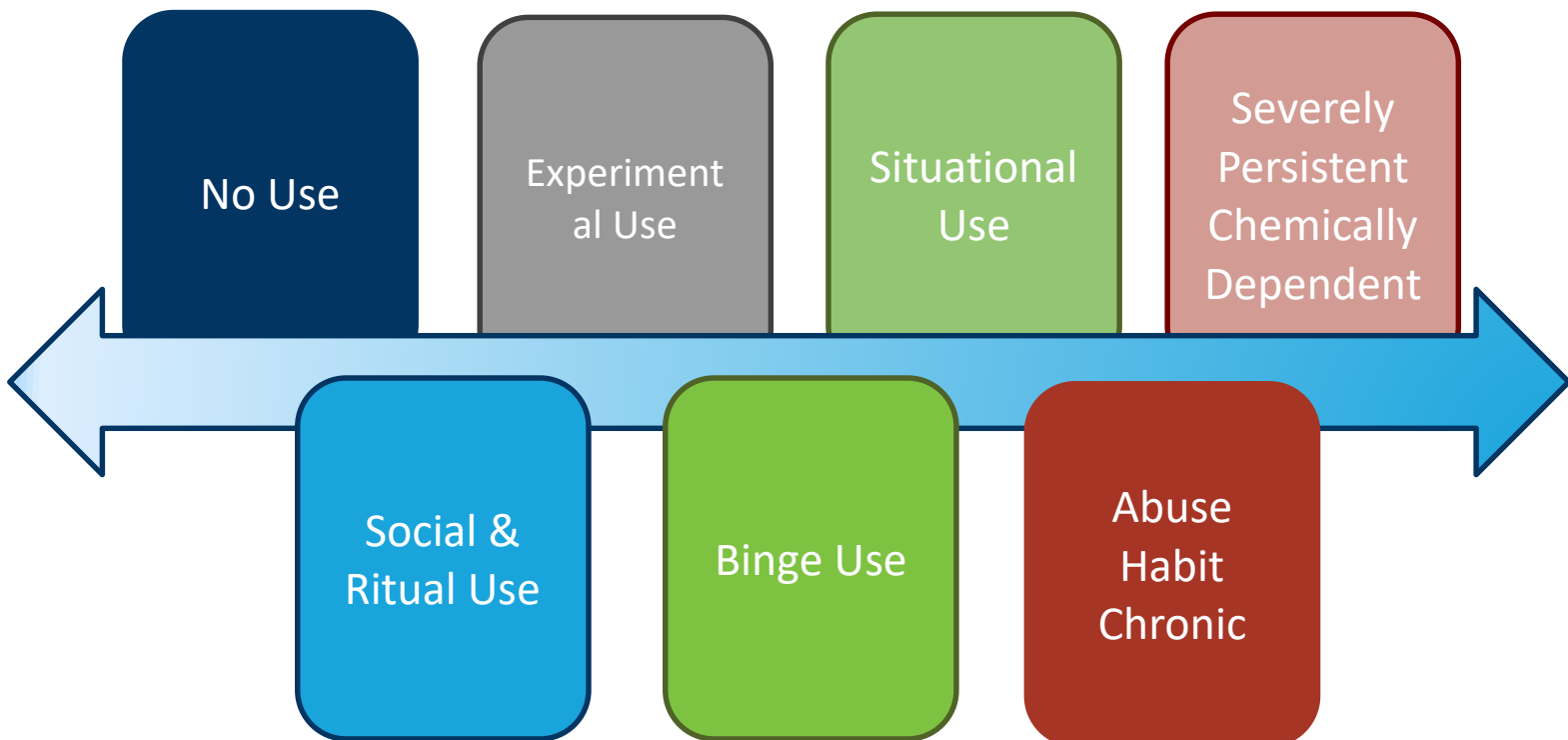
**Risk**



**Set**

**Setting**

## Continuum of Use



*Think of a person you admire or look up to...*

Where do they fall on the continuum of use?

What about you?

Would your answer have been different at another point in your life?

- Adapted from Harm Reduction Coalition, 2016

## Readiness Ruler

### Conversation Prompts

Prompts to consider using the first time a client is using the Readiness Ruler for a particular area of their case plan:

#### **When they have marked between 0-3:**

- Why did you mark yourself there?
- Why did you not mark yourself higher?
- Why did you not mark yourself lower? (assumes they have not ranked themselves zero)
- How will you know that it is time to think about changing?
- Is there anything we can set up for you that may help you think about changing?

#### **When they have marked between 4-7:**

- Why did you mark yourself there?
- Why did you not mark yourself higher?
- Why did you not mark yourself lower? (assumes they have not ranked themselves zero)
- What would be good about taking steps more towards feeling like a 10?
- What is preventing you from being more towards a 10?
- How will you know you are ready to take the next step towards a 10?
- Is there anything we can set up for you that will help you take the next step?

#### **When they have marked between 8-10:**

- Why did you mark yourself there?
- Why did you not mark yourself higher?
- Why did you not mark yourself lower? (assumes they have not ranked themselves zero)

- What is one thing you can do to help you feel like a 10? (assumes they marked 8 or 9)
- Prompts to consider when using the Readiness Ruler for a second, third, fourth time (etc) relative to their previous completion of the Readiness Ruler.

#### **If the person has moved to the right on the ruler (though not quite at 10 yet):**

- What has happened that made you take this step forward?
- What else could help you keep going towards feeling like a 10?
- What is one thing you can work on that will help you make that step? (Name it and specify a date for completion.)

#### **If the person has achieved a 10:**

- What helped you get all the way to 10?
- How do you feel now that you are at 10?
- What can you do to stay at the 10?
- What is the next thing you need to do to make sure the change sticks?

#### **If the person has moved backwards on the ruler:**

- Change is hard. What do you need to do to move in the other direction again?
- What was working for a while? What has changed?
- What have you learned about yourself?
- How can you use what you have learned to give it another try?

## Readiness Ruler

Client:	Version:	Date:
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### Readiness Ruler Worksheet *Sample*

I would like to make changes to the following area of my life:

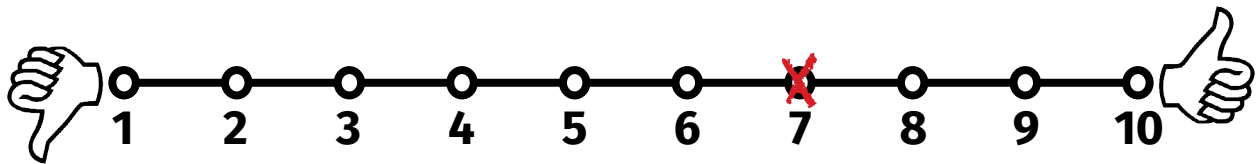
*I want to eat healthier*

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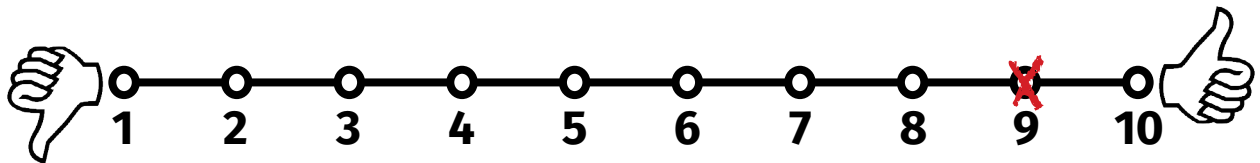
#### Importance

On a scale of 1 to 10, with 1 meaning “not important at all”, and 10 meaning “couldn’t be more important,” here’s how important making these changes are to me:



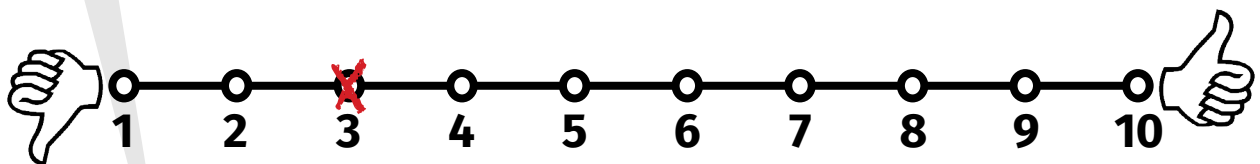
#### Readiness

On a scale of 1 to 10, with 1 meaning “not ready at all”, and 10 meaning “couldn’t be more ready,” here’s how ready I am to start making these changes:



#### Confidence

On a scale of 1 to 10, with 1 meaning “not confident at all”, and 10 meaning “couldn’t be more confident” here’s how confident I am that I can make these changes:



## The Honest Monthly Budget Sample

<b>Client:</b> Chris	<b>Version:</b> 1	<b>Date:</b> February 6
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Things that I have to spend money on:		Formal ways I get money:	
Rent	\$604	Job	\$0
Utilities	\$0	General Welfare	\$731
Food	\$100	Disability	\$0
Arrears	\$300	Pension	\$0
Repairs	\$0	Inheritance	\$0
<b>TOTAL</b>	<b>\$1004</b>	<b>TOTAL</b>	<b>\$731</b>

Other money that comes in goes toward:		Informal ways I get money:	
Child Support	\$0	Binning/Bottle Collecting	\$100
Debts	\$50	Odd Jobs	\$75
Cigarettes	\$100	Treasure Hunting	\$0
Coffee	\$0	Baby Sitting	\$50
Alcohol	\$200	Sex Work	\$0
Other Drugs	\$0	Drug Running/Dealing	\$0
Health Stuff	\$30	Day Labour	\$200
Household Supplies	\$60	Theft/Pawning	\$150
Girlfriend/Boyfriend	\$0	Friends/Family	\$0
Kids	\$0	Selling Prescription	\$0
Other Friends	\$50	Gambling	\$0
Cable	\$0	Medical Research	\$0
Socializing/Partying/Night Out	\$20	Panhandling	\$60
Sex	\$0	Selling Crafts	\$0
Bus	\$10	Busking/Street Entertainment	\$0
Taxis	\$0	Honorariums	\$0
Gambling	\$0	Non-Medical Research	\$0
Legal Stuff/Fines	\$0	Other	\$0
Other Bills	\$0		
<b>TOTAL</b>	<b>\$520</b>	<b>TOTAL</b>	<b>\$635</b>

All the Ways I Spend Money:		All the Ways I Make Money:	
<b>GRAND TOTAL</b>	<b>\$1524</b>	<b>GRAND TOTAL</b>	<b>\$1366</b>

<b>Difference Between What I Spend and What I Make:</b>	<b>-\$158</b>
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# Personal Safety Plan

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

**What are the signs that I might be in a “bad” or dangerous place for myself or others?**

- 1.
- 2.
- 3.

**Things I can do myself to take my mind off my problems :**

- 1.
- 2.
- 3.

**People who can help distract me if I’m feeling unsafe:**

1. Name \_\_\_\_\_ Phone # \_\_\_\_\_
2. Name \_\_\_\_\_ Phone # \_\_\_\_\_
3. Name \_\_\_\_\_ Phone # \_\_\_\_\_

**Places I can go to take my mind off things:**

1. Place \_\_\_\_\_
2. Place \_\_\_\_\_
3. Place \_\_\_\_\_

**Things I can do to make the area around me safe:**

- 1.
- 2.
- 3.



**Professionals or agencies I can contact during a crisis:**

**In an emergency, call 911**

1. Name \_\_\_\_\_ Phone # \_\_\_\_\_
2. Name \_\_\_\_\_ Phone # \_\_\_\_\_
3. Your Agency's On Call # 000-000-0000 Dial Extension \_\_\_\_\_ for Team/Department/etc. \_\_\_\_\_
4. Local Crisis Response Center: \_\_\_\_\_
5. Preferred Crisis Response Center: \_\_\_\_\_
6. Warmline 1-855-507-WARM (9276) Peer helpline to talk to people who can relate to you
7. Crisis Intervention Hotline 215-686-4420 (local) Anxiety, stress, or substance use crisis helpline
8. Suicide Prevention Lifeline 1-800-273-TALK (8255) If you are thinking about suicide or feel hopeless.
9. Philadelphia Domestic Violence Hotline 1-866-723-3914 Helpline if there is violence in your relationship.

**Steps for what to do when feeling bad and might need support.**  
**Order them in level of your need. It is okay to skip steps but it might be helpful to figure out what is happening with you to know when to skip forward.**

Empty space for notes or additional information.

***Please keep this in a place where you can easily access it.***  
***With your permission, your team may also keep a copy for reference and update.***