

Harm Reduction

A half day course

Harm Reduction in essence is a set of principles and compassionate strategies designed to minimize the harmful consequences of personal drug use and associated high risk behaviours. Harm Reduction is viewed variously as condoning use of illicit substances by 'showing' people how to use substances (albeit safely) to, alternatively, minimizing potential harms in people who do not wish to follow a path of abstinence from substances

WHO IS IT FOR? This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment

Timetable (may be subject to amendment depending on group need)

Session 1 General introduction to subject of harm reduction
Values and Attitudes
Guiding Principles of Harm Reduction
Overview of a range of substances that individuals may use
Methods of use of illicit and legal substances

Session 2 Risks and Hazards of Substance use
Advising substance misusers of safer practices
Safer practices for Injecting substances
Delegate experiences and Case Studies
Emergency interventions (overdose)

Learning Outcomes

On completion of this course, participants will be able to:

- Understand the nature and Principles of Harm Reduction
- Understand a number of alternative Harm Reduction strategies
- Understand and be confident in advising substance users on safer practice
- Understand the major sources of help and support