



Boys & Girls Clubs of Calgary

Harm Reduction and Stages of Change

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Harm Reduction: Definition

Harm Reduction can be defined as a set of practical strategies (or an approach) with the goal of meeting people where they are at, to help them to reduce harm associated with engaging in risk taking behavior

(Harm Reduction Coalition, United States, 2000)

(Definition supported by Canadian AIDS Society, 2000)



WHAT ARE RISK TAKING BEHAVIOURS?



WHY DO PEOPLE ENGAGE IN RISK TAKING BEHAVIOURS?



Principles of Harm Reduction

- Risk taking behavior is a natural part of our world
- Our work should focus on minimizing harmful effects, rather than just ending these behaviours
- Non- judgmental and non-coercion
- Providing and enhancing the knowledge, skills, resources, and supports to make informed decisions to be safer and healthier
- Systems of oppression have an impact on people's vulnerability to, and capacity for, effectively dealing with risk taking behavior



Our Role from a Housing First Perspective

- Listen
- Build trust and relationship
- Minimize Risk
- Assess Safety
 - Physical
 - Emotional
 - Environmental

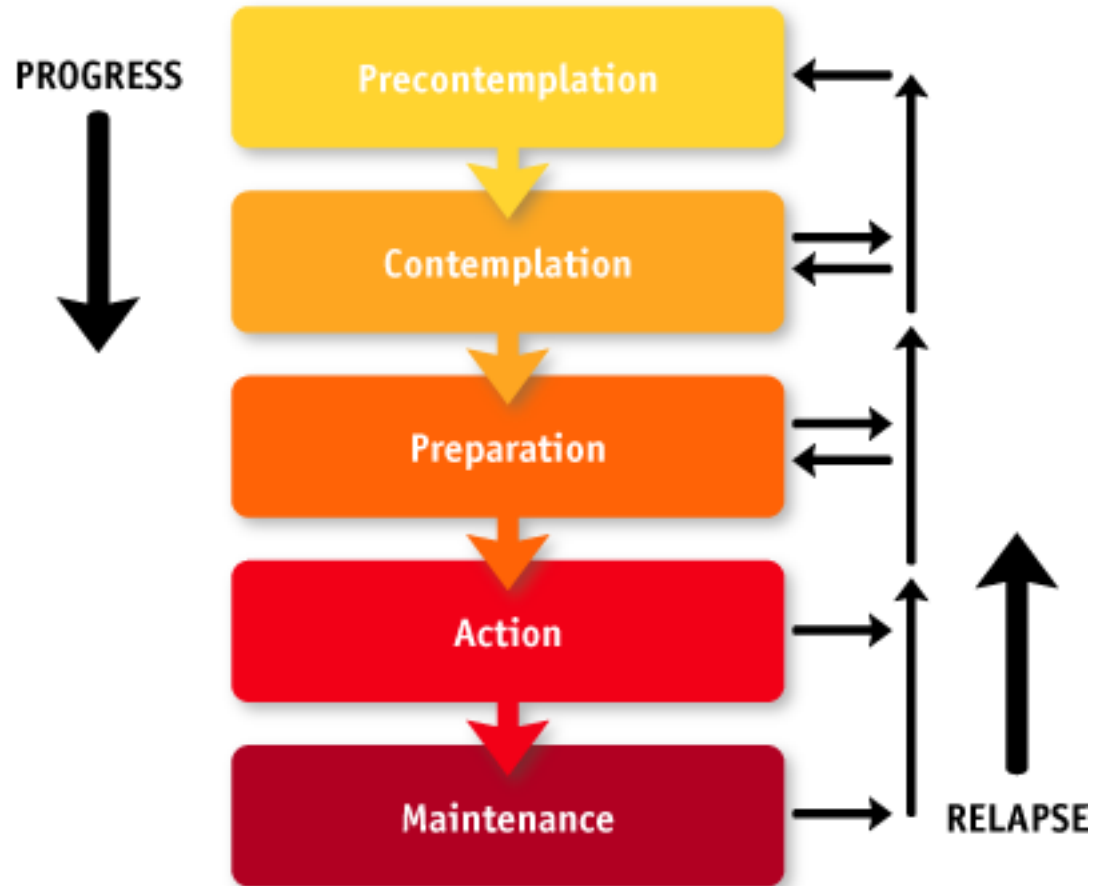


Stages of Change

Stages of change is a model in health psychology which establishes that people go through various stages when they are trying to change behavior such as to stop drinking, stop smoking or stop overeating.



Stages of Change Model



What are the stages of change?

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance



Harm Reduction and Stages of Change: Examples from a Housing First Perspective

Always remember physical, emotional and environmental safety!!!

- Eviction (eviction vs. discharge to homelessness)
- Personal hygiene (brushing teeth/showering)
- Food and Eating habits (Foodbank/cooking/managing nutrition)
- Sex (sexual exchanges, informed consent)
- Drug and Alcohol use/abuse (safe needles, contraband bins)
- Youth and their babies/children (set up for success, advocacy)
- Domestic violence (apartments with controlled entry, ect)



