Harm Reduction and Safety Questions - Concept brief

Understand the idea behind harm reduction and safety questions and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan wants a safety conversation while still deciding on longer-term goals.

The idea

Reducing harm and seeking treatment can coexist with different recovery goals.

An ordinary example

Jordan wants a safety conversation while still deciding on longer-term goals.

What this can look like

Prepare questions for a clinician or harm-reduction service about overdose prevention, naloxone, and other locally appropriate supports.

Check the fit

What support can be sought now without waiting for perfect readiness? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

What support can be sought now without waiting for perfect readiness?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A09-1