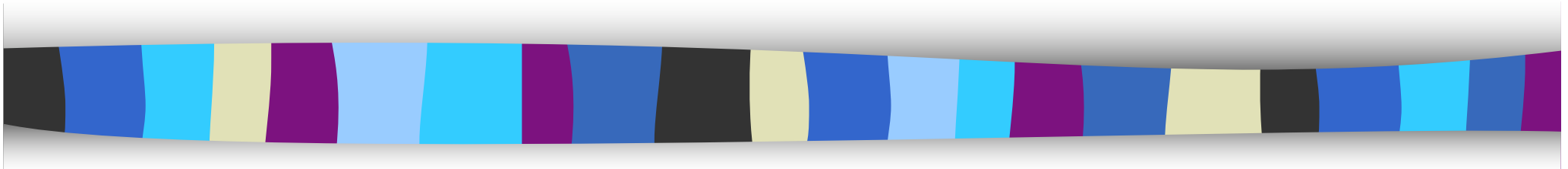




Solution Focused Harm Reduction Addiction Treatment With Adolescents



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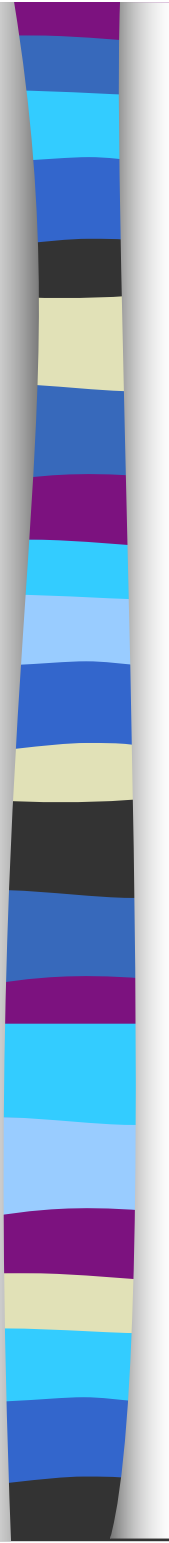
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For the next 30 mins I hope to

- Provide some background information on the work I do.
- Speak about SFBT and Harm Reduction and how, in my opinion they are similar.



- 
- First a Quote....
 - It seems to be difficult for most persons in our culture to give credence to the idea that the individual does the best he can at any given moment....
 - The terms “lazy,” “stubborn,” “no will power” are not merely descriptive, but implied moral censure and unspoken “he could do better if he wanted to.”
 - Jackson, D.D. 1952 The Relationship of the Referring Physician to the Psychiatrist.





A Quote from my Dad

- If you look for the badness in people, you will find it, but you will be miserable.
- Paddy Joe Foy (Circa 2016)

How I first found SFBT....





Meet Anne

- Anne is 15 years old, she smokes cannabis (daily) and uses cocaine (weekends mostly). She is failing at school. Her mother describes her as a “junkie”, she has just broken up with her boyfriend and he has begun dating her best friend, she also cares for her younger brothers aged 7 and 9 and her mum is getting married to her step dad (whom she “hates”) in 2 months time.....



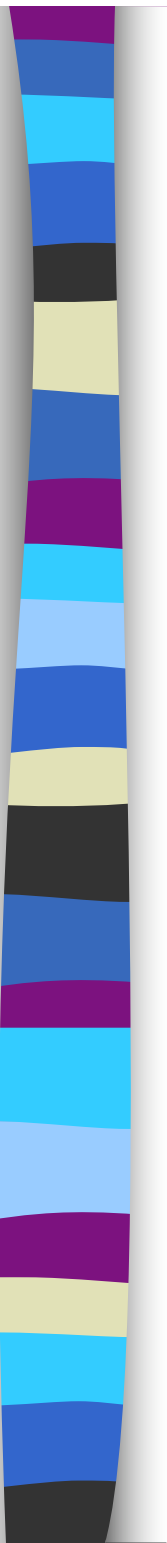
Look for Strengths instead!

- **Personal Specification for Anne's life...**
- Ability to raise kids
- Strong, Caring and Considerate
- Self contained
- Resilient.
- Funny.
- Adaptable to changes.
- Ability to deal with multiple stressors.
- We could go on here.....



A Solution Focused Approach?

- Clients are welcomed into the service
- The work is collaborative as opposed to prescriptive
- The client is the expert
- I take my lead from them
- It is strengths based





A Solution Focused Approach

- Clients abilities and resources are acknowledged and valued, eg a client who is already engaged in change around their drug use.
- The steps that the client has taken to address their drug use is acknowledged and a discussion about preferred futures may be started



Working with clients

- **Get client engaged**
- Identify **any exceptions** to pattern of drug/alcohol use
- **What is happening here? How have you managed to use less on that day? How are you doing this?**
- **Any movement in reduction** is recognised and positively enforced
- The clients **ability to maintain current drug use** is positively commented on, how have you done that?



What is Harm Reduction

- In its simplest form Harm Reduction is the process of reducing the harms that exist with drug and/or alcohol use.
- According to Heather et.al., (1993) harm reduction as a strategy includes;
any activity which is directed at reducing the harm associated with drug use without necessarily reducing drug use itself



Harm Reduction Continued

- It is aimed at working with clients “where they are at”
- Abstinence is not the primary goal but can be included as a goal if stated by the client
- Any reduction in drug use is a step in the right direction



Principles of Harm Reduction Therapy

- Engagement in treatment is a primary goal
- Many users are unwilling or unable to stop
- Use a lower threshold for treatment



Principles of Harm Reduction

- Drug use can be seen along a continuum of risk, ie ways in which drugs are used may increase risk
- As a result any reduction in drug use or safer use practices can be viewed as success
- By reducing drug use or using in a safer way, the client is beginning a process of positive change



Change

Can We Recognise It?



What Harm Reduction is not...

- Harm Reduction does not advocate or condone alcohol or drug use *per se*.
- It is not based on the *Moral or Disease concept of addiction*.
- Is not coercive.
- Does not ignore or minimize the many “down-sides” of drug use (such as death, arrest or illness).



Common arguments for and against...

■ Against HR-

- Condones drug use
- Encourages use
- We accept defeat in the “War on Drugs”
- Sends “the wrong message” ...

■ For HR-

- Works with people where they are at
- Provides options for those unwilling or unable to aim for abstinence
- Lessens the pressure on Emergency Departments
- Saves lives



Principles of Harm Reduction

Harm Reduction: British Columbia Community Guide
(2005)

- **PRAGMATISM**
- **HUMAN RIGHTS**
- **FOCUS ON REDUCING HARMS**
-
- **MAXIMIZE INTERVENTION OPTIONS**
-
- **DRUG USER INVOLVEMENT**



Similarities between the two

- Both approaches respect the person
- Both approaches acknowledge the person as being the expert in their decision making
- Both approaches are strengths based
- Both approaches are pragmatic



Thanks Very
Much



References

- Problem solving therapy (2nd edition) by Haley, J (1987)
- Harm Reduction, National and International Perspectives by Inciardi and Harrison(2000)
- The Reduction of Drug Related Harm by O' Hare et al (1992)



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