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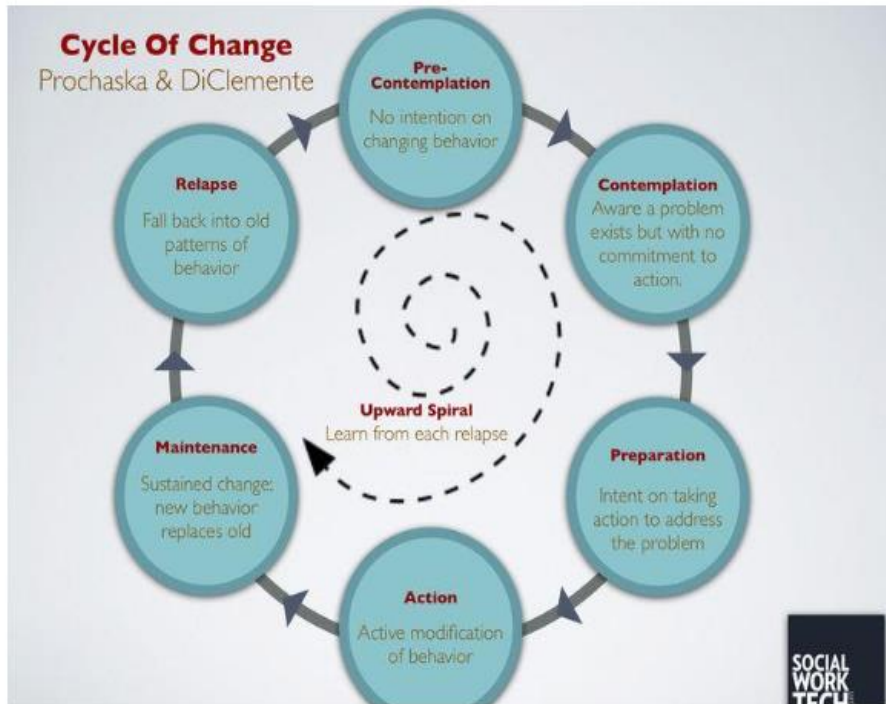
**Camden Coalition**  
of Healthcare Providers

# Harm Reduction Template

**Reviewed and Funded By:** The New Jersey Medication-Assisted Treatment Centers of Excellence  
**Developed By:** The Camden Coalition of Healthcare Providers

# Harm Reduction Template

Harm reduction refers to a set of principles or strategies aimed at reducing harm which are not solely focused on reducing consumption or behavior. Harm reduction can be defined broadly as acceptance of an individual and meeting that person “where they are at” regardless of their behavior or lifestyle. Use this template to reflect on the cycle of change with respect to your patient and brainstorm potential ways to model harm reduction.



Source: <https://i.pinimg.com/736x/dd/76/15/dd761567a8e14c1c797a818e36b3b21e.jpg>

Where do you think the patient is within the cycle of change? \_\_\_\_\_

What have you observed to indicate the above-mentioned stage of behavior change?

**Harm Reduction Principles:**

- Non-judgmental approach that exhibits compassion & respect
- Utilizes evidence-based & feasible practices to prevent or reduce harm
- Focus on enhancing quality of life
- Focus on empowerment

**Harm Reduction Strategies/Programs:**

- Needle/syringe exchange
- Housing first
- Wound care
- Confidential counseling
- Opioid substitution therapy
- Access to primary care & treatment

*What is the harm that you and your team are aiming to reduce?  
\*Remember **not** to focus solely on behavior/consumption\**

*Brainstorm a way to reduce the harm  
\*Remember **not** to focus solely on behavior/consumption\**

*Reflect on how you and your team can continue to model compassion/respect with a focus on individual empowerment and enhancing quality of life*



Source: <http://www.nchrc.org/harm-reduction/what-is-harm-reduction/>