**Harm Reduction**

**Presenter – Jamie Lindsay**

**Harm Reduction and the Seven Challenges: A Guide for Peer Advocates and Harm reduction.**

**Introduction**

* **Title:** Welcome
* **Content: Jamie Lindsay** the focus of this training is on understanding substance abuse harm reduction approach of **seven challenges** and its possible impact, and strategies for making healthier choices.

**: Understanding Substance Abuse**

* **Title:** What is Substance Abuse?
  + Definition of substance abuse
  + Overindulgence in or dependency of an addictive substance especially alcohol or drugs
  + Common substances abused by teenagers
  + Weed, alcohol, Meth, pills aka pressies, Fent
  + Statistics on teen substance use.

total lifetime use of alcohol and other drugs (AOD) is estimated at 52 percent and 69 percent respectively. Including use of cold/cough medicines to get high, lifetime AOD 9th-grade use rises to 60 percent and 11th-grade use to 74 percent.

**Challenge 1 – The First Challenge: Facing the Truth**

* **Title:** Facing the Truth
* **Content:**
  + **Description:** Understanding and accepting the reality of substance abuse.
  + **Key Points:**
    - Recognizing the impact of substance abuse on health, relationships, and future goals.
    - The importance of honest self-assessment.
    - Example what do you like that this drug does for you. Expect the normal answers its fun, I like it and then dig deeper.

**Challenge 2 – The Second Challenge: Recognizing the Risks**

* **Title:** Recognizing the Risks
* **Content:**
  + **Description:** Identifying and understanding the risks associated with substance use.
  + **Key Points:**
    - Short-term and long-term effects on physical and mental health.
    - Legal and social consequences.

**Challenge 3 – The Third Challenge: Making Informed Choices**

* **Title:** Making Informed Choices
* **Content:**
  + **Description:** Learning how to make healthier decisions.
  + **Key Points:**
    - Skills for resisting peer pressure.
    - Alternatives to substance use (e.g., hobbies, sports, creative outlets).

**Challenge 4 – The Fourth Challenge: Developing a Support System**

* **Title:** Developing a Support System
* **Content:**
  + **Description:** Building a network of supportive people.
  + **Key Points:**
    - The role of family, friends, and mentors.
    - Seeking help from counselors or support groups.

**Challenge 5 – The Fifth Challenge: Setting Goals and Planning for the Future**

* **Title:** Setting Goals and Planning for the Future
* **Content:**
  + **Description:** Creating a vision for a drug-free life.
  + **Key Points:**
    - Importance of setting personal goals.
    - Steps to achieve these goals and plan for a positive future.

**Challenge 6 – The Sixth Challenge: Finding Healthy Coping Strategies**

* **Title:** Finding Healthy Coping Strategies
* **Content:**
  + **Description:** Developing effective ways to handle stress and emotions.
  + **Key Points:**
    - Techniques for managing stress (e.g., mindfulness, exercise).
    - Healthy ways to cope with peer pressure and challenges.

**Challenge 7 – The Seventh Challenge: Building a New Identity**

* **Title:** Building a New Identity
* **Content:**
  + **Description:** Creating a new, positive self-image.
  + **Key Points:**
    - The process of personal growth and change.
    - Embracing a new lifestyle and identity that doesn’t involve substance use.

**Harm Reduction Strategies**

* **Title:** Harm Reduction Strategies
* **Content:**
  + **Description:** Practical harm reduction tips and strategies.
  + **Key Points:**
    - Understanding the concept of harm reduction.
    - Examples: safer practices, knowing when and where to seek help, and safe environments.

**Resources and Support**

* **Title:** What programs have a support
* **Content:**
  + **Description:** Where to find help and support.
  + **Key Points:**
    - Local and online resources (e.g., hotlines, support groups, counseling services).
    - Encouraging teens to seek help when needed.

**Slide 14: Q&A Session**

* **Title:** Questions and Answers
* **Content:**
  + Open the floor for questions.
  + Encourage discussion and provide thoughtful answers.