

# HARM REDUCTION TREATMENT (HaRT) FOR SUBSTANCE USE

## WHAT IS HARM REDUCTION?

Harm reduction is a broad set of compassionate and pragmatic approaches that aim to reduce substance-related harm and improve quality of life.

## WHAT IS HARM REDUCTION TREATMENT (HaRT)?

HaRT is an evidence-based practice in which 3 components are delivered compassionately and pragmatically:

1. Client-led tracking of preferred metrics
2. Harm reduction goal-setting
3. Safer-use strategies

## WHAT IS HaRT TRAINING?

HaRT training is a web-based, 2-part training series with two case consultation sessions. In the training series, we will discuss, demonstrate, and roleplay the practice of HaRT in clinical and community-based applications.

**Session 1:** Harm Reduction Theory and Evidence Base; Translating the HaRT Mindset & Heartset into Practice

**Session 2:** Roleplaying Harm Reduction Assessment/Tracking, Goal-setting, and Safer-use Strategies

## PRICING

We use a sliding scale pricing model to make trainings as accessible as possible. 20% of profits are donated to community-led harm reduction organizations.

Students/trainees: \$80

Non-profit organization employees: \$160

For-profit organization employees: \$320



## SAVE THE DATE!

October 4, 2023, 8 AM - 12 PM PST

October 5, 2023, 8 AM - 12 PM PST

Register at [hart3s.com](https://hart3s.com)

Questions? Email [info@hart3s.com](mailto:info@hart3s.com)

## FACILITATOR



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