

# What we do

## Tailored Solutions to Achieve Personal Goals

The Center, founded by leaders in the Harm Reduction Therapy movement, is a certified drug and alcohol treatment program staffed by mental health professionals. Our program offers pragmatic, proven solutions to substance misuse, and has an impressive record of positive results.



Harm Reduction Therapy is a revolutionary client-therapist collaboration that combines substance misuse treatment with psychotherapy, so clients can address both their substance use and the issues that are behind it.

Unlike traditional “quit now and forever” programs, we do not ask that clients stop all substance use, unless that is their goal, and we help families find alternatives to “tough love.” The therapist helps the client to lay out, clearly and honestly, the harm being done to themselves and to others. The client, or the client and family together, choose the most urgent issues on which to focus. Together, client and therapist then work to *reduce the harm* that is being done, establishing goals and implementing gradual, realistic steps to achieve them.

At the Center, we work with the whole person. Drug and alcohol

problems are addressed alongside other social, emotional, health and occupational concerns.

## **Just Say Know**

We help you to look at all aspects of your life so that you can decide what is and what isn't working. The more you know about yourself, the better prepared you will be to make changes. The more you know about treatment options, the larger your range of solutions will be. Our program is insightful, humane and pragmatic.

*"It's humane because you have to meet people on their own terms rather than confronting them on yours... It's pragmatic because harm reduction accepts substance use as a fact of life and recognizes its role as a way of coping with the consequences of social problems. It does not try to remove a person's primary coping mechanisms until others are in place,"*  
G. Alan Marlatt

## **Our Program**

- Comprehensive assessment of substance use, emotional or psychiatric, social and vocational issues
- Brief educational group to orient new clients to the harm reduction model
- Individual therapy centered on collaboratively developed goals
- Trauma-specific treatments
- Group therapy (optional)
- Medication-assisted treatment: psychiatric and addiction medicine, including opiate replacement therapy