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HARMREDUCTIONTHERAPY.ORG

**Do you have fundraising, event planning, marketing, or finance experience?
Consider joining our Board of Directors!**

The Center for Harm Reduction Therapy, founded by leaders in the Harm Reduction Therapy movement, is a nonprofit certified drug and alcohol treatment program staffed by mental health professionals. Created in 2000 with a mission to develop, practice, teach, and research harm reduction therapy, a new paradigm in addiction treatment, our vision is to transform substance abuse and mental health treatment in the United States so that it welcomes and works skillfully with everyone who has an alcohol or drug problem, regardless of the status of their substance use, the state of their mental health, or their goals for future use.

Harm Reduction Therapy is a revolutionary client-therapist collaboration that combines substance abuse treatment with psychotherapy, so clients can address both their substance use and the issues that lie 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.” Instead, 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. With this integrative approach, harm reduction therapy is both pragmatic and compassionate.

The Center is a leader in an international movement that advocates for treatment that truly meets people’s needs, for humane drug policies, and for accurate education about alcohol and other drugs so that people can make informed and safe choices if they choose to use. Rooted in public health and human rights, harm reduction has built programs that include syringe exchange, overdose prevention, and other life-saving public health interventions. It has spawned legal initiatives to end the failed War on Drugs, which has cost billions of dollars and devastated countless lives by putting more resources into incarceration than treatment of substance users.

The Center specializes in working with people whose alcohol or other drug use is complicated by emotional, psychiatric or medical problems. Many people seek our services when other treatment programs and interventions have not met their needs. The Center offers harm reduction therapy to anyone who has a problem with alcohol or other drugs. Services include individual, group, couples and family therapy, as well as psychiatric and addiction medicine services. We also offer comprehensive evaluations and reports for people needing support for legal issues. We have diversified treatment beyond our own offices and provide therapeutic services to the participants of six community-based agencies:

- **Hospitality House**, Tenderloin Self-Help Center
- **Hospitality House**, Sixth Street Self Help Center
- **Homeless Youth Alliance**
- **Office-based Opiate Treatment Programs**
- **Pretrial Diversion, Inc.**
- **San Mateo County AIDS Programs**

The Center provides training and consultation to over one thousand healthcare professionals and social service agencies throughout the United States and internationally each year.

The Center leads a national research project to collect data on the effectiveness of harm reduction therapy and support the dissemination of our model.

Through all of these activities, the Center is poised to bring harm reduction therapy much more into public awareness as a viable substance abuse treatment alternative.

Our goals and priorities for the next year are:

- To produce our first research data on the effectiveness of Harm Reduction Therapy and to submit at least 2 papers to professional journals
- To complete the 2nd edition of *Over the Influence* for the general public
- To hold at least one public event each month
- To reach out and speak to parents at schools about realistic ways to reduce the harm of their teenage childrens' drinking and drug experimentation
- To reach out to Human Resource departments of companies (many of the tech companies in San Francisco have installed bars on the premises) to disseminate alcohol and drug-related health information

The Center's Board of Directors plays a vital role in realizing our vision.

Key responsibilities of Board members include:

1. Organizational governance;
2. Active participation in a minimum of one committee or project each year;
3. Active participation in the dissemination of information about harm reduction therapy;
4. Regular attendance at monthly board or committee meetings;
5. Participation in fundraising activities and a commitment to contribute or raise funds commensurate with each member's means.

We are seeking new Board members who can help us to achieve our goals in 2015 and beyond by sharing our vision, bringing passion and skills, and being willing to devote time and energy to our mission.

Advisory Board

If you are unable at this time to commit to the Board of Directors but would still like to be involved, consider our Advisory Board. This group of individuals make themselves available for technical assistance on an as-needed basis. Currently we have marketing and research professionals involved – we would like to add individuals with fundraising, finance, and event planning experience.

If you are interested in supporting the Center's mission and activities, please contact our Board President Claudia Figallo at at claudia.mph@gmail.com. Visit www.harmreductiontherapy.org for more information about HRTC.