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[HARMREDUCTIONTHERAPY.ORG](http://HARMREDUCTIONTHERAPY.ORG)

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

**The Center for Harm Reduction Therapy** 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 a new paradigm in addiction treatment our vision is to transform substance use and mental health treatment in the United States so that they welcome and works skillfully with *everyone* who has an alcohol or drug problem, regardless of the status of their substance use, their priorities, their goals for future use, or other complicating issues.

**Harm Reduction Therapy** is a revolutionary client-therapist collaboration that combines substance use 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, 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 part of 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 into 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 organizations in nine locations, including on the streets, in shelters, and in drop-in centers:

- **Hospitality House:** Tenderloin & Sixth Street Self Help Centers
- **Homeless Youth Alliance:** Drop-in center and outreach in Golden Gate Park
- **Office-based Opiate Treatment Programs:** SF 6<sup>th</sup> Street Harm Reduction Center and Tom Waddell Addiction Medicine Clinic
- **Episcopal Community Services Central Waterfront Navigation Center**
- **San Francisco Street Medicine and Shelter Health**
- **San Mateo County AIDS Programs**
- **Transitional Age Youth Homeless Mental Health team**, a new program that will work in a mobile therapy office in all neighborhoods in SF where youth experiencing homelessness live.

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

The Center's founders and directors are committed to bring harm reduction therapy to everyone who uses drugs and everyone who loves them. To that end, they have written books to and for people who use drugs and are working on a book for families and friends.

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

**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 project each year;
3. Active participation in the dissemination of information about harm reduction therapy;
4. Regular attendance at quarterly monthly board meetings;
5. A commitment to contribute or raise funds commensurate with each member's ability.

**We are seeking Board members who share our vision and are willing to devote time and energy to our mission.**

**If you are interested, please contact Board President, Jim Emery, at [jimemerysfca@yahoo.com](mailto:jimemerysfca@yahoo.com).**

**Visit [www.harmreductiontherapy.org](http://www.harmreductiontherapy.org) for more information about the Center.**