

HARM REDUCTION

VS

ABSTINENCE

Goal

Minimize the negative consequences of substance use by promoting safer practices, support, and access to care.

Goal

Eliminate substance use entirely by helping individuals achieve and maintain a substance-free lifestyle through structured support.

Strategies:



Needle Exchange Programs



Safe Use Facilities



Safer Use Education

Programs:



Detoxification



Rehabilitation Programs



Support Groups (AA, NA)

Examples:



Naloxone Distribution



Methadone Treatment Program



Drug Checking Services

Examples:



12-Step Programs



Inpatient Rehabilitation



Outpatient Counseling

Which Is Right for whom?

Harm Reduction: Designed for individuals not ready or able to stop using substances, focusing on safety, dignity, and access to care.

Abstinence: Ideal for individuals committed to full sobriety, providing structured, long-term support for lasting recovery.