

Name of Intervention	Holistic Harm Reduction Program
Based on Behavioral and Social Science Theory(ies)	Information-Motivation-Behavioral Skills (IMB) Model
Summary of Intervention	The Holistic Harm Reduction Program (HHRP) is a 12-session, manual-guided, group level program to reduce harm, promote health, and improve quality of life. The primary goal of HHRP is to provide group members with the resources (i.e., knowledge, motivation, and skills) they need to make choices that reduce harm to themselves and others. In addition to providing substance abuse treatment, HHRP addresses medical, emotional, and social problems that may impede harm reduction behaviors, and uses cognitive-remediation strategies to improve knowledge, increase motivation, and teach skills needed for harm reduction and health promotion. In this setting abstinence from illicit drugs or sexual risk behaviors is seen as one of several treatment goals. These goals could also include reduced drug use, reduced risk of HIV transmission, and improved medical, psychological, and social functioning.
Clearly Defined Audience	Inner-city HIV-seropositive injection drug users with mild to moderate cognitive impairment; dually addicted to heroin and cocaine and with a history of unsuccessful drug treatment
Goals and Objectives of the Intervention	Goal: To provide group members with the resources they need to make choices that reduce harm to themselves and others by: <ul style="list-style-type: none"> • Reducing illicit drug use • Reducing risk of HIV transmission • Improving medical, psychological, and social functioning • Decreasing the number of sexual partners
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> • Multiple sex partners since HIV-seropositive status • Unprotected penetrative sex with steady and/or non-steady partner since HIV-seropositive status • Unprotected sex-for-drugs and sex-for-money transactions since HIV-seropositive status • Sharing drug paraphernalia since HIV-seropositive status • Medical non-adherence to HARRT • Chronic illicit drug use
Factors Influencing Behaviors (FIBs)/	<ul style="list-style-type: none"> • Knowledge (lack) • Perceived severity (low)

Behavioral Determinants	<ul style="list-style-type: none"> • Perceived barriers (high) • Intentions • Self-efficacy • Skills - communication and negotiation • Social Norms
Core Elements	<ul style="list-style-type: none"> • Teaches skills to reduce harm of injection drug use and unprotected sexual activities. • Teaches negotiation skills to reduce unsafe sexual behaviors with sexual partners and teaches skills to heal social relationships. • Teaches decision making and problem solving skills using cognitive remediation strategies. • Teaches goal setting skills including developing action plans to achieve goals. • Teaches skills to manage stress, including relaxation exercise and understanding what aspects of the stressful situation can, and cannot, be controlled. • Teaches skills to improve health, health care participation, and adherence to medical treatments. • Teaches skills to increase clients' access to their own self defined spiritual beliefs, in order to increase motivation to engage in harm reduction behaviors. • Teaches skills to increase awareness of how different senses of self can affect self-efficacy and hopelessness.
Setting	Substance-abuse addiction and mental health treatment facility
Duration	12, two-hour group sessions that can be presented as 1 weekly two-hour session for 12 weeks (recommended); or twice-weekly one-hour sessions for 12 weeks, or 1 two-hour session alternating with discussion groups weekly for 24 weeks
Provides Opportunities to Practice Relevant Skills	<ul style="list-style-type: none"> • Cleaning a needle with bleach • Selecting and applying a latex condom using a penis replica • Harm reduction role playing and skills training which includes; relapse prevention, improving emotional, social, and spiritual health (including coping with stigma and grief); increasing medication adherence; active participation in medical care; and making healthy lifestyle choices • Sharing knowledge and skills within social

	networks
Outcomes	Members of the HHRP group had significantly greater improvement in behavioral skills and showed continued decreases in addiction severity and risk behaviors after 3 months. Participants also exhibited significant improvements on measures of addiction severity, harm reduction behaviors, harm reduction knowledge, motivation, behavioral skills, and quality of life.
Type of Intervention	GLI

Journal Citation(s):

Margolin A, Avants SK, Warbuton LS, Hawkins KA, Shi J. (2003). A randomized clinical trial of manual-guided risk reduction intervention for HIV-positive injection drug users. *Health Psychology*, 22(2) 223-228.

Copenhaver M, Avants SK, Margolin A, Warbuton LA. (2003). Intervening effectively with drug abusers infected with HIV: Taking into account the potential for cognitive impairment. *Journal of Psychoactive Drugs*, 35(2), 209-218.

Contact:

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