

## LO-1 Script introducing rationale for HaRT to patients

### Introducing the rationale for HaRT

I am a [title, job description] at [xx]. I do harm reduction treatment. This is a different approach to substance use treatment. When we meet, I will not require, ask, or advise you to stop or cut down your substance use or change your use in any way you do not want to. Instead, my focus is to understand what your goals, intentions, or visions for your future are, and I will work with you to help you move towards those. I will also help you assess the relative risks of your substance use behavior so you can make your own informed decisions about your substance use. Ultimately, in harm reduction, we want to help people and communities reduce their substance-related harm—the problems people experience due to substance use—and improve their quality of life on their own terms and on their own timeline.

How does that sound to you?

This script appears in the UW BHSS Educator's Guide chapter on Intervention, unit: Harm Reduction.