

## LO-6 Example of Asking Permission

### ***A sample conversation of the BHSS asking the patient for permission to give advice or information***

A client brings up that they are not able to reliably access new substance-use equipment, but they note making an effort to clean their existing equipment, namely with lemon juice. The BHSS can say:

- “I know you’re doing everything you can to use more safely, which is awesome.” [*Affirmation*]
- “I have some additional information for you and am hoping I can share it.” [*Asking permission to give advice or information*]

The client might nod their head that, yes, they are ready for the information.

Next, the BHSS says:

- “Cleaning your equipment with lemon juice can actually be riskier because it can infect your veins with bacteria or fungus.” [*Psychoeducation*]
- “If you have access to bleach, that would be a safer option if you can’t get clean equipment.” [*Psychoeducation*]
- “What do you think?” [*Elicit the client’s perspective using open-ended questions*]

The BHSS can then help answer any questions that come up or troubleshoot barriers to safer use.

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