

As we navigate the readings in this year's ABC Book Club, each month we will be investigating new dimensions of the fundamentals of harm reduction. Through this navigation, our understanding of the recovery services we offer may shift. Considering this, the first question for discussion in each month's book club meeting will be the following:

How do you define harm reduction? Have this month's readings altered your definition at all?

How is liberatory harm reduction different from our traditional or our professionally trained harmed reduction?

In the forward, adrienne maree brown defines the principle of harm reduction.

- Accept what is: drugs exist and people use them, societal structures impact use, and the result can be pleasure, relief, ease, comfort, addiction, and tragedy
- Embrace the complexity of drug use, including the spectrum of using and not using, and acknowledge that there are safer ways to use any substance
- Acknowledge that we live inside intersecting systems of egregious harm
- Remember, relearn, that no one is disposable
- Honor the sovereignty of each person over their own paths and choices, and let users hear each other and shape the support they receive
- Set down whatever judgement or coercion arises and focus on the quality of life and connection
- See each person's humanity

Does your CRP follow any of these principles in its work? Which ones and how so?

On page 2 Hassan writes, "This project seeks to make clear a distinction between our practices of harm reduction and the ways that public health and social work have co-opted their messages and meaning."

Do you feel like the message and meaning of collegiate recovery has been co-opted? How and by whom?

Throughout the section "How Liberatory Harm Reduction Saved My Life," Hassan discusses how liability and bureaucratic concerns limit harm reduction work. On page 31 she writes, "Liberatory Harm Reduction hinges on the relationships we have with each other, not the rules of a program or the liability concerns of an agency. Safety is created through the investment we make in each other and the acceptance and holding we offer in a world that wants us dead or locked up."

We must "protect our check" and our programs. But how can we do this while still having relationships or providing supports to students who "don't qualify" for our CRP's?