

Comparing Models of Addiction Services

Harm Reduction vs. Abstinence

Researcher: Olivia Emino | Faculty Supervisor: Sharon Beaucage-Johnson, Forensic Science Department | Host Supervisor: Dave Jarvis, Human Service and Justice Coordinating Committee | TCRC Supervisor: John Marris | FRSC 4890 2014-2015

Background

Harm reduction and Abstinence drug treatment programs have been extensively researched but not specifically applied to Peterborough, the City of Kawartha Lakes, Haliburton County, and Northumberland County. Addiction in these areas has been identified as a prominent issue by Statistics Canada, HSJCC, and local police services.

Key Research Questions

1. What are the differences between harm reduction and abstinence treatment programs (ie: pros and cons, types of users, method examples)
2. What programs are available in the four counties?
3. What programs are needed in these areas?
4. How do younger people relate to 12-step programs like AA or NA?



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Methodology

- Literature Review
- Identified Local Addiction Services Organizations
- Developed E-Survey and Interview Questions
- Interviewed/Surveyed services and front line worker

Main Findings

- Most addicts used: **alcohol, marijuana, prescription medications** and **opiates**
- Programs serve fairly **equal** numbers of males and females
- 100%** of surveys identified the need for a **residence detox program**
- 64%** of services are **harm reduction**
- Front line workers refer mostly to **Fourcast**
- There has been success with youth in AA & NA (Kelly, JF., Myers, MG.)

What's Next?

- Investigation of the aspects of residence detox programs and how to initiate an effective program
- Online apps to aid in-person services and education programs for parents and youth
- Further research on concurrent disorders and how they should be addressed within services

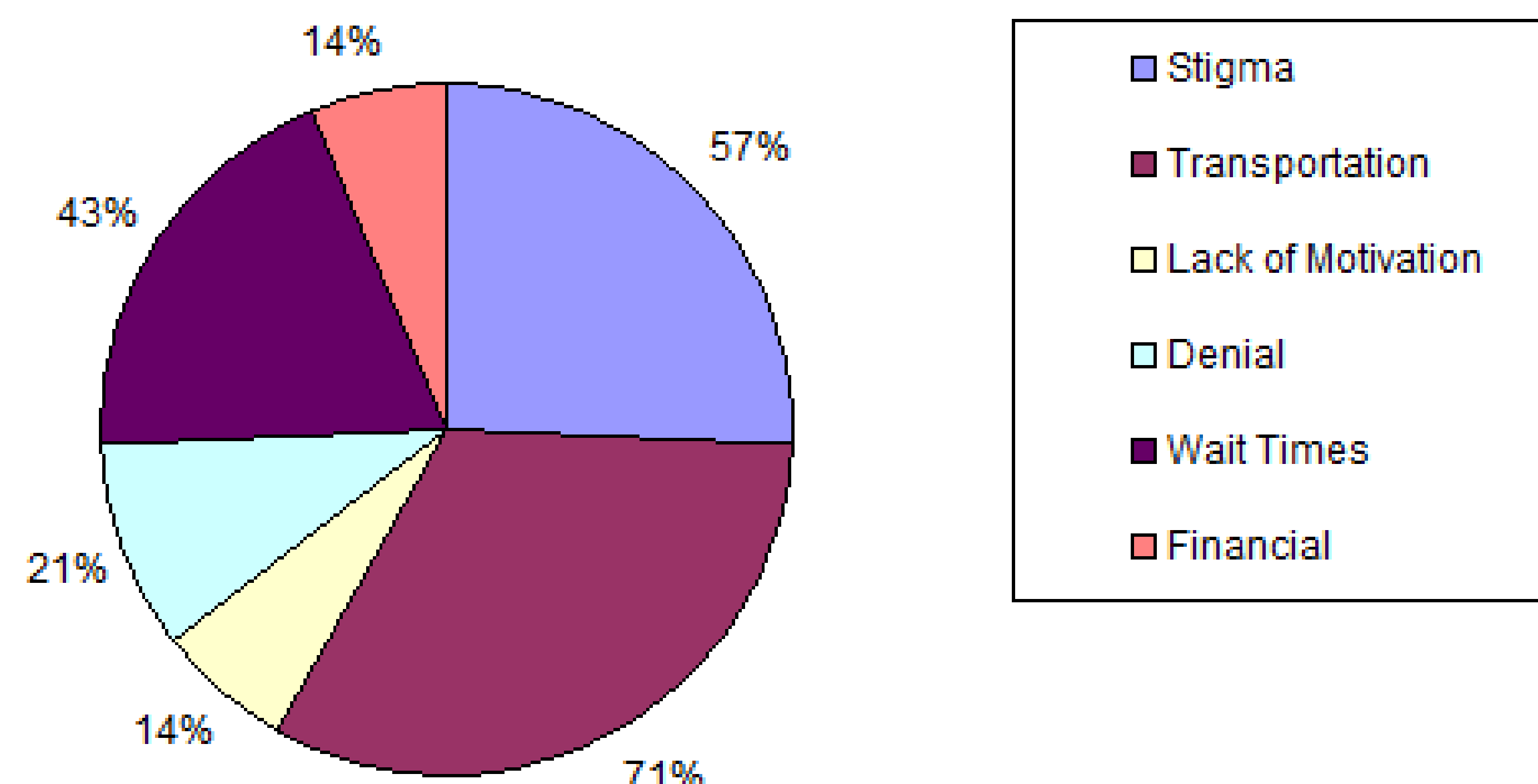


Figure 1: Barriers to Accessing Addiction Services and the Percentage of Agencies Who Identified Each Barrier

