

# From Theory to Practice: How to use the 'Drug, Set, & Setting' Model as a Training Tool

Housing First Conference

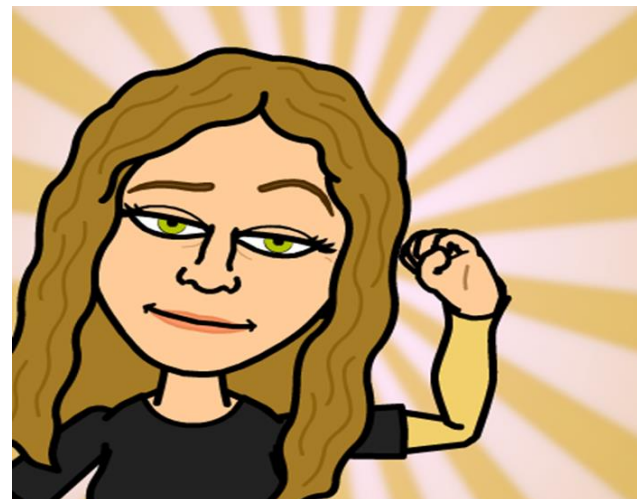
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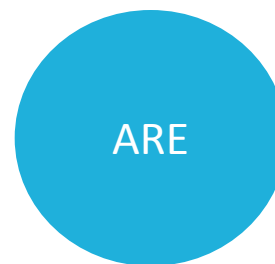
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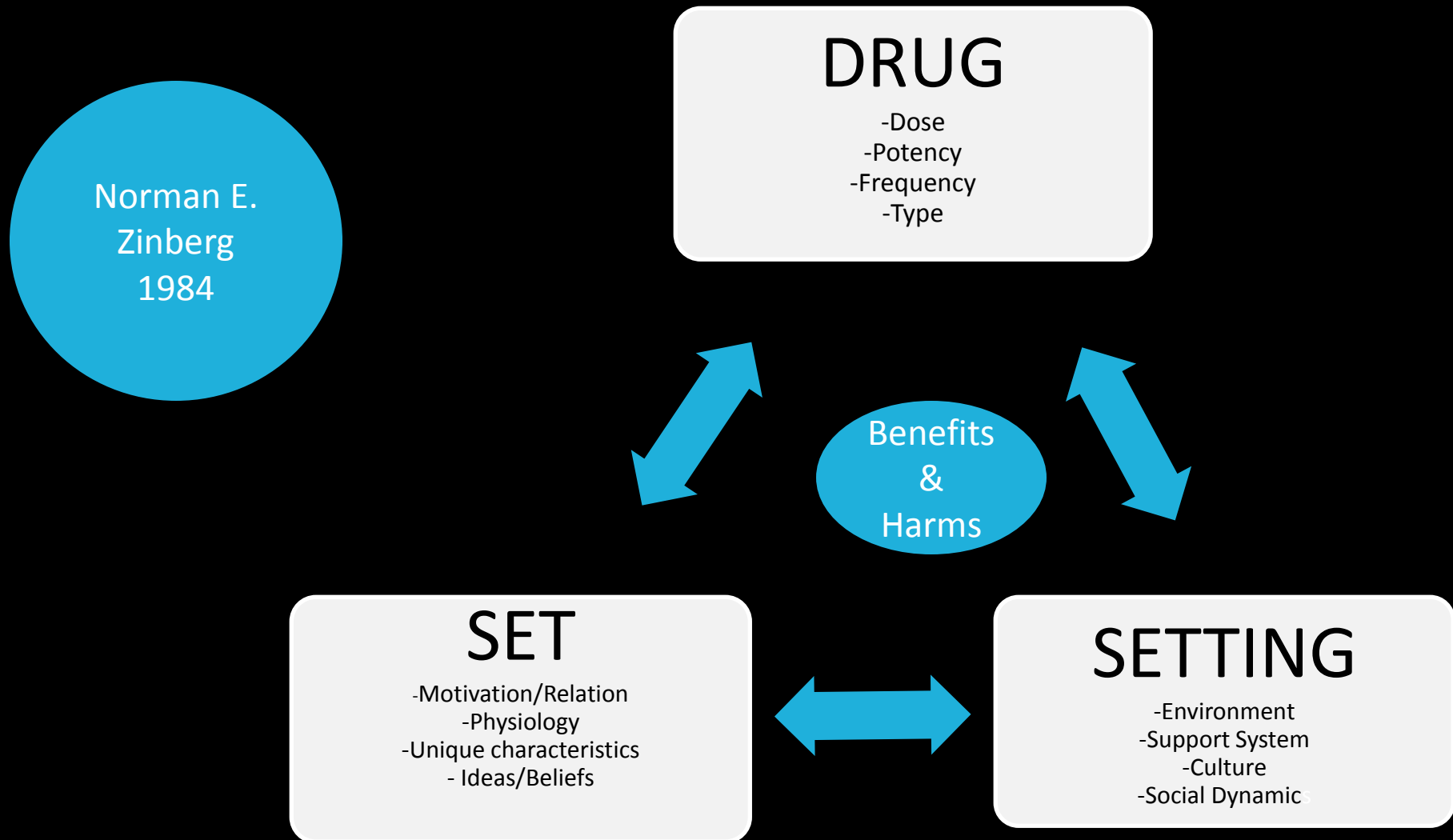
**Community Access expands opportunities for people living with mental health concerns to recover from trauma and discrimination through affordable housing, training, advocacy and healing-focused services. We are built upon the simple truth that people are experts in their own lives.**



# CHALLENGES

- Financial
- Interpersonal Conflicts
- Engagement
- Disruption in community
- Harms to property
- Interpersonal violence
- Risks of eviction

# The Drug, Set, & Setting Model



### DRUG

- Neat Scotch, 4 (3 oz.) in 2 hours
- 10+ cigarettes
- No other drugs

Benefits  
&  
Harms

### SET-Person

- When upset, drinks without eating
- Petite
- 55 yrs. old
- Alcohol impacts her more when she is in a bad mood

### SETTING-Environment

- A Family Dinner with loved ones
- or
- A random bar with strangers

# More Complex Scenarios

Each month Kermit spends his entire SSI check on smokable cocaine and/or K2. At times he is behind on rent and utilities and doesn't have enough food to feed himself. He owes money to the drug dealer.

He has a next door neighbor who is trying not to use drugs, and this often causes conflict between them. His neighbor complains about the smell and how it impacts her. Kermit told you that his neighbor often "comes home drunk" and that's why they fight. Sometimes, to avoid conflict, he will smoke outside in the park with others.

He says he feels very lonely at home and his park buddies keep him company. He also says K2 helps with his shyness and "to be sexual with the ladies".

Kermit complains about stomach problems; you often hear him coughing badly, and he looks sick, recently lost some weight and walks very slowly.



# Direct service workers' who believe in Harm Reduction often get stuck...

Focus only on reduction/stopping drug use

- “Can you smoke less so you have money for food & rent?”
- “Do you feel ready to go to rehab?”
- “You look sick, don’t you think smoking less would be helpful?”



# EXERCISE

## Drug

- Things you already know
- Want to know more
- Any strategies

## Set

- Things you already know
- Want to know more
- Any strategies

## Setting

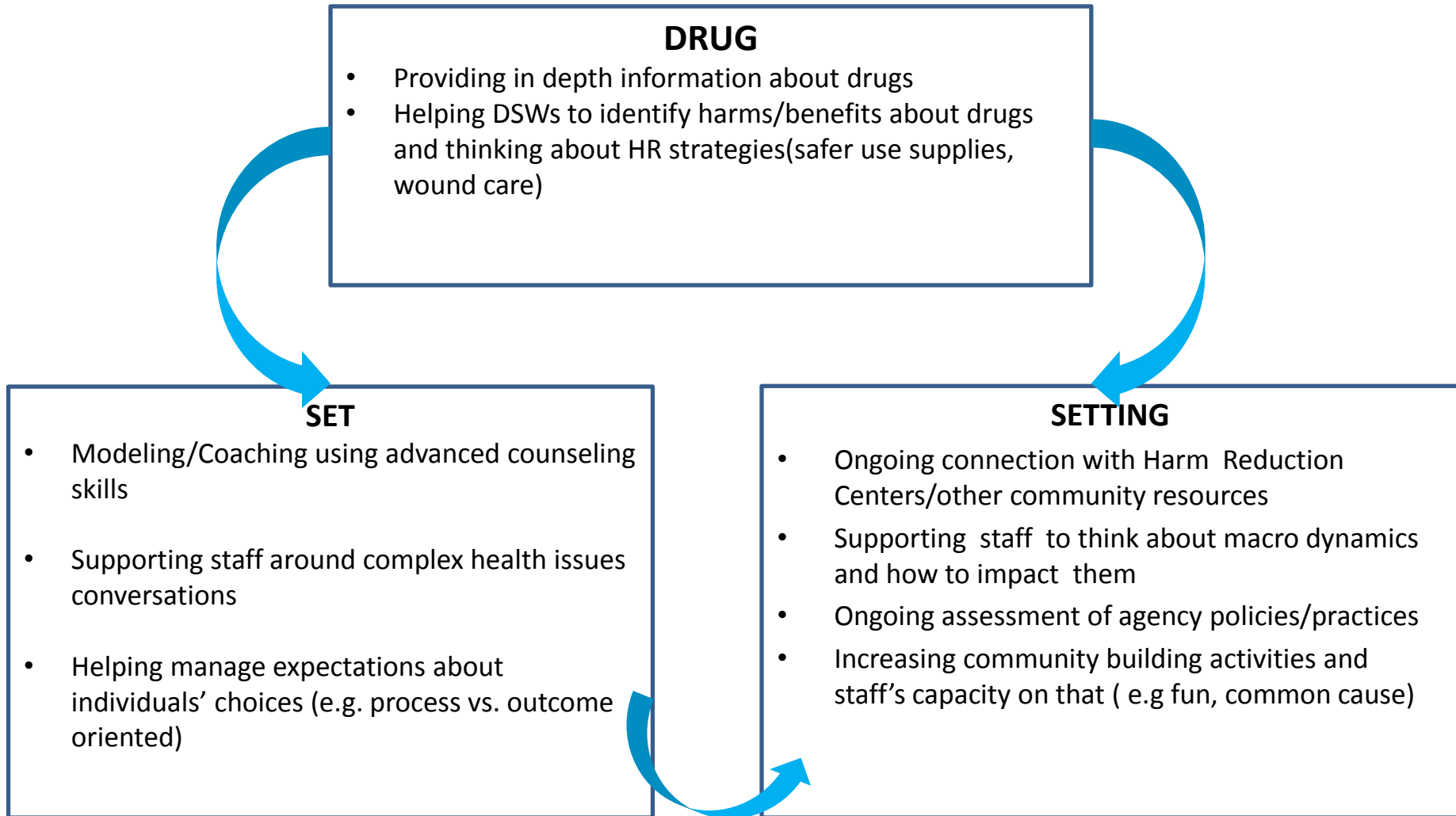
- Things you already know
- Want to know more
- Any strategies

Pick one or more realms

Write your responses

Confer and chat with others

# Supervisory/Training Strategies



# Supervisory/Training Strategies cont.

- Creating safe spaces for staff to share their personal experiences related to harm reduction/drug use
- Creating safe spaces for those who don't know much about drug use/harm reduction

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THANK  
YOU!!

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