

## Harm Reduction, Stigma and Pathways to Recovery

Grant Hovik, MA

### Level

Intermediate

### Room

### Track

SUD, Clinical

### CE

CPA/BBS/CJER

### Bio

**Grant Hovik, MA** received his Master of Arts degree in Clinical Psychology from Columbia University, Teachers College. Grant has worked in the field of substance use disorders through research, training, and technical assistance since 2006. Currently, he is a clinical trainer and health educator for UCLA's Integrated Substance Use and Addiction Programs (ISAP) and the Pacific Southwest Addiction Technology Transfer Center (PSATTC), where he conducts a variety of trainings on evidence-based practices for substance use including Motivational Interviewing, Cognitive Behavioral Therapy, and Screening, Brief Intervention, and Referral to Treatment. Grant is also an instructor for UCLA Extension's Alcohol and Drug Abuse Counseling Certification Program where he teaches about the science of substance use and co-occurring mental health disorders.

### Narrative

This workshop will explore harm reduction as a key approach to supporting individuals who use substances and highlighting its benefits in reducing risks and promoting recovery. Participants will learn current epidemiological trends to identify populations most at risk and discuss the specific impacts of substance use on health and well-being. The session will discuss the pervasive effects of stigma and detail key ways it creates barriers to care and recovery. The session will highlight practical harm reduction strategies that empower individuals. Attendees will leave with a deeper understanding of harm reduction principles and their role in fostering compassionate, effective support for people on diverse recovery pathways.

### Learning Objectives

1. Identify three populations most at risk for problems related to use of substances from current epidemiologic findings
2. Describe specific impact of substance use and strategies for helping people to reduce harm
3. List three ways that stigma related to substance use negatively impacts individuals
4. Identify three benefits of using a harm reduction approach