

PRINCIPLES *of* HEALING-CENTERED HARM REDUCTION

HEALING-CENTERED HARM REDUCTION (HCHR) MEANS...

adaptation

HCHR acknowledges that harm is an inevitable part of the human experience. Responding to harm is one of the many ways we learn how to navigate the world. In a world shaped by oppression, harm that has been done lives on in the bodies and communities that have borne the brunt of systemic brutalization.

We can condemn harm while also celebrating the resilient beings we have become as a result.

holistic

HCHR recognizes that harm happens on both an interpersonal and an institutional/structural level, and that holistic approaches seek to reduce the harm perpetuated by both.

cycles

HCHR stresses that harm—both experienced and perpetuated—is sometimes a result of the lengths some people must go to survive in the face of institutional trauma and violence.

difference

HCHR understands that people experience the world differently. What is harmful or traumatic for one individual may be an act of resilience or joy to another. These perceptions and experiences can evolve over time.

honor

HCHR honors the many ways that survival and healing look without condemning or glorifying how people survive and heal.

time and space

HCHR values the act of holding space and time for rest, connection, learning, unlearning, elevation, and liberation. Growth and change require patience, effort and care.

anti-oppression

HCHR underscores the impact of shared, individual, and intersecting experiences of anti-Blackness and racism, colonization, imperialism, sexism, homo-phobia, transphobia, classism, ableism and other oppressions.

transformative & practical

HCHR designs tailored approaches to restoration and reparation, as well as practical strategies to reduce harm and increase access to resources.

community-led

HCHR uplifts community-based, inter-generational and cultural approaches to resilience, healing, and harm reduction led by the people most impacted by the issues at hand. Harm reduction is fundamentally dependent on mutual aid and support.

accountability

HCHR rejects reliance on violent and exploitative state-sponsored systems like prisons, detention centers, and civil commitment where we recognize that our care systems are often embedded or complicit. We hold this tension and

struggle together to build anti-violence into being. Holding systems of power and privilege accountable, we address power imbalances through transformative justice models that prioritize restoration over punishment.

*Reframe
Health+
Justice*
consulting