Center for Community Engagement at Chestnut Health Systems

Risk Reduction

Test your Knowledge

PART ONE: Questions

Please circle the option that best describes your opinion. Suggested question responses and explanations can be found on the next page.

1. **The Risk reduction approach is not a new idea. It has been long implemented in the public health world.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

2. **Related to substance use and addiction, risk reduction activities are evidence-based and evidence-informed strategies that benefit both the individual affected by addiction and communities.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

3. **Risk reduction conflicts with substance use disorder treatment services and care.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

4. **Risk reduction strategies and responses need to look different for different communities.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

5. **Risk reduction meets the individual "where they are at" and work with individuals on goals which they choose for themselves.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

6. **Risk reduction efforts strengthen public safety by preventing disease transmission and injury, reducing public nuisance, and by providing an entry point for people into services.**

   TRUE *FALSE*

7. **While risk reductionists support abstinence as a recovery goal, they leave goal setting to the person or individual and support other recovery goals, beyond abstinence, as well.**

   TRUE *FALSE*

PART TWO: Answers/Discussion

1. **The risk reduction approach is not a new idea. It has been long implemented in the public health world.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: The risk reduction approach is not a new idea. It has been long implemented in the public health world (required and optional vaccinations) and through legislation intended to make consumer products safer (e.g., seat belt laws) and the environment is less polluted (e.g., clean air and water legislation).

2. **Related to substance use and addiction, risk reduction activities are evidence-based and evidence-informed strategies that benefit both the individual affected by addiction and communities.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: Risk reduction incorporates a spectrum of evidence-based and evidence-informed strategies from safer use, to managed use, to abstinence to meet substance users "where they're at," addressing conditions of use along with the use itself. Integral in risk reduction is addressing the effect upon the community and applying risk reduction practices to reduce the harms and risks to the community.

3. **Risk reduction conflicts with substance use disorder treatment services and care.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: While one may not think of risk reduction as naturally a part of the substance use disorder continuum of care, it fits into this system, crossing all areas of the continuum: Prevention, Treatment, and Recovery. Risk reduction actually provides multiple opportunities for intervention to support someone in accessing help when they are ready for a different level of care.

4. **Risk reduction strategies and responses need to look different for different communities.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: Risk reduction strategies will look different across different communities because it demands that interventions and policies designed to serve substance users reflect specific individual and community needs. There is no universal definition of or formula for implementing risk reduction. It is important to recognize where stigma is interfering with the implementation of risk reduction rather than true needs of the individual and the community.

5. **Risk reduction meets the individual "where they are at" and work with individuals on goals which they choose for themselves.**

STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *(STRONGLY AGREE)*

Answer/Discussion: The most effective strategy is to meet people where they are and work with them on goals which they have chosen for themselves. With risk reduction, the individual is an active participant in setting the goals to move toward which situations they want to address. With risk reduction, the participants are self-governing their change. It is risk reduction's role to empower this self-governance.

6. **Risk reduction efforts strengthen public safety by preventing disease transmission and injury, reducing public nuisance, and by providing an entry point for people into services.**

(TRUE) *FALSE*

Answer/Discussion: True. Risk reduction efforts strengthen public safety by preventing disease transmission and injury, reducing public nuisance, and by providing an entry point for people into services. Additionally, it develops meaningful partnerships between community groups, public health and public safety groups, and all other sectors of the community, including people with lived experience.

7. **While risk reductionists support abstinence as a recovery goal, they leave goal setting to the person or individual and support other recovery goals, beyond abstinence, as well.**

(TRUE) *FALSE*

Answer/Discussion: True. Risk reductionists recognize that there are many paths to recovery. Using less, abstaining, using more safely, and using a less lethal substance are just a few of the paths that are often encountered.

The information contained in this quiz is based on Overdose Lifeline resources.

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