Learn More

Below you will find a series of links that offer more information on the importance of making risk reduction easily accessible. Click on each link to learn more about how risk reduction helps people who use substances to use them more safely, increase access to help and treatment, and ways to advocate for risk reduction in your community.

This 23-minute video by The Science of Addiction, explains in-depth the role of dopamine in addiction and how certain medications can use dopamine to reduce the incidence of a setback (or relapse). Part of the focus is on how behavior is a symptom of a disease, not a source of frustration.

https://www.youtube.com/watch?v=bwZcPwlRRcc

This website, which advocates for risk reduction, offers information on the principles of risk reduction and how to apply them in your places of work and communities. It provides information on what risk reduction looks like and how to take action.

https://harmreduction.org/about-us/principles-of-harm-reduction/

Johns Hopkins published an article that explains risk reduction and discusses the importance of accessibility of these resources. It also dispels certain myths about risk reduction.

https://publichealth.jhu.edu/2022/what-is-harm-reduction

The Illinois Harm Reduction and Recovery Coalition seeks policy reforms to prevent overdose death, reduce the risks associated with substance use, improve access to treatment, promote racial equity, and advance a public health rather than a criminal justice approach. This website provides helpful information specific to the state of Illinois on risk reduction.

https://www.illinoisharmreduction.org/

Harm Reduction International is a global organization that provides updated on risk reduction efforts with data and statistics on the number of countries using various risk reduction approaches. The link to their website also dispels many of the myths regarding risk reduction efforts.

https://hri.global/what-is-harm-reduction/

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