



Families for Sensible Drug Policy (FSDP)

www.fsdp.org

RESOURCES FOR OUR ADVOCATES

Our mission is all about bringing communities and our stakeholders together to ensure that families and individuals everywhere have a fair chance at a happy and healthy life. Advocacy is about self-empowerment by learning about the relevant issues in drug policy reform. Here is a list of resources in the areas related to drug policy reform that FSDP is actively promoting through its projects and related events:

Social Media

FSDP has a vibrant and robust Facebook community offering a safe place for our diverse members to exchange information, offer support, and obtain news about global advocacy efforts.

<https://www.facebook.com/groups/352133811658235/>

We are also on Twitter at @ourFSDP.

Decriminalizing Substance Use

FSDP views substance use as human rights and public health issues, and policies that criminalize and/or prohibit use often create more harms than the substances themselves.

School to Prison Pipeline

The school-to-prison pipeline refers to the policies and practices that push our nation's schoolchildren, especially our most at-risk children, out of classrooms and into the juvenile and criminal justice systems.

Decriminalizing Substance Use, continued

This pipeline reflects the prioritization of incarceration over education. Here is information from the American Civil Liberties Union about the “stops” along the path to incarceration for a growing number of students.

<https://www.aclu.org/fact-sheet/what-school-prison-pipeline>

Cannabis Legalization

FSDP understands that our families are facing challenges surrounding the legalization of medical and recreational cannabis. These conversations are top of mind with our partners and professionals in healthcare, law enforcement, education, and clergy. Science, compassion, and common sense inform their decision regarding the legalization of cannabis as a recommended public health strategy.

A majority of Americans favor cannabis legalization. Cannabis is far less harmful for adults than alcohol and tobacco, which are legalized and regulated because of the impracticality of banning these ubiquitous substances. The consensus of leading experts concludes that you don't have to be pro-cannabis to be against the harms from prohibition.

Teens experimenting with cannabis are more likely susceptible to harms than adults, but prohibition doesn't prevent them from accessing it. The criminalization of cannabis disproportionately harms young people, communities of color and the nation's poor, and promotes massive levels of violence and corruption. Accidental opiate overdoses are reduced in states where cannabis is currently legal as people choose to use cannabis and avoid the potential harms of opioid use.

Cannabis legalization resources:

Drug Policy Alliance: <http://www.drugpolicy.org/marijuana-legalization-and-regulation>

Law Enforcement Against Prohibition: <http://www.leap.cc/>

Clergy For a New Drug Policy: <http://newdrugpolicy.org/>

Doctors for Cannabis Reform: <http://dfcr.org/>

Dr. Sanjay Gupta testimony: <http://www.cnn.com/2013/08/08/health/gupta-changed-mind-marijuana/>

Sentencing Reform

Our advocacy for drug policy reform includes raising awareness for the Smarter Sentencing Act that remedies a long-standing social and racial injustice and strengthens families by ameliorating the collateral impact on children and families.

https://en.wikipedia.org/wiki/Smarter_Sentencing_Act_of_2015

Decriminalizing Substance Use, continued

Drug Courts Are Not the Answer

FSDP feels that drug courts are an ineffective and inappropriate response to drug law violations. Rather than relying on the criminal justice system, we advocate for expanding proven health approaches, including harm reduction interventions and substance use treatment when wanted and needed.

<http://www.drugpolicy.org/drugcourts>

Overdose Prevention

More people die from accidental drug overdose than motor vehicle accidents each year in the United States, and it is the second leading cause of injury-related death for young people. FSDP is part of the national effort to reduce overdose deaths by promoting effective solutions and sensible policy at the state and federal level, including Good Samaritan 911 and increased access to naloxone legislation.

https://www.networkforphl.org/topics_resources/topics_resources/drug_overdose_prevention_and_harm_reduction/

Supervised Injection Facilities

Our families deserve person-centered screenings and alternative solutions that meet them where they are with the goal of optimal health and wellness based on individual needs and unique circumstance. Supervised Injection Facilities (SIFs) are legally sanctioned facilities where people who use intravenous drugs can inject pre-obtained drugs under medical supervision. They are designed to reduce the health and societal problems associated with injection drug use.

Benefits include providing sterile injection equipment, information about reducing the harms of drugs, health care, treatment referrals, and access to medical staff. Some offer counseling, hygienic amenities, and other services. They are also successful in reducing public disorder associated with illicit drug use, including improper syringe disposal and public drug use.

Evidence from years of research is conclusive that SIFs reduce HIV and hepatitis transmission risks, prevent overdose deaths, reduce public injections, reduce discarded syringes, and increase the number of people who enter drug treatment.

Supervised Injection Facilities, continued

A preponderance of evidence also shows that clients of SIFs are more likely to go to detox and quit injection drug use over time. SIFs increase access to lifesaving services and restore some of the humanity and dignity that drug users deserve. Across the globe, there have been no reported fatalities from an overdose in an SIF.

<http://www.drugpolicy.org/supervised-injection-facilities>

Harm Reduction Approaches to Parenting

The philosophy of harm reduction is based on our knowledge that human beings engage in behaviors that carry risks. Harm reduction values each person's dignity and respects their right to make choices. This shifts the focus from attempting to restrict or prohibit risky behaviors to reducing the negative consequences associated with them. This premise parallels psychological theories of normal adolescent development, during which taking risks and challenging authority help children establish independence and a unique identity.

Harm reduction approaches empower people by collaborating with them in making behavioral changes and by viewing people as much more than their substance use. Effective parenting involves similar values: compassion, flexibility, mutual trust, creating safety, encouraging children's individuality and ease of communication. Harm reduction and parenting are therefore a natural fit.

Here are helpful parenting resources by harm reduction psychologist Barry Lessin, Co-founder of FSDP:

<http://www.rehabs.com/pro-talk-articles/the-harm-reduction-approach-for-effective-parenting/>

And addiction pioneer Stanton Peele's contribution:

<http://www.peele.net/bookstore/proof.html>

Progressive Substance Use Disorder Treatment

FSDP views substance use problems as a complex interaction of psychobiosocial factors. The future of treatment must embrace progressive, harm reduction-based treatment approaches such as Dr. Andrew Tatarsky's Integrative Harm Reduction Psychotherapy.

<http://andrewtatarsky.com/site/about/>

Progressive Substance Use Disorder Treatment, continued

And it will include treatments like Dr. Scott Kellogg's progressive treatment protocol, Transformational Chairwork.

<http://transformationalchairwork.com/>

The future of treatment must acknowledge the importance of family health. Evidence-based family therapy like Community Reinforcement and Family Training (CRAFT) developed by Dr. Robert Meyers must be a part of treatment where appropriate.

<https://www.robertjmeyersphd.com/craft.html>

The *Seven Challenges Program* is a comprehensive counseling program for adolescents with substance use problems, to motivate a decision and commitment to change, and to support success in implementing the desired changes. The Program simultaneously helps young people address their substance use problems as well as their co-occurring life skill deficits, situational problems, and psychological problems.

<http://sevenchallenges.com/>

Prevention and Education

Reality-based family education like the Drug Policy Alliance's *Safety First* program and Students For Sensible Drug Policy (SSDP)'s Peer Education program, which keep families together by focusing on time-tested healthy parenting approaches and the honesty and truth that our children respect and deserve.

<http://www.drugpolicy.org/resource/safety-first-reality-based-approach-teens-and-drugs>

<http://ssdp.org/campaigns/peer-education-program/>

Recovery Alternatives

FSDP believes that each person's path to healing is unique and should include alternatives to 12-step programs for recovery support.

SMARTRecovery

SMARTRecovery is the leading self-empowering addiction recovery support group. Participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community, including free, self-empowering science-based mutual help groups. <http://www.smartrecovery.org/>

HAMS: Harm Reduction for Alcohol

Alcohol moderation strategies such as Kenneth Anderson's HAMS: Harm Reduction for Alcohol program is a peer-led, free support and informational group for anyone who wants to change their drinking habits for the better. <http://www.hamsnetwork.org/>

Moderation Management

Moderation Management (MM) is a behavioral change program and national support group network for people concerned about their drinking and who desire to make positive lifestyle changes. MM empowers individuals to accept personal responsibility for choosing and maintaining their own path, whether moderation or abstinence. <http://www.moderation.org/>

Women For Sobriety (WFS)

A non-profit organization dedicated to helping women overcome problematic alcohol use and other addictions. it is the first national self-help group for women with problematic alcohol use. <http://womenforsobriety.org/beta2/>

LifeRing

An abstinence-based worldwide network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs. They offer peer-to-peer support in ways that encourage personal growth and continued learning to personal empowerment. <http://lifering.org/>

Secular Organizations for Sobriety (SOS)

A nonprofit network of autonomous, non-professional local groups, dedicated solely to helping individuals achieve and maintain sobriety/abstinence from alcohol and drug addiction, food addiction and more.

<http://www.sossobriety.org/>

Additional Resources

Military veterans affairs issues: This report examines the plight of returning veterans who struggle with incarceration and psychological wounds of war such as addiction and post-traumatic stress disorder – and suggests reforms that could improve the health and preserve the freedom of American soldiers returning from war zones and transitioning back to civilian life.

<http://www.drugpolicy.org/resource/healing-broken-system-veterans-and-war-drugs>

LGBTQ people, drug use and harm reduction:

http://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce_uploads/2015/06/RHO_FactSheet_LGBTDRUGUSEHARMREDUCTION_E.pdf