

Abstinence and/or risk reduction - what are the goals?

Objectives:

1. Identifying health objectives for drug-using inmates
2. Understanding the differences between drug services (abstinence, methadone maintenance, risk reduction)
3. Understanding the principle of equivalence of health care inside and outside the prison
4. Identifying prejudices against risk reduction ('Second hand service') or negative connotations
5. Raising awareness of risk reduction providing a bridge function

Duration: 80 - 100 minutes

No. of participants: Minimum 4, maximum 20

Material needed: Flipchart, pens

Exercise outline:

- Ask participants to split up into groups of 4 and discuss the following questions (every group should appoint a note taker to write down the results on the flipchart):
 - What are realistic short-term and long-term health objectives?
 - What drug and health services are needed to realize these objectives?
 - What drug and health services are available in the community?
 - Can these services be transferred into the prison setting?
- Discuss the different answers in the plenary, and try to sort them from long-term, maximum objectives on top (e.g. abstinence) and the short-term objectives below (e.g. risk reduction). Discuss the hierarchy of goals.

Variation:

- Discuss abstinence vs. risk reduction in the context of sexuality in prisons.

