



BEYOND THE TWELVE

HAMS Overview

Harm Reduction, Abstinence, Moderation Support (HAMS) is a support group for alcohol or other substances that offers meetings, a Facebook Group, and an online forum. HAMS also has a practical book focused on the HAMS Seventeen Elements:

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| 1-Do a Cost Benefit Analysis (CBA) of your drinking | 10-Learn to believe in yourself |
| 2-Choose a drinking goal—safer drinking, reduced drinking, or quitting | 11-Use a chart to plan and track your drinks and drinking behaviors day by day |
| 3-Learn about risk ranking and rank your risks | 12-Evaluate your progress—honestly report struggles—revise plans or goals as needed |
| 4-Learn about the HAMS tools and strategies for changing your drinking | 13-Practice damage control as needed |
| 5-Make a plan to achieve your drinking goal | 14-Get back on the horse |
| 6-Use alcohol-free time to reset your drinking habits | 15-Graduating from HAMS, sticking around, or coming back |
| 7-Learn to cope without booze | 16-Praise yourself for every success |
| 8-Adress outside issues that affect drinking | 17-Move at your own pace—you don't have to do it all at once |
| 9-Learn to have fun without booze | |

Relevant Quote:	“HAMS fills a giant gap left by other programs by offering a realistic and pragmatic program which addresses the needs of people who are either unwilling or able to abstain from alcohol. Harm reduction saves lives when abstinence-only programs fail.” – HAMS Website		
Addictive Behaviors:	Focused primarily on alcohol but users of any substance are welcome.		
View of Addiction:	Humans have the power to change their addictive behaviors.		
Change Goal:	Any change goal (harm reductions, abstinence, or moderation).		
Spiritual Foundation:	None.		
Meeting Facilitators:	Volunteer peer facilitators or professional facilitators.		
Labels:	Discourages use of “alcoholic” label.		
Sponsorship:	No sponsorship system.		
Length of Participation:	Graduation is an option, as is sticking around.		
Meeting Format:	Facebook group, online forum, and online meetings. Book can be standalone.		
Founding:	Developed from Moderation Management. Founder: Kenneth Anderson, '07.		
Medication Opinion:	Supportive of medication for addiction recovery.		
Literature:	<i>How to Change Your Drinking: A Harm Reduction Guide to Alcohol</i> (2 nd ed.)		
Website:	https://hams.cc/	Meeting Locations:	In person and online.

What aspects of this program feel like a good fit for me? What aspects don't?

Where and when could I try HAMS?

How could this program support the goals I've set for my recovery, healing, growth, and change?

*Information about HAMS is used for educational reference only and doesn't imply affiliation, partnership, or endorsement.