



HAMS Annual Report - 2010



**For the calendar year January 1, 2010 to December 31, 2010
The HAMS Harm Reduction Network, Inc.**

Dear Friends, Members, and Supporters,

This has been a great year for HAMS, we have published our handbook, presented at the National Harm Reduction Conference in Austin, and most important of all have helped countless people achieve a better relationship with alcohol. Thanks to every one of you for helping!

Cheers to us all in the coming year!!

Kenneth Anderson - Executive Director

Who We Are

Mission Statement

The HAMS Harm Reduction Network provides information and support for people who wish to reduce the harm in their lives caused by the use of alcohol or drugs. HAMS neither encourages nor condemns alcohol use or alcohol intoxication. HAMS recognizes recreational intoxication as a reality and seeks to reduce harms associated with it. HAMS believes in the autonomy of the individual and supports each individual's choice of a goal vis a vis alcohol - whether the goal is safer drinking, reduced drinking, or quitting. HAMS supports every positive change. The focus of HAMS is alcohol harm reduction, but users of any substance are welcome. HAMS offers support via live and online groups and offers information via the web and printed page. HAMS support groups are lay-led and free-of charge.

Vision

To make HAMS as well-known and readily available as sliced bread.

What We Did

The HAMS Book

The biggest accomplishment of 2010 was the publication of the HAMS book, [How to Change Your Drinking: a Harm Reduction Guide to Alcohol](#). A first edition was released in June, and in October we released a much improved second edition with a preface by Alan Marlatt, introduction by Patt Denning, and blurbs by Stanton Peele, David Hanson, Roy Eskapa, Ed Wilson and Raquel Algarin.

Conference

HAMS presented at the 8th National Harm Reduction Conference held in Austin Texas from November 18 - 21. The topic was "An Alcohol Harm Reduction Self Help Manual".

Articles and Trifold

HAMS created a new trifold this year and has published numerous articles around the web including:

- [Cognitive Behavioral Techniques for Abstaining from Alcohol](#)
- [Drink Refusal Strategies](#)
- [The Ecumenical Approach to Alcohol Problems](#)
- [Marijuana Maintenance for Quitting Drinking](#)
- [The Myth of Addiction](#)
- [Addiction, Route of Administration, and Rate of Administration](#) (republished 2011)
- [Alcoholism and Harm Reduction](#)
- [Consequences, Addiction, and Harm Reduction](#)
- [Twelve Things That Alcoholics Anonymous Doesn't Want You to Know](#)
- [The Most Common Result of Alcoholism or Addiction](#)
- [The Difference Between 12 Step Programs and Fundamentalist Christianity](#)
- [Why Heavy Drinkers Live Longer than Non-Drinkers](#)

Support Groups

HAMS offers both live and online support groups. Currently HAMS has one live meeting in Brooklyn, New York. The HAMS email group has 505 members. HAMS has real-time online chats every evening at 9 PM Eastern Time. Chats are lively with often six or ten chatters at a time. HAMS also offers a drugs harm reduction email group and a cannabis substitution email group.

Web Site

The HAMS web site has been getting around a thousand hits per day. This year we transferred our hosting from angelfire to USA Web Solutions.

Videos

This year's youtube videos from HAMS are:

- [HAMS at the 8th National Harm Reduction Conference - pt 1](#)
- [HAMS at the 8th National Harm Reduction Conference - pt 2](#)
- [Change Your Drinking With HAMS](#)
- [Marijuana Maintenance: Cannabis for Alcohol Dependence](#)
- [Safe Drinking for College Students](#)

Fundraising

HAMS actively recruited a number of annual pledges this year including the corporate sponsor Non 12-Step and a number of personal acquaintances of the executive director.

Fiscal

Federal Identification Number: 68-0657296. HAMS is a 501(c)3 not for profit corporation and files a form 990-N with the IRS.

Our big expenses for 2010 were the cost of attending the Harm reduction conference in Austin Texas, Google and Yahoo ads, several press releases, software development (in progress) and the usual fees for the web sites and chat room. We spent around \$7,000 this year on these things. Our income equals our outgo--we spend when we have money and we run on a shoestring when we do not.

Although the bulk of the funding came out of the executive director's pocket, we are very grateful for the generous contributions from our members and from outside donors. We also began receiving income from the HAMS book this year.

How To Help

HAMS can always use cash donations--for instructions how to donate by check or paypal please visit: <http://hamsnetwork.org/donate>. HAMS is also always looking for volunteers to lead live or online meetings, graphic designers and copy writers. Our number one goal for the coming year is to spread the word that HAMS exists so all press contacts and PR work are most welcome. Contact us.

You can also help by asking your local libraries or book stores to carry the HAMS book and by letting local mental health and substance abuse professionals know about HAMS--we are preparing a packet for this.

Boards

The HAMS Executive Board

Electra Weeks, Ph.D - Board Chair
 Kenneth Anderson, MA
 Mary Ellen Barnes, Ph.D
 Jane Conroy
 Angelique Dean
 Michael Hornbeck, Ph.D

The Hams Board of Professional Advisers

Mary Ellen Barnes, Ph.D	Non 12-Step
Eric Conrad	Harlem Hospital
Patt Denning, Ph.D	Harm Reduction Therapy Center
Rae Eden Frank	Access Works
David J. Hanson, Ph.D	Alcohol Problems and Solutions
G. Alan Marlatt, Ph.D	University of Washington
Brian Murphy, LCSW, M Ed	Self-Led Solutions
Amanda Reiman, MSW, PhD	UC Berkeley Faculty
LeAnn Sharpe MSW Candidate	Columbia
Tommi Stevens	Access Works
Sima Stillings, MSW, LICSW, ACSW, SAP, MAC	Harm Reduction Psychotherapy Institute
Edward W. Wilson, Ph.D	Non 12-Step
Adam Zimbardo, MFT	http://www.adamzmf.net

Organizational Structure

