



HAMS Annual Report - 2011



**For the calendar year January 1, 2011 to December 31, 2011
The HAMS Harm Reduction Network, Inc.**

Dear Friends, Members, and Supporters,

This has been a great year for HAMS, We have finally gotten out of the red and become self-supporting thanks to sales of the HAMS book. The HAMS radio show has been great for networking with colleagues and highly educational for us as well. But most important of all we have been able to help people resolve their problems with alcohol. As always, if we can help even one person to live a better life our mission has been fulfilled

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

HAMS Book

Sales figures for the HAMS book are summarized in Table 1.

	Paperback	Kindle	Total
Publication to Dec 31, 2011 Sales	1171	1483	2654
Jan 1 2011 to Dec 31 2011 Sales	902	1334	2236
Kindle Select Lends		22	
Total Sales and Lends from Publication to Dec 31 2011			2676

The HAMS book is available in 31 libraries worldwide as of Dec 31 2011. It was also cited numerous times in Patt Denning's new book [Practicing Harm Reduction Psychotherapy, Second Edition](#).

HAMS Internet Radio Show

Beginning March 3, 2011, HAMS began an internet radio show called [Addiction Treatments that Work](#). As of Dec 31 2011 we had recorded 43 episodes and had over 14,000 listens. Although it started as a promotional tool the show has been very educational, a great way to network with colleagues, and is now, thanks to the expertise of our many brilliant guests, one of the best and most complete sources of information on addiction treatment and related issues available. This is the URL:

<http://www.blogtalkradio.com/harm-reduction>

HAMS Media Appearances

- Radio

[The Dr. Melanie Show](#) (radio) Dec 1, 2011

[The Wise Counsel Podcast with Dr. David Van Nuys](#) (radio) Oct 31, 2011 [show site](#)

[The Drug Truth Network with Dean Becker - KPFT](#) (radio) Aug 21, 2011 [show site](#)

[Mind Brain and Body with Dr. Kell](#) (radio) Aug 19, 2011 [show site](#)

[Rewiring Your Brain with Dr. Rose](#) (radio) July 26, 2011 [show site](#)

[The Patrick Timpone Show](#) (radio) July 20, 2011 [show site](#)

[Safe Recovery](#) (radio) July 13, 2011 [show site](#)

[Authors Articulating with Jo Anne Vandermeulen](#) (radio) May 23, 2011 [show site](#)

[Community Talks with Monda Williams](#) (radio) Apr 7, 2011

[Recovery Matters with Dr. Jamie Marich](#) (radio) Jan 27, 2011 [show site](#)

- TV

[Let Them Talk on MNN](#) (TV) Apr 19, 2011 [show site](#)

HAMS Book Reviews

[Psych Central Review](#) November 25, 2011

[Readers Favorite Review](#) July 31, 2011

[ForeWord Digital Review](#) June 13, 2011

[Amazon customer reviews](#)

HAMS Book Events

[HAMS Book Signing](#) February 27, 2011

[HAMS at The Guyana Cultural Association](#) June 5, 2011

ASAP Conference

HAMS made a poster presentation at the New York State Alcoholism and Substance Abuse Providers Conference in October 2011. This is the first time that HAMS has presented at a mainstream addictions conference. For more information visit the page [HAMS at the ASAP 13th Annual Conference](#).

Support Groups

HAMS offers both live and online support groups. Currently HAMS has one [live meeting in Brooklyn, New York](#) (note--a new meeting is starting in Kentucky February 2012). The [HAMS email group](#) has over 700 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](#), a [CATS cannabis substitution email group](#), and [HARM-LESS, an AI-Anon Alternative](#).

Social Media

- [Facebook](#) - we have a [book page](#), a [HAMS page](#), a [HARM-LESS page](#), a [HAMS group](#), a [CATS group](#), and a [HARM-LESS group](#) on Facebook
- [Twitter](#) - 190 followers and 105 tweets as of this writing (2/14/2012)
- [LinkedIn](#) - 303 connections - HAMS maintains an [Addiction Treatment Professionals Group](#) and a [Harm Reduction for Alcohol Group](#) on LinkedIn
- [YouTube](#) - HAMS has had 37,811 video views as of this writing (2/14/2012)
- [ICCE](#) - HAMS maintains a [Harm Reduction Discussion Forum](#) on the International Center for Clinical Excellence
- [MeetUp](#) - 37 members

HAMS Articles and Web Site

HAMS published the following articles on external sites:

[Ten Tips to Change Your Drinking Habits](#)

[Harm Reduction: Keeping Them Alive for the Miracle](#)

Several web pages were also added to the site

Goals for the Coming Year

Increased live meeting attendance

Become better known in the local community - in schools, hospitals, treatment centers and with professionals

Get HAMS trifold in local businesses everywhere

More media coverage for HAMS and the book

Fundraising

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. The HAMS fiscal year begins August 1 and ends July 31.

August 1, 2010 Assets	\$100.00
August 1, 2010 Liabilities	\$0.00
Expenses	\$4,700.52
Revenues	\$6,714.61
July 31, 2011 Assets	\$2,114.09
July 31, 2011 Liabilities	\$0.00

The HAMS tax filing can be viewed here <http://hamsnetwork.org/taxes1011.pdf>.

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
 Brian Murphy, LCSW, M Ed Self-Led Solutions
 Stanton Peele, Ph.D., J.D. <http://peelee.net>
 Amanda Reiman, MSW, Ph.D. UC Berkeley Faculty
 LeAnn Sharpe MSW Candidate Columbia
 Henry Steinberger, Ph.D. Advanced Psychotherapy & Recovery Options, LLC
 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.adamzmft.net>

Thanks to the late Dr. Alan Marlatt for serving on our advisory board and writing the preface to our book.

Organizational Structure

