

## **WHAT IS HAMS?**

The letters H, A, M, S, stand for Harm reduction, Alcohol abstinence, Moderation, Support. HAMS is a free-of-charge, lay-led support group for people who want to change their drinking for the better.

HAMS believes that people are most successful when they work on goals which they have chosen for themselves. HAMS and HAMS members never attempt to choose a goal for anyone else--we each choose our own goal for our self.

HAMS supports goals of safer drinking, reduced drinking, or quitting.

HAMS offers practical, how-to, information about ways to reduce your drinking, to drink safely or to quit. HAMS can be done either alone or as part of a support group. The goal of HAMS is to help each individual find a relationship with alcohol that they can be happy with.

### **The Eleven Elements of the HAMS Process**

This is the HAMS process of changing your drinking for the better. The goal is a happier life for you. Not everyone starts at element one. Some people start at element 5 or 6 or elsewhere. That is why these are not steps strictly speaking and why we call them elements instead.

- 1) Do a Cost Benefit Analysis (CBA) of your drinking. (Written or spoken out loud).
- 2) Choose a goal--harm reduction, alcohol abstinence, or moderate drinking.
- 3) Make a plan.
- 4) Choose your tools and strategies.
- 5) Address outside issues that affect drinking.
- 6) Track your progress.
- 7) Evaluate your progress
- 8) Practice damage control as needed.
- 9) Revise and revamp plans, goals, and strategies as needed
- 10) Stick around HAMS for continued support or to help others or graduate.
- 11) Come back for a tune up if needed.