

### **White Coat, Black Art: Harm Reduction Podcast**

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#### **Summary<sup>1</sup>**

In this episode of White Coat, Black Art, Dr. Brian Goldman focuses on the practice of harm reduction when dealing with teenagers as a parent and as a doctor. Different harm reduction approaches to minimize dangers associated with substance use are discussed, and a teenager using substances share his experiences with stigmatization in meetings with health care providers.

White Coat Black Art with Dr. Brian Goldman

Duration: 26 min. 30 sec.

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Produced by CBC,

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#### ***Questions for discussion:***

- What was your initial reaction to this podcast episode? What surprised you?
- Dr. Brian Goldman asks his interviewees, “At what point is harm reduction just a way of enabling drug use?”
  - Do you agree with their responses?
  - How would you respond to this question?
- Can you think of different approaches that may health care providers could apply to destigmatize substance use and help people like Nick feel more comfortable with speaking up about substance use?
- In your opinion, what are the benefits and downsides of practicing harm reduction when dealing with teenagers?

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<sup>1</sup> Adapted from program website summary