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The Dr. Melanie Show

Archives Available

December 01st 2011: How to Change your Alcohol Drinking through Harm Reduction

HAMS stands for: Harm Reduction, Alcohol abstinence, and Moderation Support. This approach empowers drinkers to choose their own realistic goals that they can actually accomplish. Listen to the founder Ken Anderson tell about how the program developed. Hear two people's stories of how employing this process has been successful for them.



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Featured Guest



Kenneth Anderson

Kenneth Anderson, MA is the author of the "How to Change Your Drinking: a Harm Reduction Guide to Alcohol"--a self-help manual for safer drinking, reduced drinking, or quitting alcohol altogether. He is also the founder and CEO of HAMS, a lay-led, free-of-charge support group for alcohol harm reduction. He has worked in the field of harm reduction since 2002. He was Director of Online Services at Moderation Management, and has worked "in the trenches" of harm reduction doing needle exchange in Minneapolis. He has presented at the National Harm Reduction Conference, Harlem Hospital, The Lower East Side Harm Reduction Center, and many other venues. Mr. Anderson is a member of The International

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