



HAMS Annual Report - 2012



**For the calendar year January 1, 2012 to December 31, 2012
The HAMS Harm Reduction Network, Inc.**

Dear Friends, Members, and Supporters,

This has been a great year for HAMS. We have continued to spread the good word about alcohol harm reduction to therapists, teachers, addiction professionals and other interested parties in universities, professional groups, online, and anywhere else we could. 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 cause 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.

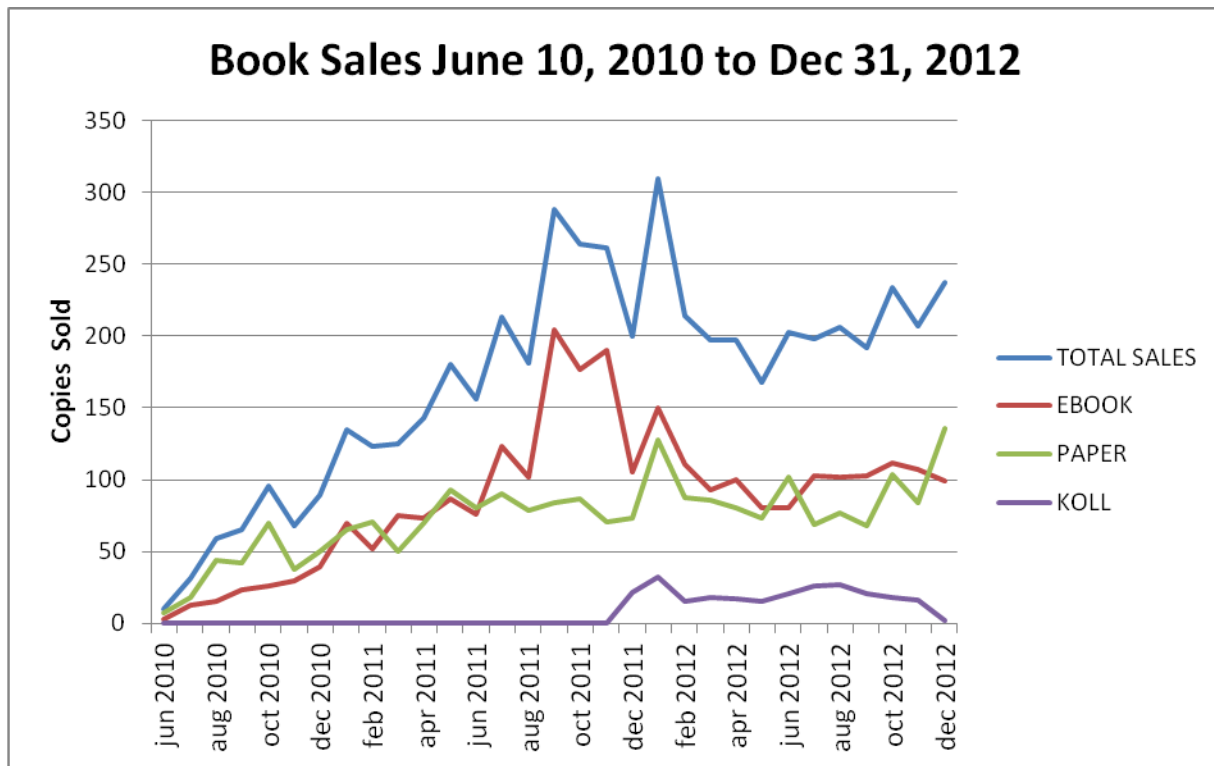
Table 1) HAMS Book Sales			
	Paperback	Kindle	Total
Publication to Dec 31, 2012 Sales	2,265	2,713	4,978
Jan 1 2012 to Dec 31 2012 Sales	1,094	1,230	2,324
Jan 1 2011 to Dec 31 2011 Sales	902	1334	2,236
June 10 2010 to Dec 31 2010 Sales	269	149	418
KOLL (Kindle Owners Lending Library) Total		250	250
KOLL (Kindle Owners Lending Library) 2012		228	228
KOLL (Kindle Owners Lending Library) 2011		22	22
Nook sales			10
Live Sales			12
Total Sales and Lends from Publication to Dec 31 2012			5,250

The HAMS book, [How to Change Your Drinking: a Harm Reduction Guide to Alcohol](#), is available in 40 libraries worldwide as of this writing (2/7/2013). It has been cited in Patt Denning's book [Practicing Harm Reduction Psychotherapy, Second Edition](#) and Paula DeSanto's [Effective Addiction Treatment](#).

Giving away review copies of the HAMS book to addiction treatment professionals, therapists, college professors, and others who can recommend it to people has proven a great strategy for getting out the word about HAMS and increasing sales of the book to those who can benefit from it. LinkedIn and the internet in general have been great avenues for finding people interested in alcohol harm reduction, so have the harm reduction conferences and contacts made with local harm reduction agencies.

HAMS brought the book out on Nook in December, removing it from KOLL at this time in accordance with Amazon's guidelines.

The following chart illustrates the sales of the HAMS book graphically; KOLL stands for Kindle Owners Lending Library. The sales spike in late 2011 was due to putting the kindle edition on a 99 cent sale for a couple of months.



Web Site

According to google webmaster tools the HAMS web site gets well over 1,000 hits per day. Our top pages are as follows:

HAMS Top pages	
Page name	Percent of hits
/taper/	16%
/metabolism/	9%
/carbs/	7%
/wetbrain/	7%
/brain_damage/	6%
/blackouts/	5%
/dependence/	5%
/odds/	4%
/hangovercures/	3%
hamsnetwork.org/	3%

Data in the above table is from Jan 10, 2013 to Feb 9, 2013.

HAMS added the following new pages to the site this year:

- HAMS at the 9th National Harm Reduction Conference

- Moderate Drinking, Harm Reduction, and Abstinence Outcomes PDF
- When You Have Trouble Sticking To Your Plan
- Choosing a Goal: Safer Drinking, Reduced Drinking, Or Quitting Altogether PDF
- Alcohol and Dopamine PDF

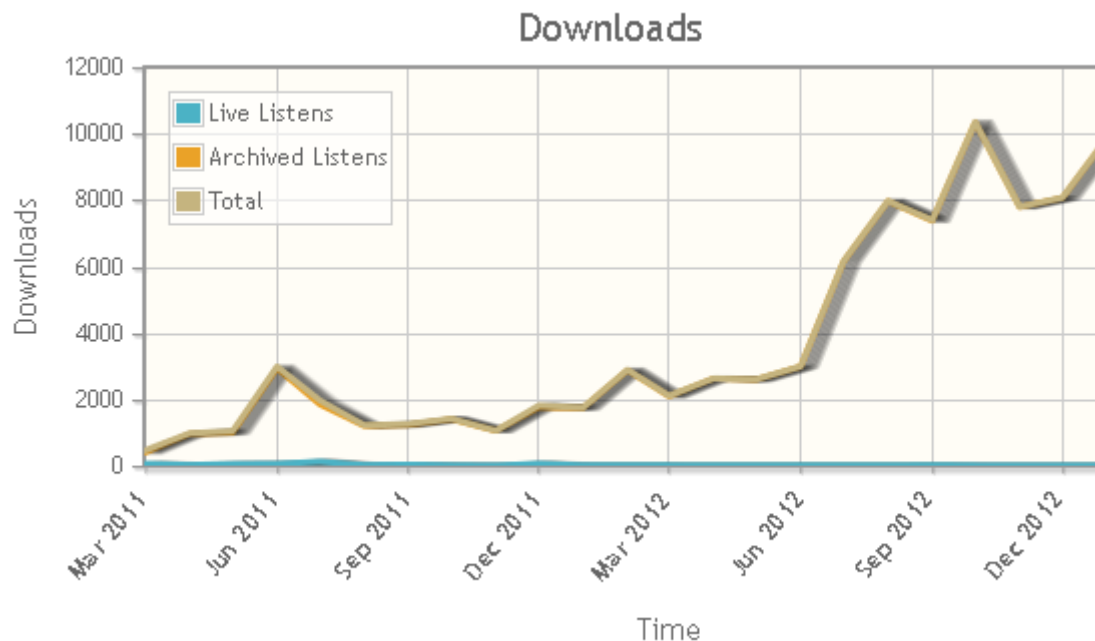
HAMS Internet Radio Show

Beginning March 3, 2011, HAMS began an internet radio show called [Addiction Treatments that Work](#). As of this writing (2/7/2013) we have recorded 100 episodes and had 88,287 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>

The graph illustrates the downloads of the show from inception to Jan 31, 2013:



HAMS Media Appearances

- Radio

[HAMS on Life, Love and Health with Christopher Springman](#) October 2012

[HAMS on Addicted to Addicts with Denise Krochta](#) October 2012 [show site](#)

9th National Harm Reduction Conference

HAMS made two presentations at the 9th National Harm Reduction Conference:

[Choosing an Alcohol Harm Reduction Goal PPS PPT PDF](#)

and

[Alcohol Harm Reduction Compared To Harm Reduction For Other Drugs PPS PPT PDF](#)

For more information please visit our page [HAMS at the 9th National Harm Reduction Conference](#). Our Goal Choice presentation is also available as a [video on YouTube](#).

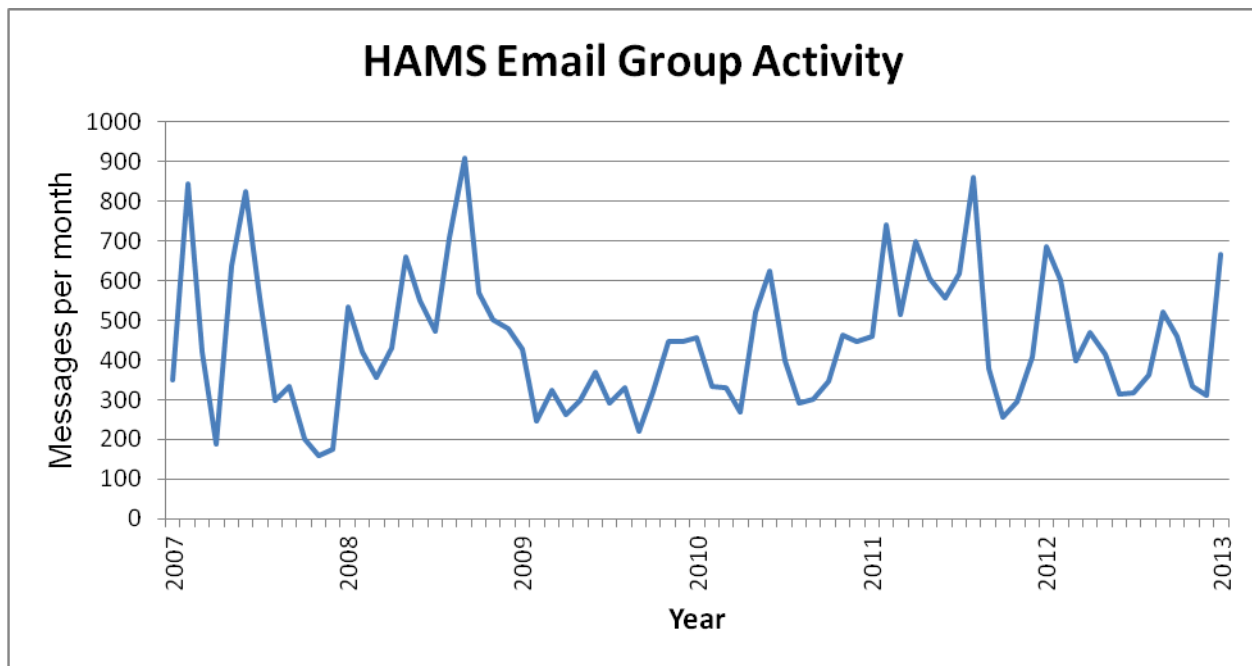
University Presentations

The HAMS program was presented to students at The New School University in Dr. Jenifer Talley's addiction counseling class on March 8, 2012.

The HAMS program was presented at NYU to students in Scott Kellogg's Harm Reduction and Mental Health Series on Nov 30, 2012.

Support Groups

HAMS offers both live and online support groups. Currently HAMS has one [live meeting in Brooklyn, New York](#) and another in Paducah Kentucky. The [HAMS email group](#) has 979 members as of this writing (2/8/2013). 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 Al-Anon Alternative](#). Numbers of postings to the main HAMS email group are illustrated graphically in the following chart.



Social Media

Facebook		(as of Feb 10, 2013)	
Pages	Likes	Groups	Members
HAMS Main Page	226	HAMS group	438
HAMS Book Page	181	CATS group	713
Friends and Family Page	77	Friends and Family group	4
College Students Page	135		

- [Twitter](#) - 395 followers (a 108% increase since Feb 2012) and 199 tweets as of this writing (2/10/2013)
- [LinkedIn](#) - 911 connections as of Feb 10, 2013 (a 201% increase since Feb 2012). HAMS maintains an [Addiction Treatment Professionals Group](#) and a [Harm Reduction for Alcohol Group](#) on LinkedIn
- [YouTube](#) - HAMS has uploaded 24 videos, has 66 subscribers, and has had 55,745 video views as of this writing (2/10/2013)
- [ICCE](#) - HAMS maintains a [Harm Reduction Discussion Forum](#) on the International Center for Clinical Excellence
- [MeetUp](#) - 52 members

Sponsorships

HAMS was a sponsor of the [9th National Harm Reduction Conference](#) and the [What Is Recovery](#) survey.

Other

HAMS obtained a listing with the Better Business Bureau.

HAMS obtained a Google grant which started October 8, 2012.

Complete separation of the finances of the corporation and the founder was finally attained; the founder was put on payroll with a salary of \$300 (three hundred dollars) per month starting June 1, 2012. HAMS is now self-supporting through book sales and donations and is no longer run out of the back pocket of the founder.

Goals for the Coming Year

Executive Director Kenneth Anderson is currently studying nonprofit management and development best practices and harm reduction best practices at the Lower East Side Harm Reduction Center and will be applying these to HAMS in the coming year and beyond.

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, 2011 Assets	\$2,114.09
August 1, 2011 Liabilities	\$0.00
Expenses	\$12,718.04
Revenues	\$13,735.89
July 31, 2012 Assets	\$3,131.94
July 31, 2012 Liabilities	\$0.00

The HAMS tax filing can be viewed here <http://hamsnetwork.org/taxes1112.pdf>.

The 2011-12 financial statement can be found here: <http://hamsnetwork.org/11-12-financial.pdf>

A full listing of all financial statements is available here: <http://hamsnetwork.org/financial/>

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

	Term Expires
Electra Weeks, Ph.D - Board Chair	2/28/2017
Kenneth Anderson, MA	2/28/2017
Mary Ellen Barnes, Ph.D	2/28/2014
Jane Conroy	2/28/2016
Angelique Dean	2/28/2016
David J. Hanson Ph.D.	2/28/2018
Michael Hornbeck, Ph.D	2/28/2017

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

