

# FOR IMMEDIATE RELEASE

## New Book Explores Harm Reduction as a Compassionate and Practical Framework for Supporting Adolescents Who Use Substances

**Philadelphia, PA — November 2025** — *Harm Reduction Approaches with Adolescents Who Use Substances* (Routledge, 2025) introduces harm reduction as a compassionate, research-informed approach to adolescent substance use. Co-authored by **Amanda Reiman, PhD, MSW**, and **Barry Lessin, M.Ed., CAADC**, the book bridges science, practice, and developmental understanding to help professionals, educators, and families engage young people with honesty and respect.

Rather than relying on abstinence-only or fear-based messaging, the authors present harm reduction as a practical and humane way to address the realities of adolescent behavior. They combine conceptual discussion with real-world examples, classroom exercises, and therapeutic tools designed to reduce risk and build trust. Intended for graduate students, clinicians, educators, and parents, the book situates adolescent substance use within the realities of development and social context. It emphasizes open dialogue, safety, and incremental change — principles often missing from traditional prevention and treatment models.

**“This is a book that will lower parental anxieties and help teens engage in honest conversations about drug use,”** writes **Patt Denning, PhD**, Director of Clinical Services and Training at the Harm Reduction Therapy Center. “Lessin and Reiman have taken science and clinical wisdom to develop their IDEA structure — a collaborative conversation that places the complexity of teen drug use in the context of normal adolescent development.”

Another reviewer, **Stanton Peele, PhD**, founder of the Life Process Program for Addiction Coaching, described the book as “on the cutting edge of new thinking about working with adolescents,” noting that its approach “reflects the fundamentals of healthy parenting and youth development — respect, understanding, and collaboration.”

For **Barry Lessin**, a psychologist and educator with more than four decades of experience working with young people and families, harm reduction represents a necessary shift toward compassion and realism. His work in drug policy advocacy and his long career in adolescent and family therapy have shaped his belief that progress can begin with client-centered therapy and open communication.

“We can’t help teens by denying reality or relying on fear-based messaging,” said Lessin. “Harm reduction gives us a framework rooted in empathy and science — one that invites honest conversations and empowers families and professionals to respond with understanding rather than judgment.”

The book will be released in **November 2025** and is now available for [pre-order on Amazon](#)

---

## About the Authors

**Amanda Reiman, PhD, MSW**, is a researcher, educator, and policy expert in harm reduction and drug policy reform. She has worked extensively in the fields of public health, community education, and cannabis policy. Learn more at <https://www.mypersonalplants.com>

**Barry Lessin, M.Ed., CAADC**, is a psychologist, educator, and drug policy advocate specializing in adolescent and family therapy, substance use, and harm reduction. He maintains a private practice in the Philadelphia area. Learn more at [www.barrylessin.com](http://www.barrylessin.com).

---

## Publisher Information

*Harm Reduction Approaches with Adolescents Who Use Substances*

Routledge | 164 pages | ISBN 978-1-032-94084-7 (Paperback) | ISBN 978-1-032-94826-3 (Hardback)

[www.routledge.com/9781032940847](http://www.routledge.com/9781032940847)