
Balanced Imperfection Class Topics

Fundamentals of Public Health

Scientific Literacy and Understanding Scientific Research
Intro to Public Health Theory
The Transtheoretical Model of Behavior Change: Stages and Processes of Behavior Change
Understanding Health Disparities
Intro to Sex Positivity

Harm Reduction

Harm Reduction Theory and Practice
Harm Reduction History
Harm Reduction as a Spiritual Practice
Harm Reduction as Self-Care

Street Outreach Basics

Street Outreach 101
The Basics of Community Asset Mapping
Protecting Personal Civil Liberties
De-escalation and Personal Safety
Creating and Maintaining Boundaries

Syringe Access and Safer Drug Use

Overview of Syringe Access Services
History of Syringe Access Services
History of Drugs and the War on Drugs
Introduction to Recreational Drugs: Uppers, Downers, and All-Arounders
Safer Injection 101
Beyond Injection: Safer Non-Injection Drug Use--Alcohol, Crack and Speed
OD Prevention & Naloxone Administration
Blood Borne Pathogens, Universal Precautions and Post-Exposure Prophylaxis

Counseling and Communication

Active Listening and Effective Communication 1&2
Giving and Receiving Effective Feedback
Overview of Motivational Interviewing
Motivational Interviewing Skill Building
Cognitive Behavioral Therapy Skills for Harm Reduction
Introduction to Shame and Shame Resiliency

Emotional Health and Well Being

Mental Health Basics
Suicidality, Suicide Prevention and Suicide Contracting
Overview of Substance Treatment Modalities and Abstinence
Sexual Assault Issues and Response
Domestic Violence Issues and Response
Issues and Management of PTSD and Trauma
Vicarious Trauma and Self Care for Frontline Workers
Burn-Out Prevention

Population Specific

Cultural Competency and Anti-Oppression
LGBT Specific Cultural Competency
The Prison Experience
Addressing Drug User Stigma
Sex Work History
Sex Work Practice and Safety
Addressing Sex Worker Stigma
Kink and Poly: Working with Alternative Sexual Communities
Safer Sex and Consent Fundamentals
Homelessness in the US

Condition Specific

Understanding HIV/AIDS
Understanding Hepatitis A/B/C
Intro to HCV Treatment Issues
Intro to Soft Tissue Infections and Treatment
Sexually Transmitted Disease Basics
Homeless Health Issues

Administration

Upstream Advocacy 101
Introduction to Small Non-Profit Management
Time Management and Personal Productivity
Meeting Facilitation and Procedure
Intro to Social Service Programs and Government Help
Train the Trainer: Fundamentals of Adult Education
Training Creation and Pedagogy 101