

Review of: "The HERMESS model for addictive behaviors recovery"

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Potential competing interests: No potential competing interests to declare.

The HERMESS model for addictive behaviors recovery is an interesting conceptual piece. It provides a brief overview of harm reduction as a model for substance use treatment. Whereas, treatment many times has focused on a medical model approach of eliminating the use of the substance, the harm reduction model goes a step further by promoting an ability to influence one's own social context; connect with a support system or build a community; and to bond to others in building that support community.

As such, the author identifies the CHIME model that is based on social support and provides the HERMESS model as another harm reduction model to be considered. HERMESS is an acronym that stands for:

- **H-human centered**
- **E-empowerment aimed**
- **R-reintegration oriented**
- **M-motivational driven**
- **E-educational embedded**
- **S-self sustainability focused**
- **S-social need oriented**

The image of how one builds on the other toward recovery is beneficial but there is little evidence to describe the efficacy of the model. As such, it is just a conceptual description and needs evidence to demonstrate the efficacy of the model as a harm reduction approach to substance use treatment.