

Implementation of an evidence- based treatment for trauma and addiction

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Services




Seeking Safety

Lisa Najavits, 2002

- Evidence-based practice
- Treatment target is establishing safety for individuals who have experienced both trauma and substance abuse
- Present-focused
- Goal is safety in relationships, thoughts, behavior, and emotions
- Emphasis on addiction as much as on traumatic sequelae
- Topic-driven yet flexible
- Focus areas are interpersonal, cognitive, behavioral, and case management



Seeking Safety is important . . .

- ▶ Co-morbidity of substance abuse and trauma
 - ▶ Individuals face significant stressors
 - ▶ Challenging to providers
 - ▶ Co-morbidity is associated with greater challenges than either condition alone
 - ▶ Applicable to vulnerable, complex populations with multiple psychosocial stressors
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Agency implementation . . .

- ▶ Target population:
 - ▶ Broadened view of trauma (SAMHSA: “Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life-threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being”)
 - ▶ Any substance
 - ▶ Any stage of change
- ▶ Clinician training
- ▶ Gender-based groups are offered
- ▶ Recruitment and engagement

Sample flyer

Seeking Safety
Men's Group
Beginning March 8, 2023 for 12 weeks
Wednesdays from 1:30pm to 2:30pm
Dutton Home
Transportation Available

Seeking Safety will cover these topics:

PTSD: Taking Back your Power	Healing from Anger
Detaching from Emotional Pain	Compassion
Taking Good Care of Yourself	Red and Green Flags
Asking for Help	Coping with Triggers
Healthy Relationships	Recovery Thinking
Honesty	

Individuals who have experienced trauma and addiction can learn how to replace unsafe ways of coping with safer options. It is a safe place where we do not share stories, but rather share what it's like to experience the effects of trauma and addiction and learn new ways to cope.


For more information and to sign up, please contact your clinician or case manager, or call *Staff* at
number or
Staff at number

Sample flyer

- ▶ **Day:** Tuesdays, starting January 31st, 2023
 - ▶ **Time:** 1:00pm - 2:00pm
 - ▶ **Location:** Wellness and Recovery, Room 5
 - ▶ **Facilitators:** *Staff at number & Staff at number*
 - ▶ **Purpose:** This group creates a safe place to learn and practice new coping skills that will help you have success with your recovery and in your life.
 - ▶ **Description:** This group is for women that have had or are struggling with addiction and trauma. While attending this group, you will learn how to cope with triggers and symptoms; get a better understanding of your mental health, and find hope and meaning while working on recovery. This group runs for 12 weeks.
- ▶ Please call *Staff* or *Staff* to sign up today!



Agency implementation . . .

- ▶ Breaking down barriers to access
 - ▶ Preparing clients for the treatment
 - ▶ Treatment length and session structure
 - ▶ Choosing topics
 - ▶ Client commitments and community resources
 - ▶ Show rates comparable to other outpatient services
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Why a curriculum-based model . . .

- ▶ Why not?
- ▶ EBP's are supported by research; SS highly generalizable to DMHAS population
- ▶ Intersection of research evidence, clinical experience, and individual preference
- ▶ Guidance for the therapist takes the guesswork out of the session, but allows for flexibility and clinical judgment
- ▶ Structure for the client
- ▶ Training considerations



Client feedback . . .

- ▶ “Being a part of Seeking Safety group, makes me use my coping skills more. When I was feeling suicidal, I used my commitment plan (The Safe Coping Sheet) to call someone to stay safe.”
- ▶ “Using my commitment sheet saved my life”
- ▶ “It’s about safety and trust. I trust River Valley 100%. It’s a big difference where I was before and where I am now. I was stubborn, I didn’t want to talk about anything. I’m very different now. I’ve learned a lot here. I’ve learned different ways to cope.”
- ▶ “If I wasn’t coming here I’d still be out doing the things I used to do.”
- ▶ “I like to talk with people because if I wasn’t coming here I’d be alone. It helps me.”



Resources . . .

- ▶ www.treatment-innovations.com
 - ▶ www.samhsa.gov
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