Course Objectives

- Conceptualize substance abuse through a “trauma lens”
- Practical steps on how to integrate trauma-informed care
- How to apply grounding techniques
- What we learned by implementing four Trauma-Specific Evidence-Based Practices
70% of Adults

Have experienced at least 1 traumatic event during their lifetime

Trauma Victims Are

4 times more likely to inject drugs
3 times more likely to use antidepressant medication
In Response to 9/11

Among those who drank alcohol, 41.7% drank more alcohol after 1 week. 19.3% of those who did not drink started to

What is Trauma?

**Traumatic Event**: one that involves actual or threatened death, serious injury, or a threat to the physical integrity of self or others

**Traumatic Stress**: stress resulting from exposure to, or witnessing of, events that are severe and/or life threatening

Trauma is partially the “traumatic event” and partially the reaction to the event, typically understood as “traumatic stress”
# Signs of Trauma and Substance Abuse

<table>
<thead>
<tr>
<th>Trauma</th>
<th>Substance Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Avoidance of things that are triggers</td>
<td>• Dropping out of activities</td>
</tr>
<tr>
<td>• Depression, Anxiousness &amp; Insomnia</td>
<td>• Decline in performance</td>
</tr>
<tr>
<td>• Depression, guilt, and loss of interest in activities</td>
<td>• Rapid changes in mood or hostile outbursts</td>
</tr>
<tr>
<td>• Disruptive behavior</td>
<td>• Secretive behavior and lying</td>
</tr>
<tr>
<td>• Withdrawal and isolation from others</td>
<td>• Disruptive behavior</td>
</tr>
<tr>
<td>• Loss of trust</td>
<td>• Depression, Anxiousness &amp; Difficulty sleeping</td>
</tr>
</tbody>
</table>

Chemicals believed to underlie PTSD are similar with the neurobiological alterations associated with Substance Abuse.
Why Trauma-Informed?

Trauma Leads to Substance Use and Abuse

Substance users are more likely to experience a traumatic event

Trauma Informed Care

The Client’s Perspective

What Hurts

- Judgmental questions
- Focusing only on negative symptoms
- Documentation with minimal client involvement
In this past year

The number of diagnosed PTSD cases in the military increased by 50%

Trauma Informed Care

The Client's Perspective

What Helps

- Questions with purpose of understanding
- Recognizing that negative symptoms may be coping strategies for trauma
- Transparency

HOW CAN I HELP?
Trauma Informed Care

Steps to a Culture Change

1. Early Screening and Comprehensive Assessment
2. Client Driven
3. A Trauma-Informed Workforce
4. Evidence Based and Emerging Trauma-Informed Practices
5. A Safe and Secure Environment
6. Community Outreach and Partnership
7. Ongoing Performance Improvement and Evaluation
Trauma Informed Care
Phoenix House

Evidence Based Practices

1. Seeking Safety
2. Dialectical Behavior Therapy
3. Relationship Trauma Repair
4. Helping Men Recover

Number of Groups Provided 2013-2014

- TX: 3911
- NY: 4823
- CA: 772
- NE: 85
- FL: 55

<table>
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<tr>
<th>Practice</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>Seeking Safety</td>
<td>Lisa M. Najavits, Ph.D. Focuses on coping skills and psychoeducation and has five key principles designed for clients with a history of trauma and substance abuse.</td>
</tr>
<tr>
<td>Helping Men Recover</td>
<td>Dan Griffin Integrates theories of addiction, trauma, and is the first gender-responsive, trauma-informed treatment program for men.</td>
</tr>
<tr>
<td>Relationship Trauma Repair</td>
<td>Tian Dayton, Ph.D. Offers experiential group exercises designed to teach clients about the impact of PTSD and relationship trauma while offering therapeutic, reparative experiences both on a personal and group level.</td>
</tr>
</tbody>
</table>
Trauma Informed Care

Trauma Informed Training Report 2013-2014

- Trainings
- Number of Staff Trained

- Seeking Safety: 83 trainings, 12 staff trained
- RTR: 6 trainings, 30 staff trained

1049 Staff Trained in Other Trauma Informed curriculums

Phoenix House

Relationship Trauma Repair Training Results

- 9 of 10 Improved their ability to implement RTR
- 99% Improved overall knowledge of trauma
- 86% Would Incorporate trauma related components into their practice
Grounding Techniques

**Key skill:** Connect with the present

**Goal:** Shift attention toward the external world & away from negative feeling

*Grounding helps clients that are caught in emotional pain (e.g., Triggered) by helping them regaining control.*

- Insert Video Clip Here of Grounding
### Grounding Techniques

#### Do’s
- Use all senses to focus **outward** rather than **inward**
- Disconnect patient from emotion (limbic system), connect to the cognitive (prefrontal cortex)
- Rate feeling before and after, 1-10

#### Don’t’s
- Teach Grounding before *believing* in it
- Treat Grounding like similar relaxation techniques, and don’t say “focus on your breath”
- Forget to teach every step of Grounding to clients

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#### Session Format
- Check-in
- Quotation
- Relate the topic to client’s lives
- Check-out

#### Session Content & Handouts
- Goals
- Ways to Relate the Material to Patients’ lives
- Using Grounding to Detach from Emotional Pain
- Grounding Script
- Ideas for a Commitment
What We Learned

Trauma
- Safety
- Remembrance
- Reconnection

Substance Abuse
- Self Liberation
- Reinforcement Management
- Counterconditioning
- Stimulus Control

Number of Seeking Safety Groups Provided

- 2012-2013
- 2013-2014

70% more trauma informed services