# Seeking Safety

**TARGET AUDIENCE**

This program is for individuals who are 13 to 55 years old, have experienced trauma, and have substance abuse concerns.

**SUMMARY**

Seeking Safety is a present-focused, community-based treatment model that is designed to reduce symptoms of trauma and substance abuse in adolescents and adults and enhance coping, self-esteem, and self-efficacy. The program's implementation is adaptable for different audiences and can be disseminated in group or individual settings; with males or females; and in an inpatient, residential, or outpatient treatment context.

**EVIDENCE**

Multiple internal and external evaluations of the Seeking Safety program have been conducted with a range of populations (e.g., Veterans, Service members, incarcerated women, and urban and rural women). Overall, findings demonstrate positive effects at post-test on substance use; trauma symptoms, including Post-Traumatic Stress Disorder symptoms; and psychopathology (e.g., anxiety, depression) among the populations studied. One study showed a sustained effect on trauma, but not substance use, at a 6-month follow-up. Some evidence suggests that a peer-led version of the program can result in positive effects on trauma symptoms and psychopathology for women in a residential substance-abuse treatment program. It should be noted that many of the evaluations had small sample sizes and lacked comparison groups.

**COMPONENTS**

Seeking Safety is comprised of five main principles:

- **Safety** - Help participants gain an understanding and degree of safety in their judgments, feelings, behaviors, and relationships.
- **Integrated treatment** - Focus on trauma and substance dependence simultaneously.
- **Focus on ideals** - Offset the loss of ideals that often occurs with trauma and substance use.
- **Four major content areas** - Help participants at cognitive, behavioral, interpersonal, and case-management levels.
- **Attention to the clinician process** - Assist providers with their emotions, self-care, and other essential aspects of providing care to others.

There are 25 topics that cover four different domains (i.e., cognitive, behavioral, interpersonal, or combination) and focus on coping skills. The program does not require discussion of all of the topics, and topics can be presented in any order.

**PREVIOUS USE**

Since 1992, Seeking Safety has been used in over 3,000 clinical settings nationally and internationally. Veterans Affairs treatment facilities have implemented Seeking Safety since the mid-1990s, and the program has been evaluated in a group of Service members from the Army, Navy, Air Force, and Marines.
TRAINING

This program is facilitated by peers, paraprofessionals, case managers, domestic violence advocates, and other professionals but no specific degree or experience level is required. The Seeking Safety treatment manual contains materials needed for facilitators to conduct the program; however, optional trainings are available via several methods that include on-site, online, phone, DVD, teaching guides, and webinar. The standard rate for one associate to conduct on-site training is $2,500 per day plus travel expenses. Phone consultations cost $150 per hour. More information on each training option, including a training calendar and additional information on cost, is listed on the program's website www.treatment-innovations.org/training.html, or you may email training@seekingsafety.org or call 1-617-299-1640.

CONSIDERATIONS

Considerations for implementing this program include ensuring participant buy-in, recruiting facilitators, obtaining funds for facilitator training, finding space to conduct the sessions, deciding whether to present the program in an individual or group setting, determining the composition and size of the group, and establishing which topics will best benefit the clients' needs.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

IMPLEMENTATION

If you are interested in implementing Seeking Safety, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

TIME

Treatment session length and total program length vary and depend on a number of factors, such as the setting (i.e., inpatient, residential, or outpatient) and clients' needs. An example format could be 1-hour sessions that are held two times per week for 3 months.

COST

The Seeking Safety treatment manual, which is required for program implementation, costs $60. Additional products are available here www.treatment-innovations.org/store/c4/All_Seeing_Safety_items.html.

EVALUATION PLAN

To move the Seeking Safety program to the Effective category on the Clearinghouse Continuum of Evidence at least two well-designed evaluations must be conducted that demonstrate sustained, positive outcomes. One of these studies must be an external replication and must be conducted independently of program developers.

The Clearinghouse can help you to develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu.

You may also contact Seeking Safety by phone 1-617-299-1670, email manager@treatment-innovations.org, or visit www.treatment-innovations.org/contact.html.

SOURCE


www.militaryfamilies.psu.edu