Adult Addiction Services Calgary Alberta Health Services Addictions and Mental Health

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<u>Overview</u>

- Adult Addiction Services Calgary (AASC)
- What is addiction?
- Breaking down myths
- Seeking Safety Paths to Healing
 - Harm Reduction
 - Present-Focused
 - Trauma-Informed Care

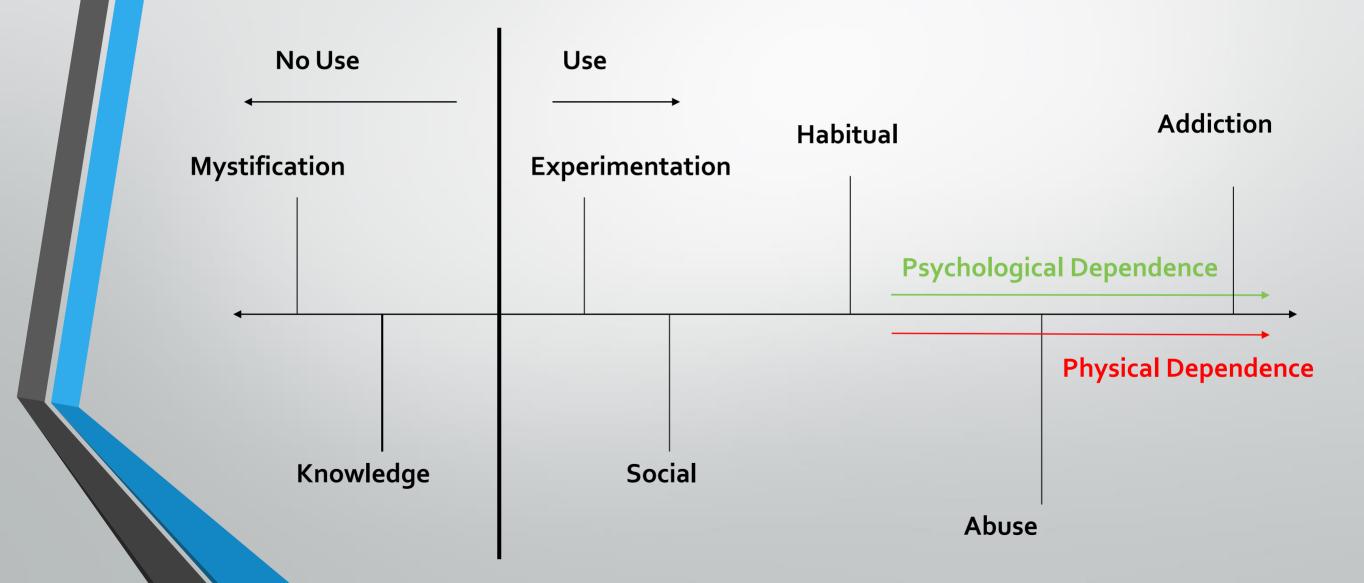
Integrated Treatment



What is an Addiction?

The continued use of something despite negative consequences.

Continuum of Use



Myths

 People have to hit "rock bottom" and lose everything before help is effective.

There is one type of addiction treatment that works best.

For treatment to work, you have to really want it.



People with Addiction

- Are doing the best they can
- May be experiencing pain
- Are capable of recovery
- Have the opportunity to receive treatment
- Are worthy of love and belonging

Terms

- PTSD/Trauma
- Harm Reduction
- Trauma-Informed Care
- Present Focused
- Concurrent Disorders

Lisa Najavits

"I am a third generation of women in my family who overcame posttraumatic stress disorder (PTSD). My mother and grandmother were Hungarians who survived the Holocaust in the most dismal ways, experiencing repeated trauma, with my mother only 10 years old when it began. In New York City in 1987, a stranger slashed my face with a razor in an attempted rape. I note these histories because the work that follows comes from the emotional work required to overcome those traumas — both what I observed in my mother and grandmother and what I experienced myself..."

Seeking Safety A Treatment Manual For PTSD and Substance Abuse

- The first empirically studied, integrative treatment approach developed specifically for co-occurring PTSD and substance abuse
- Concurrent Treatment
- 25 specific topics
- Each topic provides highly practical tools and techniques to engage patients in treatment.
 - teach "safe coping skills" that apply to both disorders.
 - restore ideals that have been lost, including respect, care, protection, and healing.

Seeking Safety Model

Incorporates:

- Treating PTSD and substance abuse concurrently
- Homework and the practice of new behaviors ("Commitments")
- Cognitive Behavioral Therapy
- The relationship of trauma and substance abuse
- Skill development and improved coping responses

Features of Seeking Safety

- Focus on potential rather than pathology
- Use of simple, everyday words
- Emphasis on practical solutions
- Relating the material to current and specific problems in clients' lives
- Making best use of time available

Focus on Safety as Primary Theme

- Safety Skills
- Safety Themes
- Grounding Skills

Safety - Principal Elements

- Discontinuing Use
- Reducing Suicidal Risks
- Minimizing Risks
- Letting Go of Dangerous Relationships
- Gaining Control Over Extreme Symptoms
- Stopping Self Harm

Seeking Safety

Topics Include:

Safety **PTSD: Taking Back Your Power Detaching from Emotional Pain** (Grounding) When Substances Control You **Asking for Help Taking Good Care of Yourself** Compassion **Red and Green Flags** Honesty **Recovery Thinking** Integrating the Split Self

Commitment
Creating Meaning
Community Resources
Setting Boundaries in Relationships
Discovery
Getting Others to Support Your Recovery
Coping with Triggers
Respecting Your Time
Healthy Relationships

Self-Nurturing

Termination

Healing from Anger

Life Choices Game (Review)

Paths to Healing Manual

- First stage trauma-informed group for women
- Harm-reduction
- Present-focused
- 5 sessions (3 hours per session) addressing recovery and coping skill development
- Topics include a safety oriented skill relevant to both PTSD and substance abuse
- Creative Expression

Responses to Trauma:

As an Effect:	As a Behaviour:	As a Response:
"Avoiding" or "Dissociation"	Distancing from uncomfortable memories	Managing internal and external reminders to maintain mental health
Sleeping Disorder	Changes in sleeping patterns	Remaining wakeful to ensure safety
Hypervigilance	Constantly scanning environment	Being Sensitive to external cues of danger
Substance Abuse	Drinking or taking other drugs	Seeking ways to: manage emotions, make connections, or express yourself
Eating Disorders	Extreme changes in eating patterns	Defying external control of your body
Isolating, withdrawing	Limiting connection to other people	Being selective about people you choose to associate with

Introduction to Treatment Format

Session Format

- 1. Check-in
- 2. Quotation
- 3. Grounding Activity
- 4. Handout/Discussion
- 5. Creative Expression
- 6. Check-out

Check-In

- 1. How are you feeling?
- 2. What **good coping** have you done?
- 3. Any substance use or other unsafe behavior?
- 4. Did you complete your **commitment**?
- 5. Community resource update

Check-Out

1. Name **one thing** you got out of today's session (and any problems with the session).

- 2. What is your new **commitment**?
- 3. What community resource will you call?

What is the strongest theme of Seeking Safety?

Empowering patients to have faith, and believe that their lives can get better by initiating safety as the central theme in their first stage of recovery:

Instillation of Hope

What is Addiction?

Gabor Mate

https://www.youtube.com/watch?v=T5sOh4gKPIg

CHOICEandTRUTH

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

Community Supports

















Providing Solutions That Recover Lives

FRESH Start



HEALTH EDUCATION













