Outline and objectives for *1 day program*

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**Title:** Seeking Safety for Adolescents: An evidence-based model for trauma and/or substance abuse

**Summary:** The goal of this presentation is to describe *Seeking Safety* specifically as it is implemented for adolescents. Seeking Safety isan evidence-based model for trauma and/or substance abuse (clients do not have to have both). *Seeking Safety* teaches present-focused coping skills to help clients attain safety in their lives. It is highly flexible and can be conducted in any setting by a wide range of clinicians and also peers. There are up to 25 treatment topics, each representing a safe coping skill relevant to trauma and/or substance abuse, such as “Asking for Help”, “Creating Meaning”, “Compassion”, and “Healing from Anger”. Topics can be done in any order, as few or many sessions as time allows (one does not have to do all 25). *Seeking Safety* strives to increase hope through emphasis on ideals; it offers exercises, emotionally-evocative language, and quotations to engage patients; attends to clinician processes; and provide concrete strategies to build recovery skills. Anyone can implement Seeking Safety in their setting if they choose to (no specific degree, license or experience is required, unless a formal research study is being conducted). The model has been used with adolescents age 13 and above for over 20 years across all levels of care. This training is comparable to the standard 1 day Seeking Safety training but also emphasizes elements specific to the developmental needs of adolescents. We cover ways to make Seeking Safety engaging for this age group (e.g., games and exercises); responding to challenging adolescents and families; using language and examples relevant to adolescents; and working with juvenile justice-involved adolescents.

**Objectives:**

1. To describe the Seeking Safety model.
2. To identify elements specific to implementation with adolescents.
3. To highlight the evidence base on the model.
4. To rehearse examples of how to conduct the model with adolescents.
5. To provide assessment and treatment resources.

**References:**

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Substance Abuse and Mental Health Services Administration (SAMHSA, 2020): *Treatment for Suicidal Ideation, Self-harm, and Suicide Attempts Among Youth.* SAMHSA Publication No. PEP20-06-01-002 Rockville, MD.

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**Audiovisual (for on-site training):**

LCD projector; audio capacity (to play brief video segments from trainer’s computer); microphone

**Methods of instruction include:**

1. Lecture

2. Brief video segments related to treatment issues

3. Question/answer discussion with participants

4. Role plays

**Example of a timed outline for a 1 day version** (*can be changed to fit your timeframe)*

The training time is 6 hours, plus lunch and breaks. A typical format is 9am-4pm (7 hours total), which includes a half-hour lunch break and two fifteen-minute breaks (one mid-morning and one mid-afternoon). The schedule below assumes this typical format, but you can change it based on your scheduling.

Agenda

I. **Background** (1.5 hours, followed by 15 minute break)

1. Brief overview of trauma and substance abuse
2. Treatment considerations for adolescents
3. Description of *Seeking Safety,* including examples and language relevant for adolescents

II. **Treatment** (1.75 hours, followed by half-hour lunch break)

1. Detailed focus on *Seeking Safety* topics
2. Assessment and community resources
3. Developmental considerations for adolescents

III. **Video on adolescents with trauma and substance abuse** (.5 hours)

IV. **Trying out *Seeking Safety* with adolescents** (1.25 hours, followed by 15 minute break)

1. Implementation guidance
2. Evidence base, including on adolescents
3. Cultural and other adaptations

V. **More** (1.5 hour)

1. Video demonstration of *Seeking Safety* topic, “Asking for Help” with real clients

2. Break into small groups and practice “Asking for Help”

3. “Tough cases”: brainstorm clinical challenges that can arise

4. Next steps