

## Outline and objectives for 1 day program

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**Title:** *Seeking Safety Adolescent Toolkit (a supplement to Seeking Safety for Adolescents: An evidence-based model for trauma and/or substance abuse)*

**Summary:** The goal of this presentation is to describe how to implement *Seeking Safety* by Lisa Najavits, PhD with adolescents, using the *Seeking Safety Adolescent Toolkit* by Summer Krause, LPC, CADCI. *Seeking Safety* is an 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”. The *Seeking Safety Adolescent Toolkit* is a supplemental guide to assist facilitators in engaging adolescents with *Seeking Safety* using simplified handouts, games, activities, bonus materials, adolescent examples and implementation strategies. 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 designed for those who have already attended a standard *Seeking Safety* training and/or have been implementing *Seeking Safety*. The training will also emphasize 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 use of the *Seeking Safety Adolescent Toolkit* with 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.

Substance Abuse and Mental Health Services Administration (SAMHSA, 2022) *National Guidelines for Child and Youth Behavioral Health Crisis Care*. Publication No. PEP22-01-02-001 Rockville, MD.

**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 *Seeking Safety*, including examples and language relevant for adolescents
2. Treatment and developmental considerations for adolescents
3. Evidence base of *Seeking Safety* with adolescents

**II. Treatment** (1.25 hours, followed by half-hour lunch break)

1. Discussion of challenges in working with adolescents
2. Detailed description of the *Seeking Safety Adolescent Toolkit*
3. Adolescent assessment and community resources

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

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

1. Implementation guidance
2. Experiential exercises from the *Seeking Safety Adolescent Toolkit*
3. Demonstration of a *Seeking Safety* session using the *Seeking Safety Adolescent Toolkit*

**V. More** (1.5 hour)

1. Break into small groups and practice implementing a *Seeking Safety* session using the *Seeking Safety Adolescent Toolkit*
2. "Tough cases": brainstorm clinical challenges that can arise with adolescents
3. Next steps