2018 **Peer-Led Seeking Safety-- An Innovation to Expand Care**

*Brief version*

Peer-led Seeking Safety offers an exciting new way to provide evidence-based care for trauma and/or addiction. We will explore how peer-led Seeking Safety is similar and different from professionally-led Seeking Safety; identify the benefits of peer-led Seeking Safety; and examine the evidence on it. We will also cover implementation strategies.

*Lomger version*

Peers are increasingly recognized as an important asset in healthcare and have long played a role in substance abuse recovery models such as 12-step groups. However, for trauma and PTSD there has been very little by way of peer support. Seeking Safety (SS) offers an excellent option for peer-led services for addiction and/or trauma. SS is the most evidence-based model for this comorbidity. It provides psychoeducation and coping skills to help clients attain greater safety in their lives. It was designed for flexible use: males and females; all types of trauma and addiction; and group or individual format. SS lends itself well to peer delivery because it is highly stabilizing, structured, optimistic, and present-focused. It has also evidenced high satisfaction across diverse populations and has been translated into numerous languages. In this workshop we explore how peer-led Seeking Safety is similar and different from professionally-led Seeking Safety; identify the benefits of peer-led Seeking Safety; and examine the evidence on peer-led Seeking Safety. We will also cover implementation considerations such as terms that may be unfamiliar to peers; how peers can handle emergencies; options for co-led peer groups; and how peers can evaluate fidelity.

*Objectives*

1. Describe how peer-led Seeking Safety is similar and different from professionally-led Seeking Safety.

2. Identify the benefits of peer-led Seeking Safety.

3. Examine the evidence on peer-led Seeking Safety.

4. Explore how to implement peer-led Seeking Safety.