

Seeking Safety Adherence Scale—Brief Version

Part 1: Interventions

For each of these questions, please rate your feelings of **how well** *Seeking Safety* was facilitated using the following scale:

- 0 – Not Done
- 1 – Done a Little
- 2 – Done a Lot
- 3 – Done Thoroughly

The facilitator(s):

1. \_\_\_\_\_ did a check-in at the start of the session and worked to keep it brief (up to 5 minutes per person).
2. \_\_\_\_\_ had a client read the quote; and asked “What is the main point of the quote?”.
3. \_\_\_\_\_ gave handouts and made use of them during the session.
4. \_\_\_\_\_ did a check-out at the end of the session and worked to keep this brief (up to 2 minutes per person).
5. \_\_\_\_\_ focused on how the topic related to trauma/PTSD.
6. \_\_\_\_\_ focused on how the topic related to substance use.
7. \_\_\_\_\_ focused the discussion on safe coping skills.
8. \_\_\_\_\_ kept discussions focused on the session topic and practicing or rehearsing skills.
9. \_\_\_\_\_ tried to keep everyone safe by making sure that no graphic details of substance use or trauma were discussed.

Part 2: Processes

Please rate how **helpful** the session was, using the following scale:

- 0 – Harmful
- 1 – Ineffective (Not too helpful)
- 2 – Somewhat helpful
- 3 – Extremely helpful

*The facilitator(s):*

1. \_\_\_\_\_ was supportive and gave positive feedback while also helping clients take responsibility for their recovery.
2. \_\_\_\_\_ was genuinely warm, caring, and compassionate.
3. \_\_\_\_\_ was helpful in managing crisis and strong emotions in a professional and kind way.
4. \_\_\_\_\_ really listened to what clients had to say and were involved and interested in the discussions.
5. \_\_\_\_\_ worked to create a bond between the group members (if group modality).
6. \_\_\_\_\_ engaged clients in the work (rather than facilitator talking too much, lecturing, or over-controlling)
7. \_\_\_\_\_ overall, did a good job helping clients work on safe recovery from trauma and/or substance use.

*How group members interacted with each other (if group modality):*

1. \_\_\_\_\_ The group members were genuinely warm, caring, and compassionate with each other.
2. \_\_\_\_\_ The group members really listened to what each other had to say and were involved and interested in the discussions.
3. \_\_\_\_\_ The group members worked to create a bond among each other.