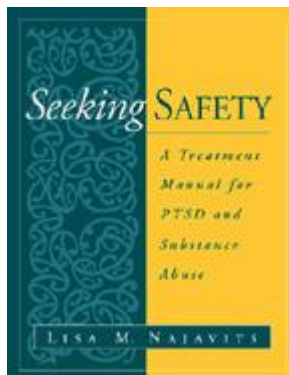


## Seeking Safety FAQ's



### **What is Seeking Safety?**

Seeking Safety is an integrated, present-focused, manual based therapy that helps people dealing with trauma/PTSD and substance abuse establish safety in their lives. Seeking Safety provides opportunities for clients to discover connections between the two disorders and develop new coping skills to manage the overwhelming impulses and emotions associated with these co-occurring disorders.

### **How does the program define Safety?**

This integrated therapy uses “Safety” as an umbrella term that encompasses such things as discontinuing substance use, reducing suicidality, letting go of dangerous relationships (such as domestic abuse and drug-using friends), gaining control over extreme symptoms (such as dissociation), and stopping self-harming behaviors (such as cutting).

### **Why is the Seeking Safety program needed?**

Despite the fact that 75% of women and men in substance abuse treatment report abuse and trauma histories, most do not receive PTSD-focused treatments. In fact, very few are told that PTSD is a treatable disorder for which specific treatments exist. Seeking Safety is recommended by both clinicians and researchers as more likely to succeed, more cost-effective, and more sensitive to client needs.

### **Is Seeking Safety an Evidence Based Practice (EBP)?**

Yes, Seeking Safety is an EBP. In fact, it is the first treatment for PTSD and substance abuse with published outcomes. It has also been deemed a “Level A” (the highest level of evidence) therapy by the International Society for Traumatic Stress Studies (ISTSS). Outcomes include significant improvements in substance use, trauma-related symptoms, suicide risk, suicidal thoughts, family functioning, depression, and didactic knowledge related to the treatment.

### **What is the Seeking Safety manual comprised of?**

The Seeking Safety manual is comprised of 25 topics that are evenly divided among cognitive, behavioral, and interpersonal domains. Topics include Coping with Triggers, Setting Boundaries in Relationships, Healing from Anger, Integrating the Split Self, and Detaching from Emotional Pain.

### **Who will benefit from attending the Seeking Safety program?**

Seeking Safety addresses what has been described as first-stage therapy for each of the disorders with a focus on safety and self-care as the primary therapeutic tasks. It was designed to explore the link between trauma and substance abuse without delving into details of the past. Thus, the goal is to be as inclusive as possible. Clients **do not** need to attain stabilization before starting. Any individual who is dealing with a trauma background and addictive or impulsive behavior can benefit from this program.

### **What can participants expect?**

Seeking Safety sessions are conducted in a structured, four-part session format, which includes a Check-In, a Quotation, the Session topic with handouts, and a Check-Out. Each topic is independent of the others, which allows the treatment to be conducted in open groups if desired (clients can join at any time).

If you would like more information about Seeking Safety groups, call:

Lisa Hancock – Peer Support Specialist

Optum Salt Lake County

801-982-3222

[lisa.hancock@optum.com](mailto:lisa.hancock@optum.com)

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- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
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If you need these services, contact Optum at 1-877-370-8953.

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If you need help filing a grievance, call Optum at 1-877-370-8953 and hit prompt #2.

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### Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-370-8953.

### Chinese

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-370-8953。

### Vietnamese

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-370-8953.

### Korean

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-370-

8953 번으로 전화해 주십시오.

### **Navajo**

Díí baa akó nínízin: Díí saad bee yánílti'go **Diné Bizaad**, saad bee áká'ánída'áwo'deę', t'áá jiik'eh, éí ná hólo, kojí' hódíílnih 1-877-370-8953.

### **Nepali**

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू नि:शुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-877-370-8953 ।

### **Tongan**

FAKATOKANGA'I: Kapau 'oku ke Lea-Fakatonga, ko e kau tokoni fakatonu lea 'oku nau fai atu ha tokoni ta'etotongi, pea teke lava 'o ma'u ia. Telefoni mai 1-877-370-8953.

### **Serbo-Croatian**

OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-877-370-8953.

### **Tagalog**

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-877-370-8953.

### **German**

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-877-370-8953.

### **Russian**

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-877-370-8953.

### **Cambodian**

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយភ្នែកភាសា ដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-877-370-8953.

### **French**

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-370-8953.

### **Japanese**

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-877-370-8953。

### **Arabic**

له حوطة: إذا التفتت حدث الكرنال لغة فإين خدمات المساعده ل لغوي تتلوفونالي بال م جان. طول برقم 1-877-370-8953.