

Seeking Safety (SS): An Evidence-Based Practice for Trauma and/or Substance Abuse

DATE & TIME: May 16, 2018

9:00 AM – 4:00 PM

All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: The California Endowment
1000 N. Alameda St.
Tahoe Room
Los Angeles, CA 90012

PARKING: Free parking
Upon arrival, mention you are attending a DMH Sponsored training

Seeking Safety (SS) is a present-focused, coping skills therapeutic approach which helps attain safety from trauma and/or substance abuse. Seeking Safety is an evidence-based treatment for trauma and or substance abuse focusing on coping skills and psychoeducation and provides early intervention strategies. SS is manual-driven and can be delivered by both licensed and non-licensed trained professionals and provides a flexible curriculum. Included in the discussion is the following: (a) overview of trauma and substance abuse and; (b) implementation of Seeking Safety. Assessment tools and community resources are also covered. By the end of the training, participants will be able to implement Seeking Safety in their settings.

TARGET AUDIENCE: Open to DMH staff and contracted providers working with adult mental health consumers

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Identify key clinical issues in providing treatment to trauma exposed populations.
2. Identify key clinical issues in providing substance abuse treatment.
3. Develop skills to increase empathy and understanding of the impact of trauma and substance abuse.
4. Demonstrate knowledge for administering Seeking Safety, an evidence-based model for trauma and/or substance abuse.
5. Identify key elements necessary to provide culturally appropriate assessment and treatment resources.
6. Develop effective tools for applying an evidence-based treatment model to diverse populations and communities.

CONDUCTED BY: Martha Schmitz, PhD, ABPP
Training Consultant for Treatment Innovations, LLC

COORDINATED BY: Maria Contreras, MA, Training Coordinator
Email: macontreras@dmh.lacounty.gov

DEADLINE: 05/09/18 or when maximum capacity is reached

**CONTINUING
EDUCATION:
COST** NONE

DMH Employees register at:
<http://learningnet.lacounty.gov>

Contract Providers register here:
<https://goo.gl/forms/TkMF1wQDAWuUpAKQ2>