

**Seeking Safety for Adolescents: An Evidence-Based Model for Trauma and/or Substance Abuse**

**DATE & TIME:**

**April 28, 2026**

**9:00AM - 4:00PM**

***Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.***

**PLACE:**

**Web Broadcast – Zoom**

**REGISTRATION:**

**<https://eventshub.dmh.lacounty.gov>**

**DESCRIPTION:** Seeking Safety is an evidence-based model for trauma and/or addiction. This model teaches present-focused coping skills to help clients attain safety in their lives. In this training, we will cover (a) background on trauma and addiction (rates, presentation, models and stages of treatment, clinical challenges); and (b) overview of Seeking Safety including its evidence-base; and (c) clinical implementation, such as use of the model with specific populations. There are 25 treatment topics, each representing a safe coping skill relevant to both trauma and addiction, such as “Asking for Help”, “Creating Meaning”, “Compassion”, and “Healing from Anger”. Seeking Safety strives to increase hope through emphasis on ideals; it offers exercises, emotionally-evocative language, and quotations to engage clients; and provides concrete strategies to build recovery skills. Assessment and treatment resources will also be provided. The model has been used successfully with those ages 13 and above for over 20 years across all levels of care. This training will focus on its use with adolescents, particularly those involved in the child welfare system and beyond. By the end of the training, participants can implement Seeking Safety with both their adolescent and adult clients.

**TARGET AUDIENCE: DMH staff and contracted mental health providers rendering services to children, youth and adults**

**OBJECTIVES:**

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

1. Discuss the current understanding of trauma and addiction.
2. Analyze the “lens of trauma” and how it applies to diverse populations.
3. Summarize empathy and understanding of trauma and addiction across diverse populations.
4. Describe Seeking Safety, an evidence-based model for trauma and/or addiction.
5. Identify elements specific to implementation with adolescents and adults.
6. Demonstrate examples of how to conduct the model with adolescents and adults.
7. Discuss assessment and treatment resources.

**CONDUCTED BY:**

**Summer Krause MA, LPC, CADCI**

**COORDINATED BY:**

**Mireya Segura, LCSW – Mental Health Training Coordinator  
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**DEADLINE:**

**When capacity is reached.**

**CONTINUING  
EDUCATION:**

**6.0 hours for BBS, BRN, CCAPP-EI  
6.0 CE for Psychologist**

**COST:**

**None**

