

Seeking Safety.....

is a present-focused treatment for people with a history of trauma and/or substance abuse. The treatment was designed for flexible use: group or individual format, males and females, and a variety of settings.

Seeking Safety focuses on coping skills and psychoeducation.

Key principles include:

- 1. Safety as the overarching goal (helping participants attain safety in their relationships, thinking, behavior, and emotions)*
- 2. Integrated treatment (working on both trauma and substance abuse at the same time)*
- 3. A focus on ideals to counteract the loss of ideals in both trauma and substance abuse*
- 4. Four content areas: Cognitive, Behavioral, interpersonal, and case management.*
- 5. Attention to therapist processes*

Treatment Topics

1. Treatment/Case Management
2. Safety
3. PTSD: Taking Back Your Life
4. Detaching from Emotional Pain
5. When Substances Control You
6. Asking for Help
7. Taking Good Care of Yourself
8. Compassion
9. Red and Green Flags
10. Honesty
11. Recovery Thinking
12. Integrating the Split Self
13. Commitment
14. Creating Meaning
15. Community Resources
16. Setting Boundaries in Relationships
17. Discovery
18. Getting Others to Support You
19. Coping with Triggers
20. Respecting Your Time
21. Healthy Relationships
22. Self-Nurturing
23. Healing from Anger

Green Lake County Behavioral Health

Address: 511 County Road A
Green Lake, WI 54041

Phone: 920-294-4070 or 800-664-3588

Fax: 920-294-4139

Email: glcdhhs@co.green-lake.wi.us



Seeking Safety Group

Green Lake County



Phone Number:
920-294-4070 or 800-664-3588

Crisis Phone Number:
920-294-4000

Eligibility Criteria

- ◆ Established resident of Green Lake County
- ◆ Substance Misuse
- ◆ Trauma related symptoms
- ◆ Must be 18 years old or older

Referral Process

Individuals seeking treatment can self-refer. Other referral sources may include but are not limited to:

- ◆ Treatment Providers
- ◆ Probation/Parole Agents
- ◆ Jail Staff
- ◆ CCS worker
- ◆ Social worker
- ◆ Family member

Program Cost

The costs of Seeking Safety will be billed to the participants Health Insurance. If no health insurance is available the participant will be charged \$50 per group or on a sliding fee scale based on the participants ability to pay.

Seeking Safety ...

Seeking Safety was developed in 1993 from a grant under the National Institute on Drug Abuse (NIDA). This program has been evaluated in scientific studies and has demonstrated significant positive outcomes for people who have experienced traumatic events and/or substance use disorders.

Goals and Benefits

- Safety is the number one goal of the group
- Helping clients attain safety in thinking, emotions, behaviors, and relationships
- Providing clients integrated treatment of substance abuse and trauma conditions
- Counteracting loss of ideals experienced from substance abuse and trauma
- Teaches clients various coping skills with substance abuse and trauma

Group Dates and Times

Seeking Safety is an open-ended group meeting on:

Tuesday and Thursday's

Time

3:00 pm - 4:30 pm

Location

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