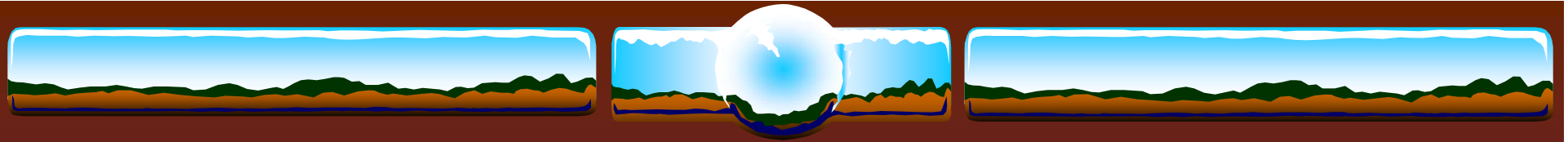


Substance Abuse and Sexual Violence:

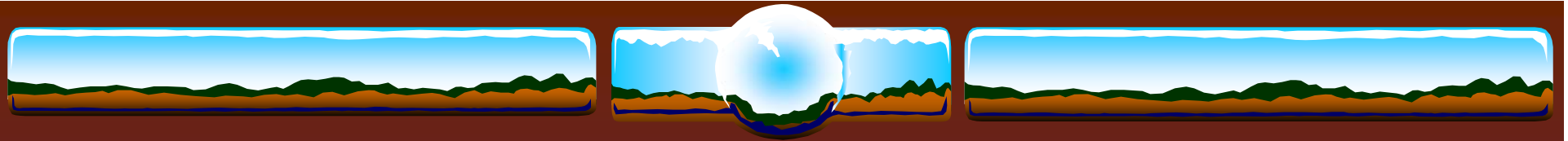
The Need for Integration When
Treating Survivors

Kelli Hood, M.A.



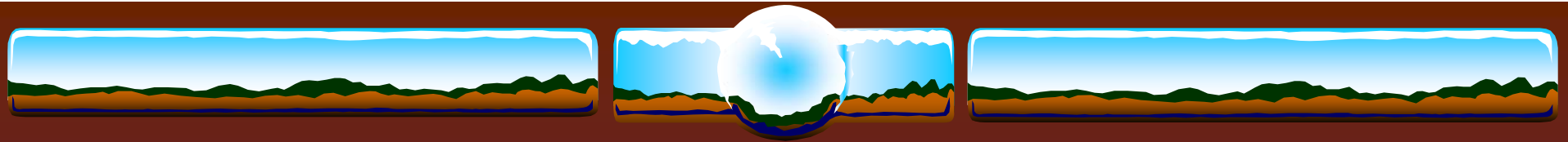
Objective

- ❖ To understand the necessity for therapeutic strategies in clients with co-occurring Substance Use Disorders and Posttraumatic Stress Disorder and/or other mental health issues as a result of histories of sexual violence.



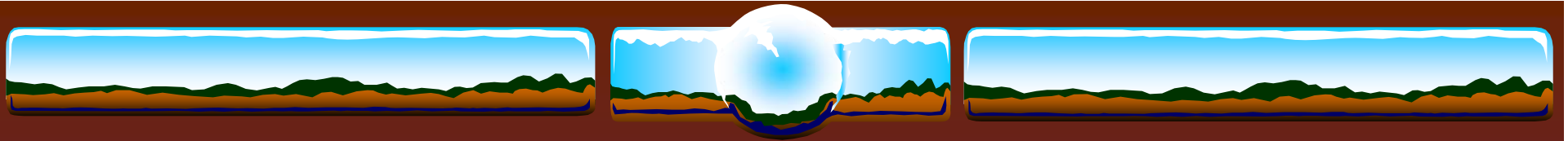
Topics of Discussion

- ❖ Prevalence of Sexual Violence
- ❖ Impact of Trauma on Survivors
- ❖ Strategies and Challenges of Integrated Treatment
- ❖ Successful Models of Integrated Treatment
- ❖ Resources



Prevalence of Sexual Violence

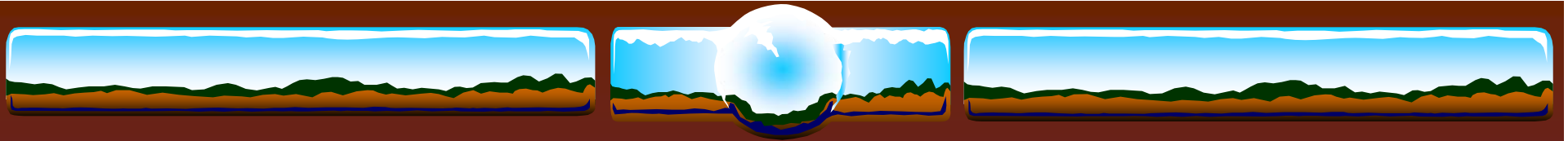
- ❖ Fewer than ___ % of children are abused by strangers.
- ❖ 1 in ___ girls and 1 in ___ boys will be sexually victimized before age 18.
- ❖ 1 in ___ rape victims is under age 12; 10% of all are under age ___.
- ❖ ___% of sexual assaults were perpetrated by a non-stranger.



Prevalence of Sexual Violence

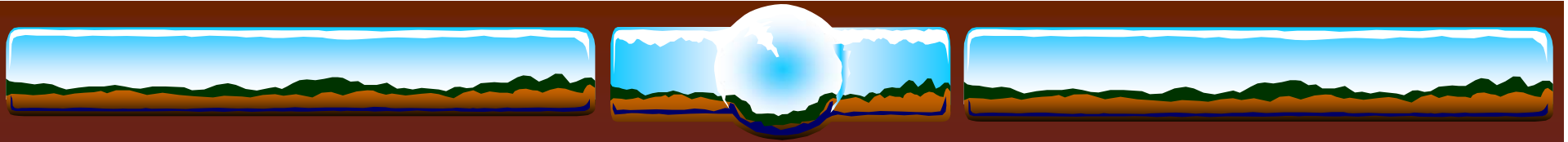
Why is this relevant to you?

- ❖ Victims of sexual assault are 13 and 26 times more likely to abuse alcohol and drugs, respectively.
- ❖ Studies suggest that 55 - 99% of female substance abusers report victimization.



Impact of Trauma on Survivors

- ❖ DSM IV-TR Criteria for PTSD:
 - ❖ Exposure to a traumatic event
 - ❖ Traumatic recollections are persistently reexperienced
 - ❖ Persistent avoidance of stimuli associated with the trauma
 - ❖ Persistent symptoms of increased arousal
 - ❖ Duration > 1 month
 - ❖ Each of the above results in sig. distress or impairment



Impact of Trauma on Survivors

❖ Trauma effects a person's well-being through a variety of issues:

❖ Physical

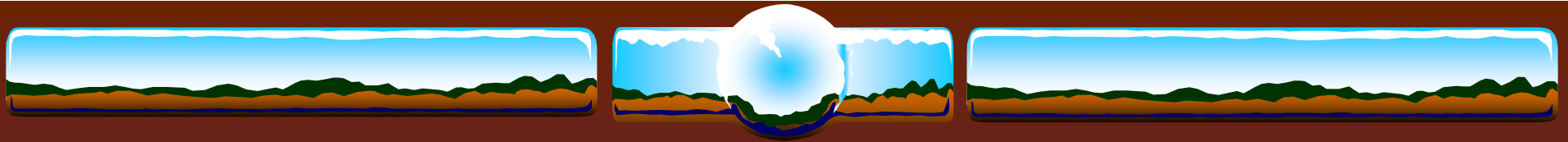
❖ Mental Health

❖ Emotional

❖ Economic

❖ Social

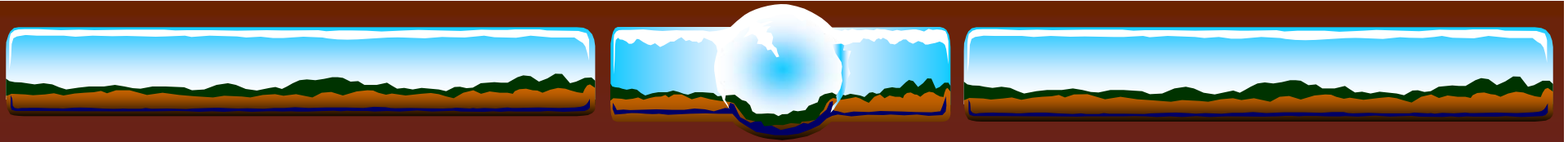
❖ Spiritual



Impact of Trauma on Survivors

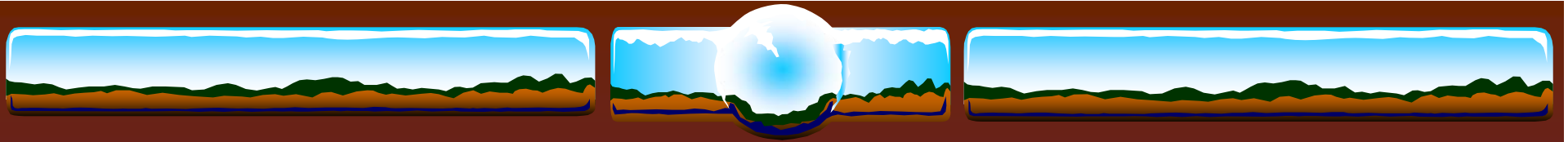
(Long Term Effects of Sexual Trauma)

- ❖ Physical Illnesses
- ❖ Blame-Responsibility
- ❖ Fear
- ❖ Depression
- ❖ Self-Identity/ Self-esteem
- ❖ Anger
- ❖ Inability to Trust
- ❖ Role Boundary Confusion
- ❖ Grief
- ❖ Issues of Power/Control
- ❖ Social Skills
- ❖ Family Script
- ❖ Sexual Intimacy Concerns
- ❖ Addictions/ Self-Abuse



Impact of Trauma on Survivors

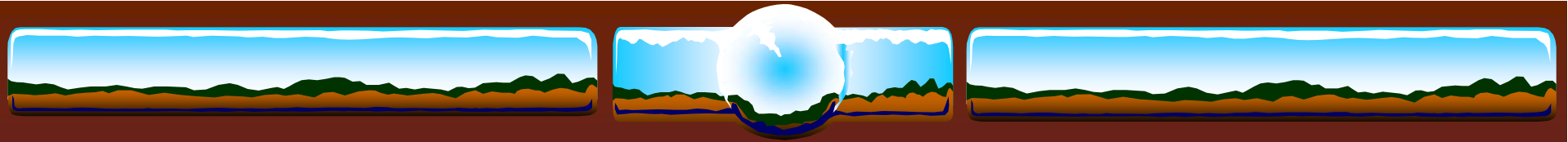
- ❖ There are common coping mechanisms used by survivors of sexual trauma
 - ❖ i.e. creating chaos, spacing out, hiding behind someone, promiscuity, avoiding intimacy, abusing others, suicide attempts, and substance abuse just to name a few.



Impact of Trauma on Survivors

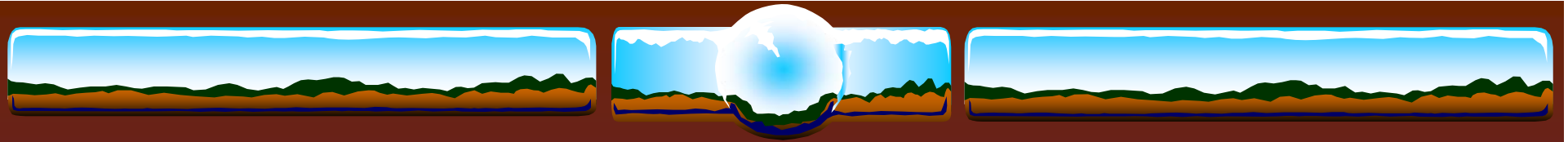
❖ Discuss:

What coping mechanisms used by survivors overlap with what you see in those with Substance Use Disorders?



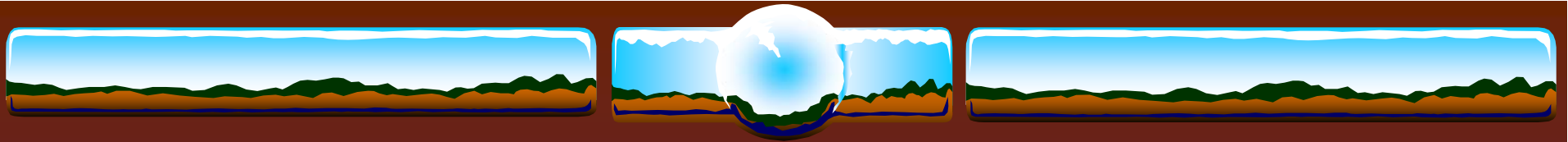
Strategies of Integrated Treatment

- ❖ Client integration and empowerment
- ❖ Assessing structures and practices
- ❖ Promoting a shift in thinking
- ❖ Systems “boundary spanning” strategies:
interagency planning groups and co-location
of services



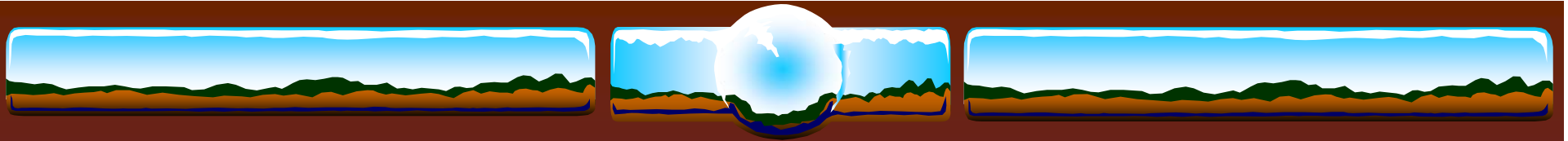
Strategies of Integrated Treatment

- ❖ Training and education
- ❖ Supervision
- ❖ Pilot work



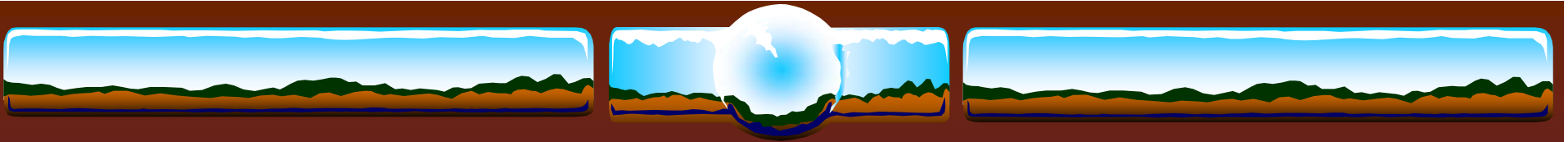
Strategies of Integrated Treatment

- ❖ Services should be:
 - ❖ Infused with knowledge about the roles that sexual violence and victimization play.
 - ❖ Designed to minimize the possibilities of victimization and re-victimization.
 - ❖ Hospitable and engaging for survivors.
 - ❖ Facilitating recovery.



Strategies of Integrated Treatment

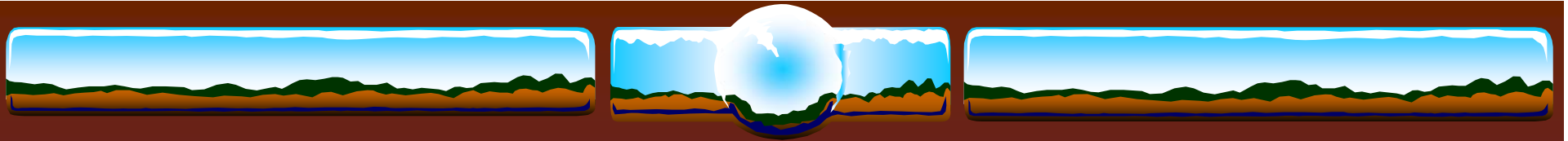
- ❖ Services should:
 - ❖ Operate on an empowerment model.
 - ❖ Respect a person's choice and control over recovery.
 - ❖ Be based on a relational collaboration between the person seeking services and the service provider.
 - ❖ Emphasize the person's strengths.



Challenges of Integrated Treatment

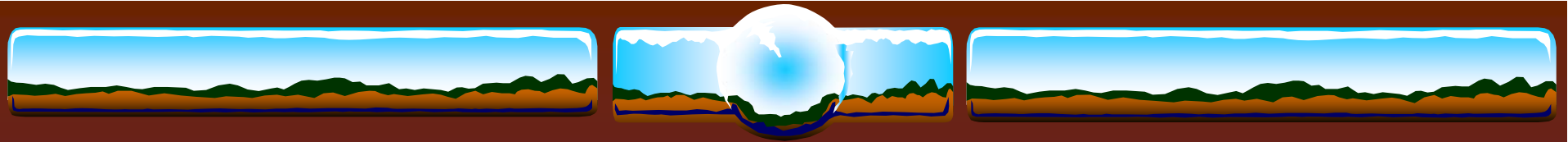
❖ Discuss:

What challenges, if any, do you foresee with addressing trauma issues in substance abuse treatment?



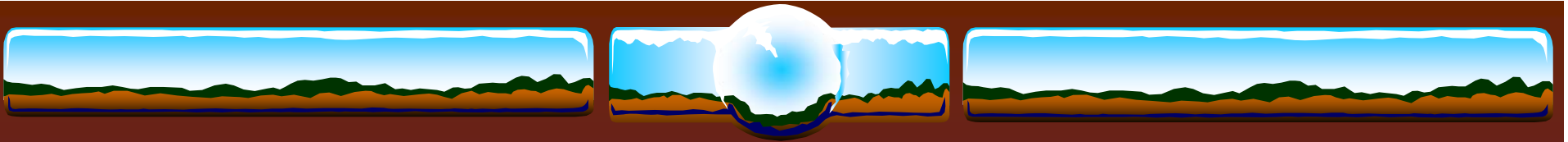
Challenges of Integrated Treatment

- ❖ Challenges for clients/ consumers:
 - ❖ Safety issues (emotional and physical)
 - ❖ Shame and guilt
 - ❖ Trust that the service provider can help
 - ❖ Fear of consequences (i.e. DJO, P & P, etc.)



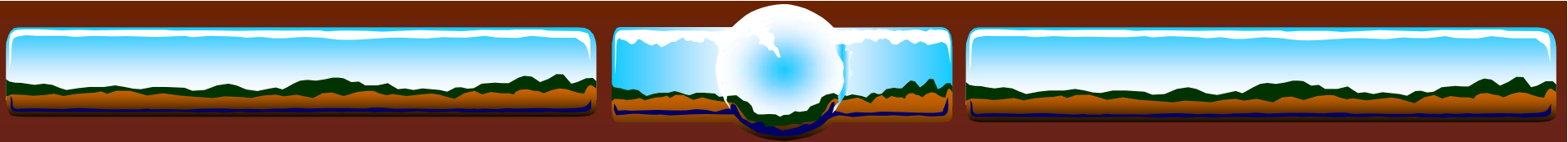
Challenges of Integrated Treatment

- ❖ Integrated treatment services need to be:
 - ❖ Trauma- Specific
 - ❖ interventions designed to address the specific behavioral, intrapsychic, and interpersonal consequences of exposure to sexual, physical and prolonged emotional abuse.
 - ❖ Trauma-Informed
 - ❖ should endeavor to do no harm- to avoid re-traumatizing survivors or blaming them for their efforts to manage their traumatic reactions.



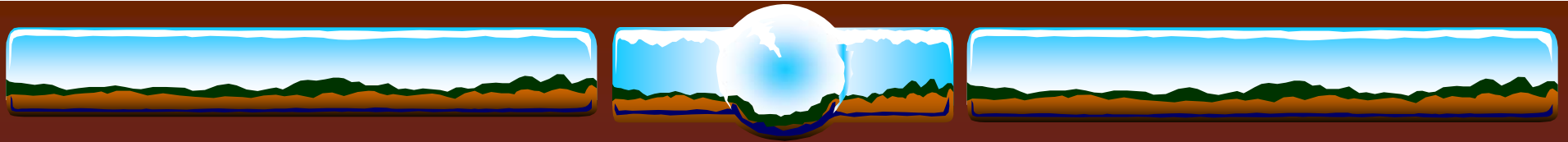
Challenges of Integrated Treatment

- ❖ Challenges for service providers:
 - ❖ Philosophical differences
 - ❖ Resistance at the service level
 - ❖ Resistance at the administrative level
 - ❖ Limited resources
 - ❖ Consistent participation in trauma groups can be difficult
 - ❖ Staff turnover
 - ❖ Change is difficult



Successful Models of Integrated Treatment

- ❖ Trauma Recovery and Empowerment Model (TREM)
- ❖ Seeking Safety
- ❖ Addictions and Trauma Recovery Integrated Model (ATRIUM)
- ❖ Triad Women's Group
 - ❖ Also Triad adolescent program



Resources

- ❖ Harris, M. & Anglin, J. (1998). Trauma Recovery and Empowerment: A clinician's guide for working with women ingroups. Free Press.
- ❖ Kruse, S. (1999). Triad Women's Project: Triad pilot groups: Results of statistical analysis. Louis de la Parte Florida Mental Health Institute, University of South Florida.
- ❖ Najavits, L.M. (2001). Seeking safety: A treatment manual for PTSD and substance abuse. New York: Guilford Press.
- ❖ U.S. Department of Justice. (2000). Criminal victimization 1999: Changes 1998-99 with trends 1993-99.



Resources

- ❖ Creating Trauma Services for Women with Co-Occurring Disorders: web address is www.prainc.com/wcdvs/pdfs/CreatingTraumaServices.pdf
- ❖ Turning Point Services: web address is www.turningpointservices.org
- ❖ Rape, Abuse, and Incest National Network (RAINN) provides a national hotline
www.RAINN.org