Plenary:   **Finding Your Best Self: a new trauma/addiction model for self-help, family, peers and professionals**

**Speaker for all courses**

Demetria Nelson, LCSW, MA

is the Commissioner of the Department of Human Services for the Town of Greenwich, CT. She formerly worked for BronxCare Health System for 13 years. During her last 4.5 years at BronxCare, Demetria was the Administrative Director for Addiction Treatment Services. She was first introduced to Seeking Safety in 2014 and has facilitated Seeking Safety groups and individual sessions since then. She was a trainer with the Outreach Training Institute in New York and is an Adjunct Lecturer at the Borough of Manhattan Community College, The City University of New York (BMCC CUNY). She has 18 years of experience in the behavioral health field with a focus on providing care and designing programs for individuals with substance use disorders and co-occurring mental health disorders. Ms. Nelson formerly worked as a management consultant and in organizational development prior to transitioning into behavioral health. She has a Bachelor of Arts in Psychology from Boston University, a Master of Arts in Organizational Psychology from Columbia University, Teachers College, and a Master of Science in Social Work from Columbia University. She is based in Connecticut.

**Course description**: This presentation will provide an overview of Finding Your Best Self, a new recovery model for trauma and/or addiction. It can be used as self-help, by family members, peers, as well as by counselors in group or individual format. It offers 36 short chapters, each addressing a specific facet of trauma and/or addiction. Examples include: How do people change?; The world is your school; Listen to your behavior; Wish versus reality; Possible selves; The language of trauma and addiction. Each chapter can be done at a session, and in any order and in as few or many sessions as time allows. We will cover a description of the model and how it relates to the public health need for accessible methods to help trauma and addiction .

Objectives

12)       Briefly describe current understanding of trauma, addiction, and their combination

13)       List key principles of the model

14)       Identify how topics relate to phase-based treatment for trauma and/or addiction

15)       Provide resources for trauma and addiction

16)       Address adaptation of the model across different settings, clients and providers

**Peer-Led Seeking Safety – Part 1 and 2.**

**Course descriptions:**  Peers are increasingly recognized as an important asset in healthcare and have long played a role in substance abuse recovery models such as 12-step groups. However, for trauma and PTSD there has been very little by way of peer support.  Seeking Safety (SS) offers an excellent option for peer-led services for addiction and/or trauma. SS is the most evidence-based model for this comorbidity. It provides psychoeducation and coping skills to help clients attain greater safety in their lives. It was designed for flexible use: males and females; all types of trauma and addiction; and group or individual format. SS lends itself well to peer delivery because it is highly stabilizing, structured, optimistic, and present-focused. It has also evidenced high satisfaction across diverse populations and has been translated into numerous languages. In this workshop we explore how peer-led Seeking Safety is similar and different from professionally-led Seeking Safety; identify the benefits of peer-led Seeking Safety; and examine the evidence on peer-led Seeking Safety. We will also cover implementation considerations such as terms that may be unfamiliar to peers; how peers can handle emergencies; options for co-led peer groups; and how peers can evaluate fidelity.

**Objectives**

1. Describe how peer-led Seeking Safety is similar and different from professionally-led Seeking Safety.

2. Identify the benefits of peer-led Seeking Safety.

3. Examine the evidence on peer-led Seeking Safety.

4. Explore how to implement peer-led Seeking Safety.