

Treatment requirements

- Level 1 Outpatient Services
- No significant withdrawal requiring medical monitoring
- If detox is needed, willing to go
- Able to stably remain in the home
- Mental health concerns do not interfere with treatment
- Open to change
- Willing to begin a harm reduction program
- Able to maintain abstinence with minimal support
- Supportive recovery environment
- Willing to develop safety plan for children in the event of relapse
- Willing to report relapses to counselor



About Saint Francis Ministries

A voice for the vulnerable since 1945, the mission of Saint Francis Ministries is to provide healing and hope to children and families. We honor human dignity and potential through our programs and services to more than 11,000 youth and families in Arkansas, Indiana, Kansas, Mississippi, Nebraska, Oklahoma, and Texas.



www.saintfrancisministries.org



Saint Francis Ministries is Joint Commission accredited.

Do you have a client safety concern?

Please contact Saint Francis first, but you may also contact the Joint Commission:

630-792-5800

patientsafetyreport@jointcommission.org

Substance Use A Trauma Informed Approach Seeking Safety



Strong families make children's lives better, so Saint Francis helps families heal.

Seeking Safety is treatment designed for families dealing with substance use disorder and who are at risk of having their children removed from the home.

Our program offers evidence-based, in-home or in-office services designed to help youth, parents, pregnant women, CMP aftercare families, and new parents with infants heal from substance abuse and trauma so they can strengthen their families and reorient their lives.

The road to recovery is unique for each family. That's why Saint Francis doesn't use a "one size fits all" approach to treatment. Rather, we help you take ownership of your recovery by providing flexible, person centered, individualized treatment practices through a harm reduction model.

Key principles:

- **Safety** – helps families find safety in their relationships, behaviors, and emotions
- **Integration** – combines substance use and trauma treatment
- **Content** – examines cognitive, behavioral, and interpersonal concerns
- **Processes** – provides structured treatment that addresses countertransference, self-care, and other areas of need related to substance use and trauma
- **Flexibility** – designed to treat women, men, and mixed groups – in a variety of settings



Process:

- The Kansas Department for Children and Families refers clients.
- Counselor offers the program to a family.
- In-home family with additional option of in-office sessions for group or individual. Sessions include:
 1. Check-in
 2. Quotation
 3. Discussion topic presented for group/family activity
 4. Check-out
 5. Set commitments for next session
 6. Sessions for individuals with substance use disorder



This curriculum was developed by Lisa M. Najavits, PhD. In 1992 at the Harvard Medical School Mclean Hospital.