Linking Trauma, Mental Health, and Addictions Practice

Presented By
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SAMHSA’s Women with Co-Occurring Disorders and Violence Study
### Sample Sizes Across Program Sites by Condition (N=2,729)

<table>
<thead>
<tr>
<th>Program / Site</th>
<th>Intervention Group</th>
<th>Comparison Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROTOTYPES, Los Angeles, CA</td>
<td>187</td>
<td>215</td>
</tr>
<tr>
<td>Allies Stockton, CA</td>
<td>169</td>
<td>266</td>
</tr>
<tr>
<td>Arapahoe House—New Directions for Families</td>
<td>57</td>
<td>108</td>
</tr>
<tr>
<td>Metropolitan Denver, CO</td>
<td>150</td>
<td>97</td>
</tr>
<tr>
<td>D.C. Trauma Collaboration Washington, DC</td>
<td>179</td>
<td>123</td>
</tr>
<tr>
<td>Triad Women’s Project Avon Park, FL</td>
<td>181</td>
<td>161</td>
</tr>
<tr>
<td>Boston Consortium of Services for Families in Recover</td>
<td>218</td>
<td>110</td>
</tr>
<tr>
<td>Boston, MA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The W.E.L.L. Project Cambridge, MA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Franklin County Women’s Research Project Greenfield, MA</td>
<td>105</td>
<td>120</td>
</tr>
<tr>
<td>Portal Project New York, NY</td>
<td>169</td>
<td>114</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1415</strong></td>
<td><strong>1314</strong></td>
</tr>
</tbody>
</table>
Participants in the Study

- 2,729 women were enrolled in the study.
- All are 18 or older with histories of mental health and substance abuse services use and histories of physical or sexual abuse.
- Average age (both groups) is about 26. Age ranges from 18 to 76.
- 54% were Caucasian, 18% Hispanic/Latina, 29% African American.
- 87% were mothers.
- 50% had completed high school.
Participants (continued)

• Either substance abuse or mental health diagnosis had to be current (within the last 30 days), other within past 5 years.
• 81% had a current mental health diagnosis, 65% were receiving treatment for MH, 49% had a psychiatric inpatient stay.
• 82% had received substance abuse treatment at some point.
• 85% had been physically abused in adulthood, 82% sexually abused (child & adult), 13% to 18% had been abused in the 6 months before.
<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance Abuse:</td>
<td>Addiction Severity Index</td>
</tr>
<tr>
<td></td>
<td>– Alcohol Composite (ASI-A)</td>
</tr>
<tr>
<td></td>
<td>– Drug Abuse Composite (ASI-D)</td>
</tr>
<tr>
<td>Mental Health:</td>
<td>Brief Symptom Inventory</td>
</tr>
<tr>
<td></td>
<td>– Global Severity Index (GSI)</td>
</tr>
<tr>
<td>Trauma:</td>
<td>Post Traumatic Diagnostic Scale</td>
</tr>
<tr>
<td></td>
<td>– Post Traumatic Symptom Scale (PSS)</td>
</tr>
</tbody>
</table>
The 6-Month Outcome Components

- Intent-to-treat design
- 2,006 women (1,023 in intervention condition, 983 in comparison condition) were interviewed 6 months after initial enrollment re: outcomes plus services received and other elements.
- Four outcome measures: mental health symptoms, alcohol use, other drug use, and trauma-related symptoms
- Women in both intervention and comparison conditions had decreased symptoms in all four areas at 6 months.
Differences between Intervention and Comparison Conditions

- On two of four measures (post-traumatic symptoms and drug use severity), women in the intervention programs showed significantly greater improvement than those in usual care.
- On mental health status, differences almost reach significance.
- Effect sizes are small, but present.

Morrissey, J.P. et al. (2005) Journal of Substance Abuse Treatment
6-Month Data

- On drug use problem severity (ASI-D), 49% of the intervention women and 36% of the comparison women reported no drug use or drug-related problems at 6 months.
- On alcohol use problem severity (ASI-A), 52% of intervention and 40% of comparison women reported no use or related problems at 6 months.
Program-Level Differences

• Integrated counseling was defined as receiving all three types of services in individual and/or group counseling reported in three-month interview.

• Integrated counseling was positively related to three of the four outcomes measured across sites.

Morrissey, J.P. et al. (2005) Journal of Substance Abuse Treatment
The 12-Month Outcome Components

- The 12-month effect sizes for mental health and post traumatic symptoms show statistically significant improvements for women in the intervention condition relative to those in the comparison condition.
- The two substance use severity outcomes show no improvement over the corresponding values at 6 months.

Morrissey, J.P. et al. (2005) *Psychiatric Services*
Some Key Learnings

• Providing complex sets of integrated services is feasible, including attention to trauma in systemic ways.

• Collaborations between those with lived experience and researchers increases the quality of the research (and probably the services).

• Integrated counseling of mental health, substance abuse, and violence issues in a trauma-informed context appears to be more effective and no more costly than services as usual.
Local Outcome Study
Los Angeles Site

• Baseline and 12 months assessments were completed by 136 Intervention and 177 Comparison group women (78% of Sample).

• Measures:
  – Addiction Severity Index (ASI)
  – Brief Symptom Inventory
  – Posttraumatic Symptom Scale (PSS)
  – Life Stressor Checklist – revised
  – Coping Skills Scale
Cumulative Dropout During First 12 Weeks

![Cumulative Dropout Graph]

The graph shows the cumulative dropout percentage for two groups: intervention and comparison. Over the first 12 weeks, the intervention group exhibits a lower cumulative dropout rate compared to the comparison group, indicating a positive effect of the intervention.
Coping Skills Scores at Baseline and 12 Months

![Coping Skills Scores Graph]

- **Baseline**
- **12 months**

- **Intervention**
- **Comparison**
Post Traumatic Symptom Scale at Baseline and 12 Months

![Graph showing Post Traumatic Symptom Scale (PSS) scores at baseline and 12 months for intervention and comparison groups. The graph indicates a decrease in PSS scores over time, with the intervention group showing a steeper decline compared to the comparison group.](image-url)
Interaction Between Group, Treatment Completion & Coping Skills

- Intervention/completed treatment
- Intervention/did not complete
- Comparison/completed treatment
- Comparison/did not complete

Coping Skills Score

Baseline 12 months
Summary of Graphic Data

- Women in the intervention group were less likely to drop out than women in the comparison group.
- Use of coping skills increased from baseline to 12-months for the intervention group, but slightly decreased for the comparison group.
- On the post-traumatic symptoms scale there was greater improvement for the intervention group than the comparison group.
- Not only did women in the intervention group gain more in coping skills than women in the comparison group, but these gains were specific to women who completed treatment.
Trauma-Informed and Trauma-Specific Services

- Trauma-Informed Services take into account knowledge about trauma – its impact, dynamics, and paths to recovery – and incorporate this knowledge in all aspects of service delivery.
- Trauma-Specific Services address directly the impact of trauma on people’s lives and facilitate trauma recovery.
Seeking Safety: A Training Manual for PTSD & Substance Abuse

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The PROTOTYPES Experience

- Multimodality agency—integrated treatment in 22 sites
- Serves 15,000 individuals annually
- Women and women & children focus
- Culturally competent
- One treatment team
- Research informed
- Continuity of care system
Organization Components of Trauma-Informed Services

- Administrative support from people in leadership positions
- Screening for trauma included in initial assessment
- Training for all employees, as well as specialized trainings for clinicians and supervisors
- Policies and procedures reflect trauma-informed services as a priority, as well as commitment to reducing re-traumatization
Continuum of Care

- Residential treatment/safe community living (6–18 mos)
- Day Treatment
- Intensive case management
- Transitional support
- Outpatient (Step Down Model)
- Continuum of care model – 4 years and more
- Comprehensive Children’s Services
  - Education, medical, mental health, domestic violence and trauma, child care