

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— April 2021



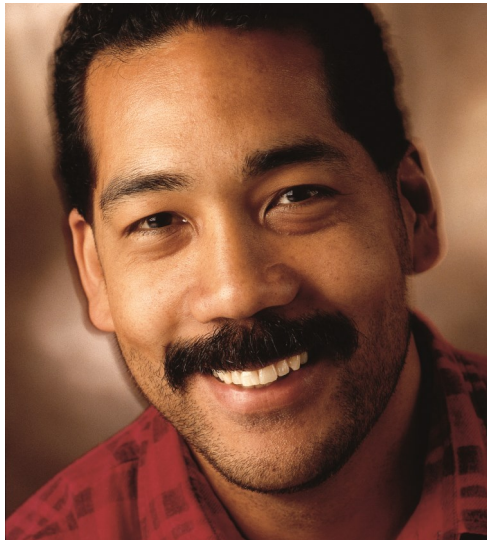
SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Trauma, Recovery & Empowerment Model (W-TREM & M-TREM)

An Evidence-Based Practice

What is Trauma, Recovery & Empowerment Model?

Women's TREM and Men's TREM are evidence-based groups that have a group leader. Each group focuses on healing from what trauma can do to a person. The group combines many learning approaches. It points out that peer support is very important. TREM was put together by Maxine Harris, Roger Fallot, and others. They made it in the 1990s at Washington DC's Community Connections.



Women's TREM

Trauma Recovery and Empowerment Model for women (W-TREM) is a group-based way to help trauma healing among women. It is for women who have had sexual and physical abuse in their lives. This form of help teaches people to learn how to think better. It



teaches them to see their emotions well. It also teaches people new skills to help with their healing. The women-only 24- to 29-session group stresses improving coping skills and social support. It touches on both short-term and long-term things that can happen when something bad has happened to someone. Something that can happen includes mental health symptoms.

It mainly focuses on:

- Posttraumatic stress disorder (PTSD)
- Depression
- Substance abuse

Men's TREM

The Trauma Recovery and Empowerment Model for Men (M-TREM) is also a group-based way to help with trauma healing for men. M-TREM has 24 topics, sorted into three men-specific categories of:

- "Male Myths, Emotions, and Relationships,"
- "Trauma Recovery,"
- "Recovery Skills"



To Learn More

Talk about if TREM is right for you with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.