

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure 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](http://www.sccmha.org)

CS Approved— July 2020



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# Seeking Safety (SS)

An Evidence-Based Practice

## What is Seeking Safety (SS)?

Seeking Safety (SS) is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in a group (any size) and/or individual modalities. It is an extremely safe model, as it directly addresses both trauma and addiction, but without requiring individuals to delve into the trauma narrative (the detailed account of disturbing trauma memories), thus making it relevant to a very broad range of individuals, and it is easy to implement. Any provider can conduct this form of counseling, even without training; however, there are many options for training. It has also been delivered successfully by peers, in addition to professionals of all kinds and in many different environments and settings. It can be conducted over any number of sessions available, although the more, the better, when possible.



## Who is Seeking Safety for?

The model is highly flexible. It has been conducted in group and individual formats; for men and/or women; adults and/or adolescents; for any length of treatment; any level of care (e.g., outpatient, inpatient, residential); any type of trauma, or any type of substance use disorder.

Individuals do not have to meet formal criteria for PTSD or a substance use disorder; it is often used as a general model to teach coping skills. Seeking Safety has been successfully implemented for many years across vulnerable populations including people who are homeless, have criminal justice system involvement, experience domestic violence, have a severe mental illness, as well as veterans and people who are active members of the military, and others.

*“Because Seeking Safety does not require the client to explore painful trauma narratives, it can be conducted with the broadest range of clients – including the highly complex, chronic, and multiply burdened clients who often cycle in and out of treatment.”*

*-Lisa Najavits*

### For More Information

Discuss Seeking Safety eligibility with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.