



Substance Use & TRAUMA

There is a high prevalence of substance use among individuals that have experienced trauma, such as domestic violence, sexual and physical abuse, and assault.

What is trauma?

Results from an event, series of events, or set of circumstances experienced as physically or emotionally harmful or threatening, and include lasting adverse effects on physical, social, emotional, and/or spiritual well-being.

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70%

US adults have experienced a traumatic event

Types of trauma

- Sexual or Physical Abuse
- Sexual or Physical Assault
- Emotional abuse
- Neglect
- Victim or witness to domestic violence, interpersonal violence or community violence
- School Violence
- Bullying
- Forced Displacement
- System-Induced Trauma
- traumatic Grief/Separation

Trauma and Substance Use

80%

Individuals seeking treatment for opioid use, experienced trauma

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33% to 66%

Women in substance use treatment report domestic violence in the past year

Key Principles of Trauma-Informed Practice



Trauma Awareness

Awareness of an individual's discomfort or unease.



Safety and Trustworthiness

Creating spaces where people feel culturally, emotionally, and physically safe.



Choice, Collaboration, Connection

Recognition of need to honor one's dignity and that healing happens in relationships and partnerships with shared decision-making.



Empowerment and Strength-based Skills Building

Recognition of one's strengths and ensuring that those strengths are built upon and validated.