

## **NCTSN RESOURCES: SUBSTANCE USE AND TRAUMA**

### ***FOR MENTAL HEALTH and SUBSTANCE USE TREATMENT PROVIDERS:***

- **NCTSN Speaker Series: The Role of Trauma Among Families Struggling with Substance Abuse**

<http://learn.nctsn.org/course/index.php?categoryid=46>

In this series, members of the NCTSN Trauma and Substance Abuse Collaborative Group, as well as presenters with lived experience, offer perspectives on the intersections between trauma, caregiver substance use, parenting, and pre-natal substance use exposure.

- Supporting Caregivers of Youth with Substance Use Problems Affected by Trauma (2015)
  - Addressing Perpetration of Intimate Partner Violence in Families Affected by Substance Use (2014)
  - Opiate Exposed Newborns: Development, Assessment and Treatment (2014)
  - Prenatal Exposure to Substances and Trauma: Fostering Parent and Child Well-being (2012)
  - Understanding and Treating Caregiver Substance Abuse and Trauma: A Focus on the Family (2012)
- **Military and Veteran Families Across Service Systems: Military Families in the Court System: Responding Sensitively to a Vulnerable Community (2012)**

<http://learn.nctsn.org/course/view.php?id=430>

In this webinar, experts from Department of Defense (DoD), ZERO TO THREE, and Louisiana State University describe risk factors to military families and children, including child abuse, neglect, domestic violence, and substance abuse. The presenters describe ways that these families may come to the attention of the legal system and DoDs family advocacy program.

- **Adolescent Trauma and Substance Abuse Online (2011)**

<http://learn.nctsn.org/course/view.php?id=59>

This Adolescent Trauma and Substance Abuse (ATSA) online course was developed to provide training and materials for mental health clinicians, substance use treatment providers, parents, caregivers, and youth on the complex intersections between psychological trauma and co-occurring substance use and dependency. The course includes an interactive online module on “Understanding Traumatic Stress and Substance Abuse Among Adolescents,” a webinar and lecture presentation featuring expert faculty from the NCTSN, and a four-part Train-the-Trainer video series entitled “Trauma and Co-Occurring Disorders: Understanding and Working with Youth and Their Caregivers.”

- **Hollywood Homeless Youth Partnership (HHYP) E-Learning Modules for Staff Working with Homeless Youth (2010)**

<http://learn.nctsn.org/course/view.php?id=85>

E-Learning Modules for Staff Working with Homeless Youth is a series of e-learning modules developed by the Community Trauma Treatment Center for Runaway and Homeless Youth, a collaborative effort of the Hollywood Homeless Youth Partnership. This includes a module on substance abuse which provides an overview of substance use among adolescents and the connection between trauma and substance use for runaway and homeless youth. This module describes the difference between harm reduction and abstinence based treatment approaches and strategies that can help support youth with substance use issues.

- **NCTSN Speaker Series: Applying Evidence-Based Psychosocial Treatments for Ethnic Minority Youth with Traumatic Stress and Substance Abuse Problems (2009)**

<http://learn.nctsn.org/course/view.php?id=332>

In this webinar, presenters provide an overview of trauma- and substance use-focused EBTs for minority ethnic groups. Also presented is a summary of culturally responsive intervention elements and community-based cultural adaptations. The presentation also addresses particular challenges experienced by Mexican-American youth in the border regions.

- **Understanding the Links Between Adolescent Trauma and Substance Abuse: A Toolkit for Providers (2nd Edition) (2008)**

[http://nctsn.org/sites/default/files/assets/pdfs/satoolkit\\_providerguide.pdf](http://nctsn.org/sites/default/files/assets/pdfs/satoolkit_providerguide.pdf)

This toolkit explores the complex connections between traumatic stress and substance use, and provides guidelines for identifying, engaging, and treating adolescents suffering from these co-occurring problems. Individual fact sheets can be accessed or the entire toolkit can be downloaded as a single PDF file.

#### **FACT SHEETS:**

- **Making the Connection: Trauma and Substance Abuse – Fact Sheet 1 (2008) (PDF)**

[http://www.nctsn.org/sites/default/files/assets/pdfs/SAToolkit\\_1.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/SAToolkit_1.pdf)

Explores links between trauma and substance use and addresses how to overcome challenges to care.

- **Understanding Traumatic Stress in Adolescents: A Primer for Substance Abuse Professionals— Fact Sheet 2 (2008) (PDF)**

[http://www.nctsn.org/sites/default/files/assets/pdfs/satoolkit\\_2.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/satoolkit_2.pdf)

Describes traumatic stress and its impact on adolescents, in addition to describing the implications for substance abuse treatment.

- **Understanding Substance Abuse in Adolescents: A Primer for Mental Health Professionals – Fact Sheet 3 (2008) (PDF)**

[http://www.nctsn.org/sites/default/files/assets/pdfs/satoolkit\\_3.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/satoolkit_3.pdf)

Describes the scope and nature of substance use among adolescents.

- **Treatment for Youth with Traumatic Stress and Substance Abuse Problems – Fact Sheet 4 (2008) (PDF)**

[http://www.nctsn.org/sites/default/files/assets/pdfs/satoolkit\\_4.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/satoolkit_4.pdf)

Outlines validated traumatic stress and substance use assessment tools and describes evidence-based interventions that address both disorders.

- **Engaging Adolescents In Treatment – Fact Sheet 5 (2008) (PDF)**  
[http://www.nctsnet.org/sites/default/files/assets/pdfs/satoolkit\\_5.pdf](http://www.nctsnet.org/sites/default/files/assets/pdfs/satoolkit_5.pdf)  
Offers tips to providers on identifying youth who need help and encouraging them to commit to treatment.

**FOR PARENTS and CAREGIVERS:**

- **Helping Your Teen Cope with Traumatic Stress and Substance Abuse (2008) (PDF)**  
[http://www.nctsnet.org/sites/default/files/assets/pdfs/teen\\_coping\\_substance\\_abuse.pdf](http://www.nctsnet.org/sites/default/files/assets/pdfs/teen_coping_substance_abuse.pdf)  
En Español - Ayudando a Su Adolescente a Enfrentarse al Estrés Traumático y Abuso de Sustancias.  
[http://www.nctsn.org/sites/default/files/assets/pdfs/ayudando\\_a\\_su\\_adolescente.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/ayudando_a_su_adolescente.pdf)  
Provides help for parents and caregivers whose teen might be or is experiencing substance use and/or stress from a traumatic event.

**FOR POLICYMAKERS:**

- **Facts for Policymakers: The Need for an Integrated System of Care for Youth with Traumatic Stress & Substance Use Disorders (2011) (PDF)**  
[http://www.nctsnet.org/sites/default/files/assets/pdfs/policybrief1\\_traumatic\\_stress\\_and\\_substance\\_use.pdf](http://www.nctsnet.org/sites/default/files/assets/pdfs/policybrief1_traumatic_stress_and_substance_use.pdf)  
This brief discusses evidence documenting the range and severity of problems experienced by adolescents with co-occurring traumatic stress and substance use, and recommends addressing these problems through a youth-oriented coordinated system of care that would require interagency collaboration, family and youth involvement, cultural competence, and accountability.
- **Supporting the Need for an Integrated System of Care for Youth with Co-occurring Traumatic Stress and Substance Abuse Problems (2011) (journal article)**  
The policy brief mentioned previously was based on this article. To access the full, original text, please use the citation below.  
Suárez, L., Belcher, H., Briggs-King, E., & Titus, J. (2011). Supporting the need for an integrated system of care for youth with co-occurring traumatic stress and substance abuse problems. *American Journal of Community Psychiatry*, 49(3-4), 430-440. doi: 10.1007/s10464-011-9464-8

**FOR YOUTH:**

- **Using Drugs to Deal with Stress and Trauma: A Reality Check for Teens (2008) (PDF)**  
[http://www.nctsn.org/sites/default/files/assets/pdfs/Using\\_Drugs\\_to\\_Deal\\_with\\_Stress\\_and\\_Trauma.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/Using_Drugs_to_Deal_with_Stress_and_Trauma.pdf)  
En Español - El Uso de Drogas Para Manejar el Estrés y el Trauma: Una Dosis de Realidad para los Jóvenes  
[http://www.nctsn.org/sites/default/files/assets/pdfs/uso\\_de\\_drogas\\_para\\_manejar.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/uso_de_drogas_para_manejar.pdf)  
This brochure helps teens understand the dangers of alcohol and drug use related to stress and alternative strategies for managing stress.

# Additional Selected NCTSN Resources Related to Substance Use and Trauma

Substance use can be both a source of trauma and a response to trauma exposure, and this complex relationship can be an important issue across many types of trauma and service settings. The substance use issues are addressed as part of many NCTSN resources. This document lists selected NCTSN webpages that include resources related to substance use and trauma.

## Trauma Topics Related to Substance Use:

### Community Violence (<http://www.nctsn.org/trauma-types/community-violence>)

- **Helping Youth after Community Trauma: Tips for Educators (2014)**  
[http://www.nctsn.org/sites/default/files/assets/pdfs/helping\\_youth\\_after\\_community\\_violence\\_educators.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/helping_youth_after_community_violence_educators.pdf)  
This resource highlights exposure to community trauma as a risk factor for drug or alcohol use.

### Culture (<http://www.nctsn.org/resources/topics/culture-and-trauma>)

- **Spotlight on Culture, Spring 2012 Preventing Youth Suicide in Montana's Indian Country**  
[http://www.nctsn.org/sites/default/files/assets/pdfs/preventing\\_youth\\_suicide.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/preventing_youth_suicide.pdf)  
This brief mentions substance use as a risk factor for youth suicide.

### Disaster (<http://www.nctsn.org/trauma-types/natural-disasters>)

- **Psychological First Aid - Field Operations Guide Chapter 10 Alcohol, Medication, and Drug Use after Disaster (2006)**  
[http://www.nctsn.org/sites/default/files/pfa/english/appendix\\_e90\\_tips\\_for\\_substance\\_use.pdf](http://www.nctsn.org/sites/default/files/pfa/english/appendix_e90_tips_for_substance_use.pdf)  
This chapter discusses patterns of alcohol, medication, and drug use following a disaster, and offers strategies for resources and recovery.
- **Psychological First Aid Medical Reserve Corps Field Operations Guide (2008)**  
[http://www.nctsn.org/sites/default/files/assets/pdfs/MRC\\_PFA\\_04\\_02\\_08.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/MRC_PFA_04_02_08.pdf)  
This guide addresses substance use throughout.
- **Parent Guidelines for Helping Youth After the Bombings (2013)**  
[http://www.nctsn.org/sites/default/files/parents\\_guidelines\\_for\\_helping\\_teens\\_after\\_the\\_recent\\_bombings\\_1.pdf](http://www.nctsn.org/sites/default/files/parents_guidelines_for_helping_teens_after_the_recent_bombings_1.pdf)  
This guide encourages parents to be watchful for any drug and alcohol use by their adolescent children following a bombing.

### Domestic Violence (<http://nctsn.org/trauma-types/domestic-violence>)

- **Children and Domestic Violence: A Parent's Self-Care and Self-Reflection (2015)**

[http://www.nctsn.org/sites/default/files/assets/pdfs/childrenanddv\\_factsheet\\_10.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/childrenanddv_factsheet_10.pdf)

This resource includes a self-stress audit, which includes questions for parents to ask themselves about their alcohol use.

#### Homelessness (<http://www.nctsn.org/resources/topics/special-populations-and-trauma>)

- **Hollywood Homeless Youth Partnership (HHYP) E-Learning Module for Staff Working with Homeless Youth (2010)**  
<http://learn.nctsn.org/course/view.php?id=85>  
This module is focused on adolescent risk behavior and substance use.
- **Complex Trauma: Facts for Service Providers Working with Homeless Youth and Young Adults (2014)**  
<http://www.nctsn.org/products/complex-trauma-facts-service-providers-working-homeless-youth-and-young-adults>  
This resource mentions substance use disorders amongst homeless youth may be a reaction to trauma exposure.
- **Complex Trauma: Facts for Shelter Staff Working with Homeless Children and Families (2014)**  
[http://www.nctsn.org/sites/default/files/assets/pdfs/complex\\_trauma\\_facts\\_homeless\\_shelter\\_staff\\_final.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/complex_trauma_facts_homeless_shelter_staff_final.pdf)  
This document notes the risk of substance use in children, as well as the need for centers to develop policies on drug use.
- **Psychological First Aid for Youth Experiencing Homelessness (2009)**  
<http://www.nctsn.org/products/nctsn-affiliated-resources/psychological-first-aid-youth-experiencing-homelessness-2009>  
This resource mentions how substance abuse can be both a source of and a response to trauma.

#### Juvenile Justice (<http://www.nctsn.org/resources/topics/juvenile-justice-system>)

- **Assessing Exposure to Psychological Trauma and Posttraumatic Stress in the Juvenile Justice Population (2014)**  
[http://www.nctsn.org/sites/default/files/assets/pdfs/assessing\\_trauma\\_in\\_jj\\_2014.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/assessing_trauma_in_jj_2014.pdf)  
This document notes that drug/alcohol use and suicidal ideation can be responses to trauma exposure.
- **Trauma-Focused Interventions for Youth in the Juvenile Justice System (2014)**  
[http://www.nctsn.org/sites/default/files/assets/pdfs/trauma\\_focused\\_interventions\\_youth\\_jjsys.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/trauma_focused_interventions_youth_jjsys.pdf)  
This resource provides information on substance use treatment interventions.
- **Trauma Among Girls in the Juvenile Justice System (2014)**  
[http://www.nctsn.org/sites/default/files/assets/pdfs/trauma\\_among\\_girls\\_in\\_the\\_jj\\_system\\_2014.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/trauma_among_girls_in_the_jj_system_2014.pdf)  
This resource notes that substance use can occur after trauma exposure.

#### Schools (<http://nctsn.org/resources/audiences/school-personnel>)

- **Psychological First Aid for Schools (PFA-S) (2012)**

<http://www.nctsn.org/content/psychological-first-aid-schoolspfa>

PFA-S is an evidence-informed approach for assisting children, adolescents, adults, and families following a school crisis, disaster, or terrorism event. Some of the handouts included in this resource discuss substance use.

**Sexual Abuse** (<http://www.nctsn.org/trauma-types/sexual-abuse>)

- **Preventing Acquaintance Rape: A Safety Guide For Teens (2009)**

<http://www.nctsn.org/sites/default/files/assets/pdfs/preventingacquaintancerape.pdf>

This resource describes the role drugs can have in acquaintance rape situations, and provides teens with tips to help them stay safe.

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For additional child trauma resources, see [www.nctsn.org](http://www.nctsn.org).