

# Patient-Centered Trauma Treatment for PTSD and Substance Abuse: Is it an Effective Treatment Option?

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# Project Partners

- **Center for Rural and Community Behavioral Health**  
Department of Psychiatry, University of New Mexico
- **INSIDE OUT:** A peer-run wellness center in Rio Arriba County
- **The Life Link:** Provides outpatient emergency assistance, housing, employment services, and other supportive programs including advanced addiction and mental health treatment services to residents in Northern New Mexico.
- **Recovery Based Solutions:** A consumer-run organization dedicated to supporting past and current recipients of Behavioral Health Services in New Mexico
- **National Alliance of Mental Illness (NAMI) New Mexico:** A grassroots mental health organization dedicated to building better lives of those, including family members, affected by mental illness.
- **Clinical Translational Science Center:** Biostatistician from University of New Mexico

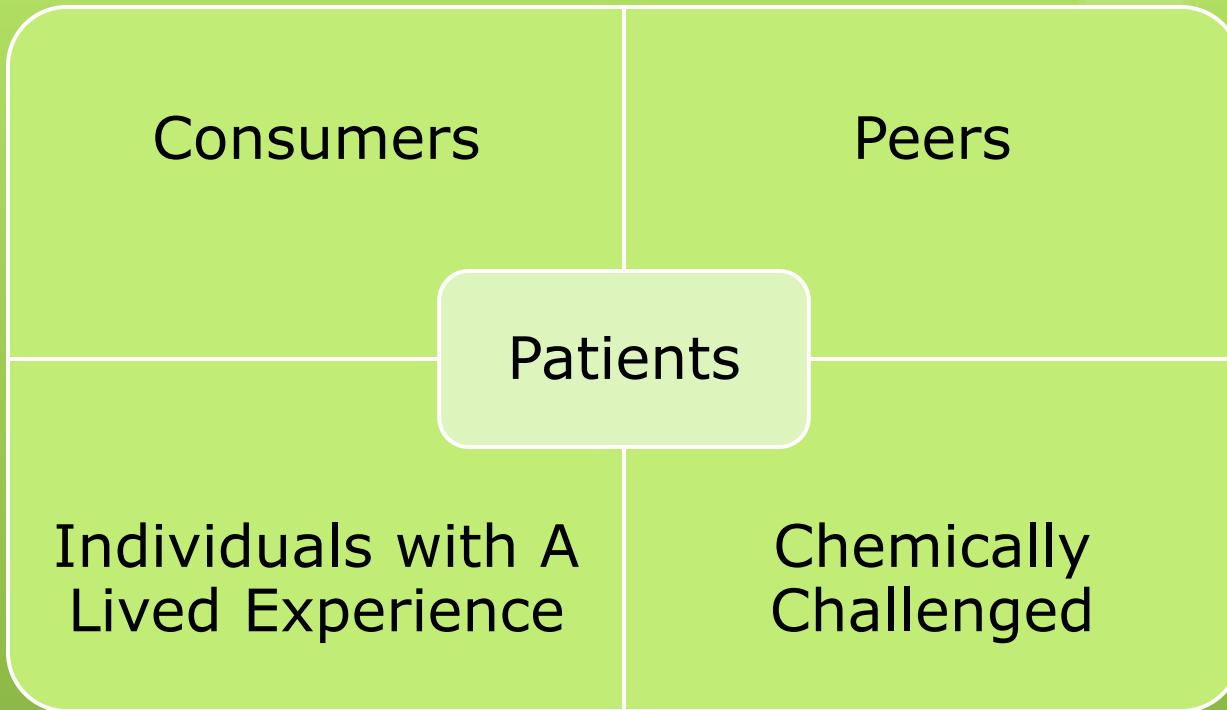
# PROJECT TEAM



# INSIDE OUT



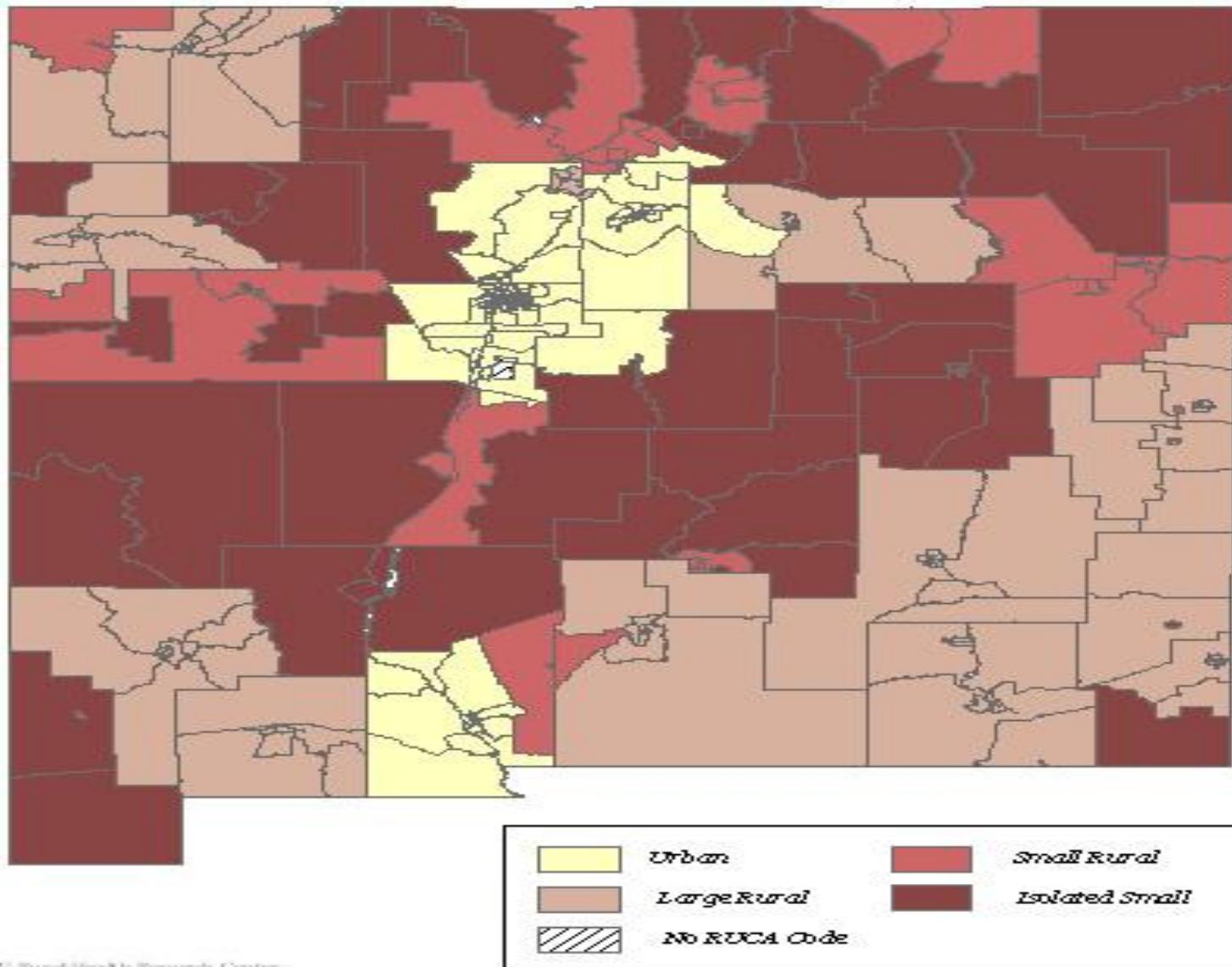
# A Note About the Word Patient



*“Revolutions begin when people who are **defined as problems** achieve the power to redefine the problem”*  
John McKnight

# New Mexico

## Aggregated RUCA Designations by Census Tract



## Health Disparities in New Mexico

- 32 of 33 Counties designated as Health Professional Shortage Areas (HPSAs)
- 29 of 33 Counties designated as Mental Health HPSAs
- Innovative methods of service delivery are needed

## High Rates of Trauma

- 70% of adults in the U.S.
- 90% of persons receiving public mental health services
- Effects are far reaching and devastating

## High Rates of Substance Abuse

- 42.5 drug-related deaths per 100,000 in Rio Arriba County vs. 7.3 national average
- High rates of trauma among persons with substance abuse

Peer Delivered Services, especially in a group context, can be effective in engaging individuals in treatment and in improving outcomes.



Seeking Safety is the most effective evidence-based treatment intervention for co-occurring post-traumatic stress disorder and substance use disorders. Research is based on using trained clinicians to implement the treatment, including, counselors, social workers, psychologists, psychiatrists, case managers, and nurses.



Is peer-led SS as effective as clinician-led SS?



## Primary Goal

Determine the effectiveness of peer-led SS groups compared to clinician-led SS groups in decreasing substance use and PTSD symptoms and improving coping skills, overall mental health, and physical health.

The background of the slide features a light green color with a subtle, darker green butterfly pattern. A jagged, light grey line starts from the top left, descends to the middle left, then rises to the top right, and finally descends again towards the bottom right, creating a sense of movement.

If effective, peer-delivered  
trauma-treatment is a  
cost-effective way to increase access  
to behavioral health services for  
low-income, underserved  
minority populations.

# Patient-Centered Outcomes Research

- Patients from INSIDE OUT initiated this partnership.
- Patients were involved in the identification of the problem, the identification of the intervention, and the relevant outcomes.
- Patients are involved in implementation, collection of outcome data, interpretation of findings, and dissemination of results.
- Patients are co-investigators.
- Patients and family members on steering committee, reimbursed for mileage, and honorarium.

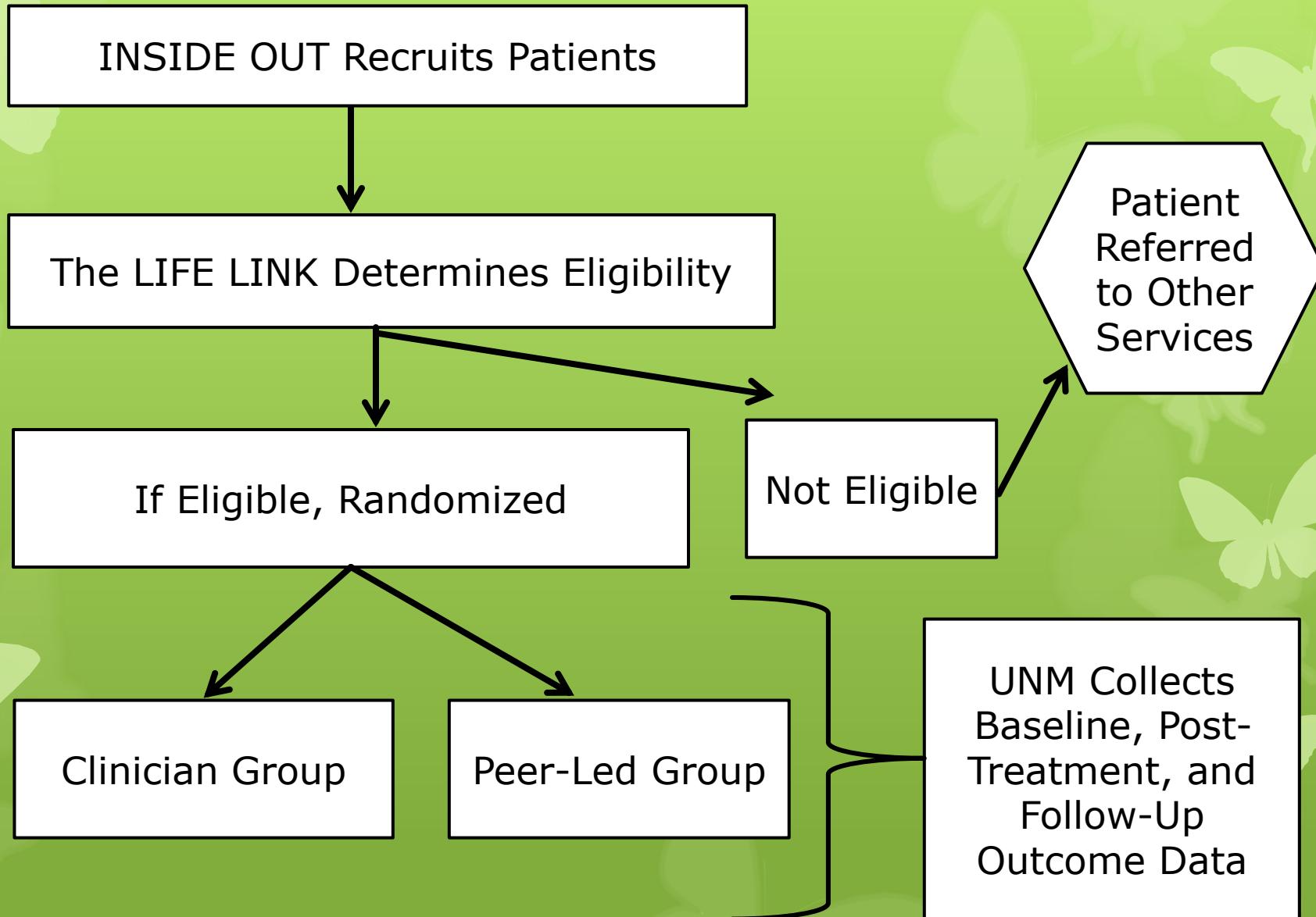
# Patient-Centered Outcomes Research

Important to take time to develop relationships, build trust, listen to all opinions, explain research methodology, and balance methodological rigor with the passion that patients bring to the project.

“It’s going to take a Good Minute”

Alex Romero, Recruitment Specialist & Group Leader

# PROJECT OVERVIEW



# Measurement of Relevant Outcomes

To compare effectiveness of peer-led and clinician-led groups, data will be collected at 3 points in time:

1. Baseline
2. Post-Treatment Safety
3. Six months post baseline

Outcomes include:

Substance use

Craving

Therapeutic alliance

Coping skills

Physical health

PTSD Symptoms

Mental/Emotional health