



# Trauma Informed Recovery Programme

Mary Healy Vernon and Louise Foy



Northwest Regional  
Drug & Alcohol Task Force



CÚRAM SLÁINTE POBAIL  
COMMUNITY HEALTHCARE

CABHÁN CAVAN DÚN NA NGALL DONEGAL LIATROIM LEITRIM MUINEACHÁN MONAGHAN SLIGEACH SLIGO

6 Week Pilot  
Programme



# Agenda

- How did it evolve ?
- **Primary goals** from conception to delivery
- **Timeline**
- **Review and learning:** Outcome measurements etc.
- **Areas of growth :** Creating Safety Group  
Ongoing awareness, Improved practice,  
Investment in ongoing training





# How did it evolve ?

Due to developments within neuroscience and psychotherapy, a deeper awareness was created in relation to the effects of trauma on addiction and how this may affect recovery capital. It was generally acknowledged that traditional treatment modalities available were not taking this into account in Donegal, and this could be a reason for the revolving door syndrome, and clients not making any sustained headway in their recovery capital.

It was acknowledged that trauma sustained in relationships, causing lack of connection, is best healed within relationship, and a group programme was agreed upon to have maximum impact for service users, including new treatment modalities.



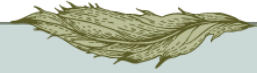
# H O P E



## Primary goals

- Choice, Connection, and Creating Safety.
- Trauma awareness and understanding of treatments.
- Learning new skills to regulate and resource internally/externally
- Make choices in Recovery that work for you not against you.

# Timeline





“Change bodily state change your story.”  
'story follows state'

Deb Dana





# Summary Details of Programme:



## Why

'Story follows State': your thoughts are impacted by your nervous system state. It's important to understand that the thoughts you have and the story you tell yourself about a situation is dependent upon the nervous system state you are in. If we teach people to change state, and why, this will benefit recovery capital

## How

2 days a week for 6 weeks, structured group programme for participants struggling with Substance misuse recovery using Polyvagal theory, somatic regulation techniques, CBT and EMDR practices.

Using existing knowledge and training within the addiction teams Donegal.

## Programme format

Week 1 and 2 **Trauma and Regulation Work**

Week 3 **Motivation Work**

Week 4 **Urge Work**

Week 5 **Thought and Behavior Work**

Week 6 **Internal External resourcing lifestyle Balance Work** –

Certification of attendance and celebration – Manuals for each section

## Outcome measurements

Happiness scale: Week 1

End of each section participant Feedback Questionnaire

Facilitators Group Work feedback sheet end of each day completed to adjust materials, make additional support plans if needed etc.

Happiness scale: Week 6

## Review

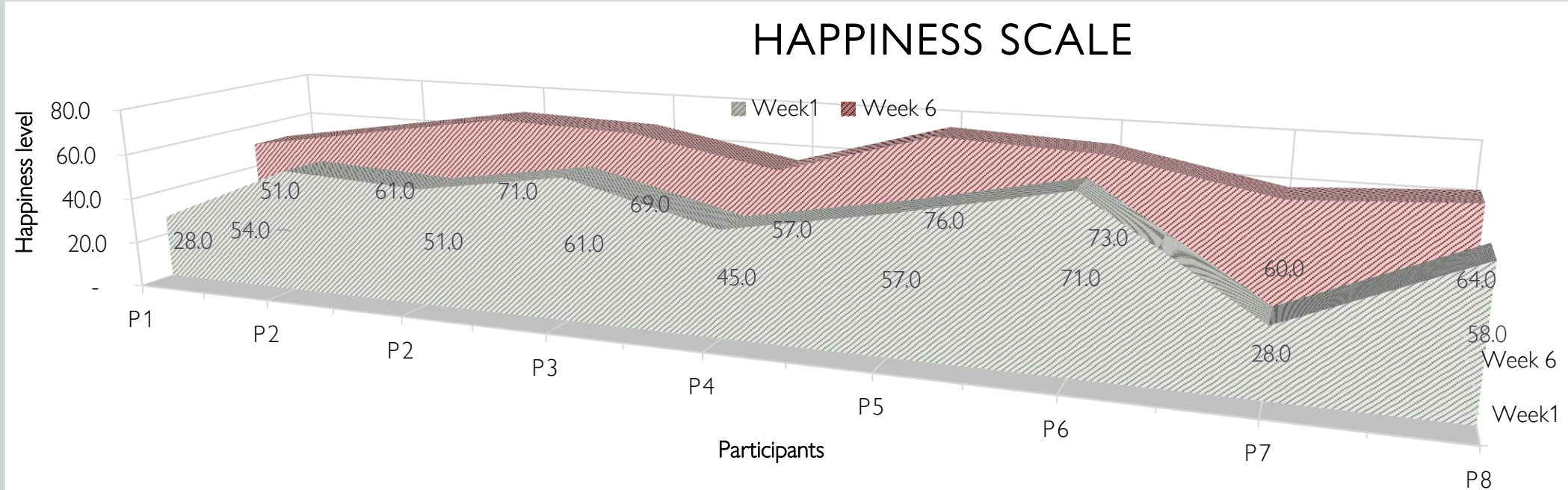
Including practicing regulating exercises throughout each day effective for group dynamics and new learning outcomes.

Goals achieved marked increase in recovery capital evidenced.

Work to continue in the form of a regular weekly Creating Safety Group

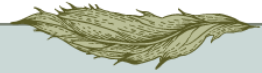
Hope given to participants trapped in addiction cycles.

# Outcome measurements: Happiness Scale



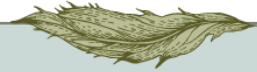


# Soft Outcome Measurements:



- **Choice:** participants choose to attend the programme.
- **Safety Created :** participants reported feeling safe and cared for.
- **Connection Created:** participants reported sense of belonging and understanding.
- **Trauma aware:** participants now had a language to use to understand how their background affected bodily states and in turn their thinking and survival mechanisms.
- **Hope:** participants repeatedly reported feeling hopeful now that recovery was possible, and they could learn to regulate nervous systems without substances.
- **Shame and Guilt:** participants reported a substantial relief of shame now they understood their substance disorder as a survival coping mechanism.
- **Coping Skills:** participants now had somatic regulating techniques to use, EMDR techniques, CBT techniques, and awareness of possible resources available to them internally and externally

# Ongoing Work : Areas of Growth



## Creating Safety Group

- Every Wednesday 10-2pm lunch provided.
- Referrals and Delivery from HSE Addiction Team and Addiction Outreach Workers.
- Content includes:  
check in; an understanding of how state changes story; awareness of how trauma affects your bodily state; and regulating practices to aid changing state so that you can think better and make better choices to suit the lifestyle you want.

## Commitment to Trauma Informed Treatment plans Within Donegal Addiction Services to increase Recovery Capital

- Providing ongoing Training and Development
- Financial Support



# Summary

New development findings and therapy modalities can be adopted into addiction service provision maximizing choice and recovery capital and hope for service users, when good relations are forged between voluntary and statutory agencies that truly listen to the feedback from service users and front-line workers. Providing the opportunity to work collaboratively to find, create, and implement new treatment programmes to address blocks and gaps in service provision.



# Governance, Creation and Delivery Team



**Mary Healy Vernon**

Addiction Outreach  
Worker



**Louise Foy**

HSE Addiction Counselor



**Donna Mc Gee**

HSE Addiction Services  
Lead



**Cora Mc Aleer**

Assistant Director  
of Nursing



**Lorna Curry**

Development Worker  
NRDATF





Thank you



Mary Healy Vernon

[maryechealy@gmail.com](mailto:maryechealy@gmail.com)

0867752142

Louise Foy

[louise.foy@hse.ie](mailto:louise.foy@hse.ie)

0871762033