

# WHY TREATMENT FOR SUBSTANCE USE DISORDERS NEEDS TO BE TRAUMA-INFORMED AND HEALING-CENTERED

Experiencing adverse childhood experiences (ACEs) increases the likelihood of using alcohol and illicit substances, therefore, treatment for substance use disorders needs to address underlying experiences of trauma and ACEs.



Youth who have experienced 3+ ACEs are...

3.3x more likely to use substances *and* experience mental health challenges

3.7x more likely to try heroin

2.4x more likely to try pain medications



Youth who have experienced Domestic Violence in their Household are...

23x more likely to try heroin

15x more likely to try injected drugs

22x more likely to try methamphetamines

Data source: 2021 High School Youth Risk Behavior Survey/Youth Tobacco Survey (YRBS/YTS)

## How treatment providers can use trauma-informed care when working with clients:



Systematic trauma-informed screening by qualified professionals



Acknowledge and address own biases and stereotypes



Encourage peer advocacy/ support



Use a strengths-based and person-centered approach



Talk to clients about their traumatic experiences

## Trauma-informed services can improve:

client empowerment

communication between clients & providers

referral processes

client engagement

cost efficiency

screening & assessment processes

treatment adherence

sense of safety for clients & staff

health outcomes

staff burnout & turnover

Read firsthand accounts of how trauma-informed care has positively impacted individuals' healing at [hazeldenbettyford.org](http://hazeldenbettyford.org) and [nctsn.org](http://nctsn.org).



Learn more at [healingsystemsdata.org](http://healingsystemsdata.org)  
Check out the full data presentation here

