

# UCTPR

UPSTATE CENTER FOR  
TRAUMA  
& PREVENTION  
RESOURCES

## Trauma and Substance Abuse Prevention

Concept Paper

[www.trauma-and-alcoholism.com](http://www.trauma-and-alcoholism.com)

---

Council on Alcoholism and  
Other Chemical Dependencies of the Finger Lakes, Inc.

620 W. Washington Street  
Geneva, NY 14456  
www.councilonalcoholism.net

**Nelson Acquilano, CSW, MPA, CASAC, CPP**  
Executive Director, Council on Alcoholism

**Marty McConnell, MSW, CASAC**  
Director of Programing, Council on Alcoholism

**Noreen M. Glover-Graf, Rh.D, CRC**  
Project Consultant UCTPR

**John Altman, CTRS**  
**Dan Hennessy**  
Projects Coordinators UCTPR

---

**Special Appreciation is extended to the:**

**New York State Office of Alcoholism and  
Substance Abuse Services**

**William Gorman**  
OASAS Commissioner

**Frances Harding**  
Associate Commissioner  
OASAS Division of Prevention Services

**John Ernst and William Barnett**  
OASAS Division of Prevention Services

---

**and special appreciation is also extended to the:  
Substance Abuse and Mental Health Services**

The opinions, findings, and conclusions or recommendations expressed in this document are those of the authors' and do not necessarily represent the official position or policies of the Council on Alcoholism, the New York State Office of Alcoholism and Substance Abuse Services, or the Substance Abuse and Mental Health Services Administration.

Funding for this project was provided by the New York State Office of Alcoholism and Substance Abuse Services through a grant provided by the Center for Substance Abuse Prevention of the Substance Abuse and Mental Health Services Administration.

---

Document prepared by: Noreen M. Glover-Graf, CRC, Rh.D

# ACKNOWLEDGMENTS

The Upstate Center for Trauma and Prevention Resources wishes to thank the New York State Office of Alcoholism and Substance Abuse Services (OASAS) and the Center for Substance Abuse Prevention (CSAP) and the Substance Abuse and Mental Health Services Administration (SAMHSA) for the funding provided for this initiative, and the state representatives for their confidence and support with this project: William Gorman, Commissioner of the NYS Office of Alcoholism and Substance Abuse Services; Frances Harding, Associate Commissioner of the OASAS Division of Prevention Services, and John Ernst and William Barnett, OASAS Division of Prevention Services.

In addition, we would like to acknowledge the contributions of Nelson Acquilano, Executive Director, and Marty McConnell, Director of Programming. Their vision and labor provided structure and significantly contributed to every aspect of this project from conception to delivery. Special thanks is also given to John Altman and Dan Hennessy, Projects Coordinators, for their most valuable guidance; and our Support Staff Cathy Cooke, Mary Anne Smith, and Rick Milzarski, for their support and assistance.

Finally, we would like to acknowledge Dr. Noreen M. Glover-Graf for the exhaustive research and compilation of this document as well as her expertise throughout the development of the project.

# Contents

<b>Chapter 1</b>	<b>Introduction .....</b>	<b>1</b>
	Project Development.....	1
	About this Document .....	4
<b>Chapter 2</b>	<b>Defining Trauma .....</b>	<b>5</b>
	Definitions .....	6
	Categories of Traumatic Events.....	8
<b>Chapter 3</b>	<b>Consequences of Trauma .....</b>	<b>13</b>
	Responses and Reactions .....	13
	Early Trauma Interventions.....	17
	Acute Stress Disorder .....	20
	Long-term Reactions to Trauma .....	21
	Treatment for PTSD .....	24
<b>Chapter 4</b>	<b>Specific Trauma.....</b>	<b>28</b>
	Personal Loss.....	29
	Understanding the Grief Process.....	31
	Victimization.....	37
<b>Chapter 5</b>	<b>Trauma and Substance Abuse .....</b>	<b>56</b>
	Stress and Substance Abuse .....	56
	Substance Abuse is Contra-Indicated.....	57
	Victimization.....	58
	PTSD and Substance Abuse.....	60
	Other Findings of Trauma Related Substance Abuse...	64
	Substance Abuse in New York City following 9/11/2001...	66
	Current Research on Trauma and Substance Abuse...	70
	Lessons from Recent Disasters.....	70
<b>Chapter 6</b>	<b>Trauma and Substance Abuse Prevention....</b>	<b>72</b>
	Prevention Overview .....	72
	Risk and Protective Factors .....	77
	Resiliency .....	79
	Coping Mechanisms .....	80
	Personal Growth After Trauma .....	82

<b>Chapter 7</b>	<b>Trauma-Induced Substance Abuse Prevention</b>	
	<b>Paradigm</b> .....	86
	Response to Trauma .....	86
	Levels of Recovery .....	87
	Prevention Paradigm .....	88
	Prevention: Entire Schematic.....	88
	Prevention: Universal.....	90
	Prevention: Selective.....	92
	Prevention: Indicated.....	94
	Summary.....	95
<b>Conclusion</b>	.....	96
<b>Appendix A: Focus Group Results</b> .....		99
<b>Appendix B: TCDP Survey Results</b> .....		103
<b>Appendix C: Coping and Prevention Worksheet</b> .....		111
<b>Appendix D: Bibliography, Journals, Organizations, Websites, Sources for further reading</b> .....		114
<b>Appendix E: Prevention Models (Full size)</b>		

# CHAPTER 1

## INTRODUCTION:

After the events of September 11th, the Council on Alcoholism and other Chemical Dependencies of the Finger Lakes was able to secure funding from OASAS under a grant from the Center for Substance Abuse Prevention and the Substance Abuse and Mental Health Services Administration. As a result, The Center for Trauma and Substance Abuse Prevention Resources for Upstate New York began its work. The first objective was to try to identify and define the linkages between trauma and substance use, abuse, and addiction. The second objective of the Center was to identify a prevention approach or approaches to either mitigate the effects of trauma or to reduce the possibility or probability of the use of alcohol, cigarettes, street drugs or misuse of prescription drugs as related to trauma.

Originally, the linkage was to define the relationship between terrorism and substance abuse. But after extensive discussion with prevention providers, this was expanded to include all types of trauma that people experience. A series of mini-projects was developed to define specific needs and target specific objectives. These included: 1) a concept paper, 2) two regional conferences, 3) three targeted mailings, 4) development of a website ([www.trauma-and-alcoholism.com](http://www.trauma-and-alcoholism.com)), 5) production of videos, and 6) development of a public service announcement.

### Project Development

#### Project 1: Concept Paper

This concept paper was formulated through inquiry into current thinking and practices of substance abuse treatment and prevention providers. It is responsive to requests regarding perceived needs related to trauma and substance abuse prevention information. The following protocol guided data collection, development and presentation of the Concept Paper.

- Four Focus Groups of prevention professionals across New York State were held in order to gain input and generate ideas.
  
- A mailing of 300 surveys (170 returned) to prevention professionals asked for feedback on trauma and substance abuse prevention, and requested assistance in identifying statewide trauma experts.

**The purpose of this monograph is to provide direction in the identification of trauma and the development of a specific and effective trauma prevention paradigm.**

- Interviews with Field Experts from a variety of organizations to gain input regarding the direction and development of this project. These experts included professionals from an Employee Assistance Program, a Trauma, Illness and Grief Collaborative, a Veterans Administration Hospital, the Center for Holocaust Awareness and Information, the Red Cross, the Trauma Response Assistance for Children Team (TRAC), interdenominational clergy and faith groups, school-based crisis teams, and with local crisis experts.
- A literature search and extensive review of hundreds of articles on trauma, survivors of trauma, and related issues to identify risk and protective factors and relevant dynamics for a prevention model.

## **Project 2: Regional Conferences**

The second project of the Resource Center was to sponsor two Regional Conferences on trauma and substance abuse that were both entitled, *Healing and Growth in a Time of Uncertainty*. The first Conference was held in Poughkeepsie on May 2, 2003 for about 120 participants, and the second, in Syracuse on June 6<sup>th</sup>, 2003 for about 80 participants. Speakers included national and state-wide experts in the areas of:

- Trauma and Substance Abuse
- Trauma and Spirituality
- Catastrophic Loss
- Grief and Young Children
- Creative Arts and Healing from Trauma
- Helping Families Heal from Trauma and Loss
- Post-traumatic Stress Disorder

**Because of the immediate attention to critical physical, emotional, and spiritual needs, too often substance abuse is not identified.**

## **Project 3: Materials Development and Targeted Mailings**

Often after a traumatic experience, survivors turn either to their clergy, rabbi, or faith leaders, or to mental health professionals. Because of the immediate attention to critical physical, emotional, and spiritual needs, too often substance abuse is not identified as a factor in the wake of a traumatic event.

In order to assure that these front line caregivers understand more about the relationship between trauma and substance use, especially the long term relationship, materials were developed and sent to 10,333 churches and synagogues and 3,560 mental health clinics professionals in upstate New York, as well as to approximately 105 Alcohol/Drug Prevention Programs and Student Assistance Programs in upstate New York.

For example, this grant included the production of two posters and the subsequent distribution of 30,000 of these throughout the state. Ten fact sheets and resource guides were also developed and printed, with a total distribution of 150,000.

## **Project 4: Website Development**

A website was created to make resources available for further study as well as to extend the information and resources beyond the duration of this project. One of the resources includes contact information for each Council on Alcoholism and Addictions in New York State - listed by county -- as well as contact information for all treatment agencies in the state of New York and nationwide.

The website features interviews with national and state experts, a keynote presentation on Trauma Related Substance Abuse, provides links to the major trauma resource sites, fact sheets, and a host of other resources that can help guide our work.

The website can be visited at: [www.trauma-and-alcoholism.com](http://www.trauma-and-alcoholism.com)

## **Project 5: Video on Trauma and Substance Abuse**

The Center has duplicated seven different presentations on issues of Trauma Related Substance Abuse and has made copies available for viewing and staff development at the Center, as well as at the Gene Hester OASAS Video Library in Albany. The Center also created a video on the Prevention of Trauma Related Substance Abuse, which was produced for an audience of prevention providers. Several of these tapes were duplicated and approximately 105 copies of each tape were provided free of charge to prevention agencies across the state.

## **Project 6: Public Service Announcements**

Finally, Public Service Announcements were produced and distributed to 50 television stations in upstate New York. Awareness, or information transfer, remains a primary universal prevention strategy. By creating and distributing public service messages, the Center further increases knowledge and awareness which is positive and life-affirming for those affected by trauma.

### **ABOUT THIS DOCUMENT**

The objectives of this paper are to increase awareness about the linkage of substance abuse to trauma, to provide resources for human service professionals, to challenge providers to develop a helping approach that is strength-based, and to develop a prevention model to serve the vast numbers of people who have experienced trauma but do not present themselves for counseling or treatment.

Almost everyone will experience a traumatic event at some point in their lives. Research shows that alcohol, tobacco, and other drug use may begin or increase after a traumatic event and may trigger a relapse for people who are in recovery. The Council on Alcoholism is pleased to present this paper, *Trauma and Substance Abuse Prevention*, that integrates the research, defines the extent of the problem, and suggest a best-practice approach.

**By creating and distributing public service messages, the hope of the Center is to further increase awareness of the effects of substance use and abuse on those affected by trauma.**