



# SEEKING SAFETY

## SAFETY IS THE FOUNDATION TO HEALING AND RECOVERY

**Synopsis:** This program is designed to create a safe space where you can discuss any emotional or thinking barriers to your every-day life. You can go on this journey alone, or you can take certain thoughts and people with you.

Seeking Safety is conducted in a group setting. The Spot will sometimes offer the program in a gender-neutral manner and sometimes in a gender-specific manner. Speak to your facilitator if you do not feel comfortable sharing something in a group, if something does not feel safe, or you require help in identifying coping mechanisms that would help you feel good about being in group.

Seeking Safety typically centers around 25 topics, of which, The Spot covers 12 in group and additional can be requested or assigned by the facilitator if helpful. Additional assignments are not mandatory and are there to be resources for you. The topics vary in subject matter but all are related to one of three domains: that of the thinking process, that of the doing process, and that of the interpersonal process (how we interact with others). All three domains include learning safe coping skills in effectively managing trauma, diagnosed PTSD, and/or substance abuse. You will be given topic reading material each week to support the subject matter discussed. In group, you will be given opportunities throughout to discuss the topic, your work, and how it relates to you personally. The program uses a present-focused model in which you will be assisted in and taught healthy coping skills for problems in the here and now. The program is conducted within a 1 to 1.5-hour time intervals with 30 possible minutes per session for Case Management (let your facilitator know if you need them!)

*Your assignments are based on the facilitator's instructions. Some assignments may be done in class, while others may be done prior to class. Once you receive a module topic, please work on the items within it, or as discussed/instructed by your facilitator.*

*If you have any needs pertaining to hearing, seeing, or comprehension of the material, please voice this to your facilitator upon entering the class or as the class progresses.*

*Disclaimer: After completion of 4 sessions, you are eligible for a \$50 incentive. Speak to your Career Coach about how to benefit from this. There is another \$50 incentive upon completion of all 12 modules.*

Name: \_\_\_\_\_

*I acknowledge the receipt of this Program Description. I know that I have to come on time and engage with the group in order to receive the incentives offered.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of the person who told me about this group: \_\_\_\_\_

STAY SAFE,  
RESPECT  
YOURSELF

LEARN TO TRUST

MAKE YOUR OWN  
PRESENT

HEALING FROM  
TRAUMA,  
POTENTIAL PTSD,  
OR BECOMING  
SUBSTANCE FREE

NEVER  
GIVE UP



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