



**touchstone**  
health services  
partnering with families

### Touchstone Health Services

Addressing Substance Use  
through Systemic and  
Trauma Informed Frameworks




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### Understanding Trauma

- Trauma results from the actual or perceived harm to one's physical, psychological, or emotional well-being.
- Singular event, or a set of on-going circumstances, that overwhelms a person's ability to cope or "a failure to recover" (Miller, 2013).
- Subjective and considered an adverse physiological response (nctsn.org).
- It is not the actual event that defines trauma.

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### Adverse Childhood Experiences (ACEs)

- Stressful or traumatic events, including abuse and neglect.
- Impact social, emotional, and brain development in early childhood.
- Linked to risky health behaviors:
  - Chronic health conditions
  - Low life potential
  - Early death (SAMHSA, 2014)
- As ACE scores increase, there's an increase chance of participating in risky behaviors or developing diseases:
  - Smoking
  - Alcohol and drug use
  - Heart Disease
  - Diabetes
  - Suicidal ideation




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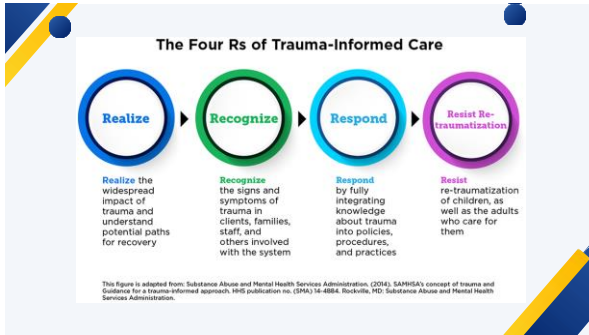
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### Be a HERO!

- Hold your tongue
- Examine your brain state
- Reduce, release, and relax
- Offer yourself an affirmation

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### Touchstone School-Based Services

School Based Services (SBS) provides comprehensive behavioral services for youth and their families in the youth's school through a partnership with the school district.

Touchstone's SBS program can address a variety of concerns, including anxiety, depression, attention-deficit/hyperactivity disorder, anger management, emotional regulation, trauma, self-harm, suicidal ideation, substance use, and more.

The goal is to provide youth help to address behavioral and mental health concerns by bringing together the family and the school in how best to address concerns and support the youth.

Reduces barriers to treatment and works in a systems lens to address behavioral health concerns. Currently at over 60 school sites throughout the valley.

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## Other Substance Use Treatment Options at Touchstone

### Substance Abuse Counseling

At Touchstone, we offer comprehensive substance abuse counseling through our trained substance abuse counselors who utilize evidence-based therapeutic approaches such as **Cognitive Behavioral Therapy (CBT)**, **Dialectical Behavior Therapy (DBT)**, and **Motivational Interviewing (MI)**. Our counselors work with clients to identify and challenge negative thought patterns, develop emotional regulation and coping skills, and enhance motivation for recovery. This is done in both individual and family settings to ensure an individualized approach that provides the tailored support needed for successful recovery. By combining these approaches, we provide a holistic treatment plan that not only addresses individual substance use but also strengthens family dynamics, empowering clients to take ownership of their recovery and build a healthier future.

### Moral Reconciliation Therapy (MRT)

Moral Reconciliation Therapy is a cognitive-behavioral treatment program designed to help individuals improve their moral reasoning, decision-making, and overall behavior. It is often used for people with criminal behavior, addiction problems, or those involved in rehabilitation programs.




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## Referrals:

- 866.207.3882
- [referrals@touchstonebh.org](mailto:referrals@touchstonebh.org)

## Find us online:

- LinkedIn- Touchstone Health Services
- Facebook- [www.facebook.com/touchstonehs](https://www.facebook.com/touchstonehs)
- [www.touchstonehs.org](http://www.touchstonehs.org)




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## CARE Grant

Touchstone was awarded a 5 year grant in 2023 from the Office of Population Affairs, Department of Human and Health Services to provide comprehensive, multi-faceted adolescent health prevention programs in seventeen zip codes in Avondale, Tolleson, Goodyear, Litchfield Park and parts of Glendale, Buckeye, and Phoenix. The grant looks to advance equity in adolescent health through the replication of evidence-based programs (EBPs) and services.

### Youth programs:

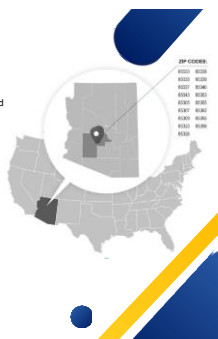
- Teen outreach program (TOP), Making proud Choices (MPC), Love Notes (Currently partnered with 5 School Districts, 2 Charter Schools, 1 Health Clinic, and 6 Community Partners)

### Parenting/Guardian Programs:

- Active Parenting of Teens (APT)
- Positive Parenting Program (Triple P)

### Training and Support:

- One-time workshops Provided to parents/guardians on a multitude of topics such as social media safety, Trauma informed care, communication, etc.
- Staff development trainings on mental health, trauma informed care, and suicide prevention training.




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### Professional Opportunities

CARE stands for the Community Alliance for Resources and Education and our mission is to unite, inform, and empower the community to make a positive impact on youth through collaborative planning and action.

**The CARE Coalition:**

- Meets Quarterly
- Has 40+ Active Members
- Has Monthly Newsletters/Information via email
- Provides quarterly trainings on various topics such as trauma-informed care, generational gaps, substance use, etc.
- Provides an Agency Spotlight the highlights community organizations and their services
- Provides Mini trainings each meeting on various topics such as social media awareness, trauma-informed care, etc.

**Stay connected and visit our website to see class schedules, upcoming events/trainings and for helpful resources!**

[carecoalitionaz.org](http://carecoalitionaz.org)   [care.coalitionaz@touchstonebh.org](mailto:care.coalitionaz@touchstonebh.org)

**Community Needs Survey**

**Upcoming Supporting Students with Neurodiversity Training**

**May CARE Coalition Meeting Registration**

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**CARE CONFERENCE:**  
Empowering Communities and Inspiring Youth

This transformative event is designed for caregivers, educators, and youth-supporting professionals. The CARE conference aims to provide attendees with tools, resources, and information that will in turn enhance young people's well-being and foster community resilience.

**REGISTRATION IS OPEN!**

Scan the QR Code or click the link to reserve a spot today for FREE!

Questions? Contact [olivia.perez@touchstonemh.org](mailto:olivia.perez@touchstonemh.org)

**Breakout Sessions**  
There are going to be 11 breakout sessions offered at this year's conference. Topics covered will be:

- Mental Health
- Substance Use
- Vape prevention and education
- Bullying
- Trauma-informed care
- Social media
- Social expectations
- Healthy relationships

**Vendors**  
There will be over 20 vendors in attendance and these are just a few!

- Horizon Recovery
- Native Health
- Focus Counseling
- Child Crisis Arizona
- Resilient Health
- Bloom365
- And so many more!

**Keynotes**  
Jamal and Zion Givens  
Father-Son Speaking Duo helping teens, families & professionals through conversations on mental health and substance misuse prevention.

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### References

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# Thank You

Erica Chavez, MA, LAC, BHP  
Erica.Chavez@touchstonebh.org

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