

**Title:** Sustainable Implementation of Cognitive Processing Therapy into an Alcohol and Other Drug Service

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**Background:** Trauma-informed care guidelines indicate treatment services should facilitate access to trauma-focused therapy if needed and requested by a client. Up to 80% of clients accessing treatment at Alcohol and Other Drug (AOD) services report histories of trauma and clinically significant symptoms of post-traumatic stress disorder (PTSD). Directly implementing trauma-focused therapy into AOD services may address historical barriers to clients accessing trauma-focused therapy.

**Description of Model of Care/Intervention:** Cognitive Processing Therapy (CPT) is an evidence-based treatment for PTSD grounded in cognitive behavioural principles delivered across 10-12 sessions. Lives Lived Well conducted a CPT pilot project between September 2023 and April 2024. Seventeen clinicians were trained and supervised by experts in CPT. Training included online modules and a 3-day experiential workshop, and weekly group supervision. Participants were existing clients of the clinicians participating in the CPT pilot project.

**Effectiveness/Acceptability/Implementation:** Clinically significant improvement was reported by 95% of clients who completed treatment. Clinicians were able to deliver treatment to clients within their existing program thereby integrating seamlessly with continuity of care. The existing therapeutic relationship was noted by both clients and clinicians as beneficial for facilitating a strong working alliance and progress through the course of CPT. Nine clinicians have continued to provide CPT under supervision. Annual training of 10 clinicians is indicated to ensure program sustainability and development of future supervisors and trainers.

**Conclusion and Next Steps:** AOD services are ideally positioned to provide trauma-focused therapy safely and effectively with appropriate resources and support. Challenges involve the reliance on and cost of external training and supervision. Program sustainability requires a long-term plan for clinicians to progress toward competence in CPT supervision and training. Funding bodies could support sustainable implementation of trauma-focused therapy across AOD services by investing in CPT.

**Disclosure of Interest Statement:** The authors have no interests to declare.