



Northwest (HHS Region 10)

ATTC

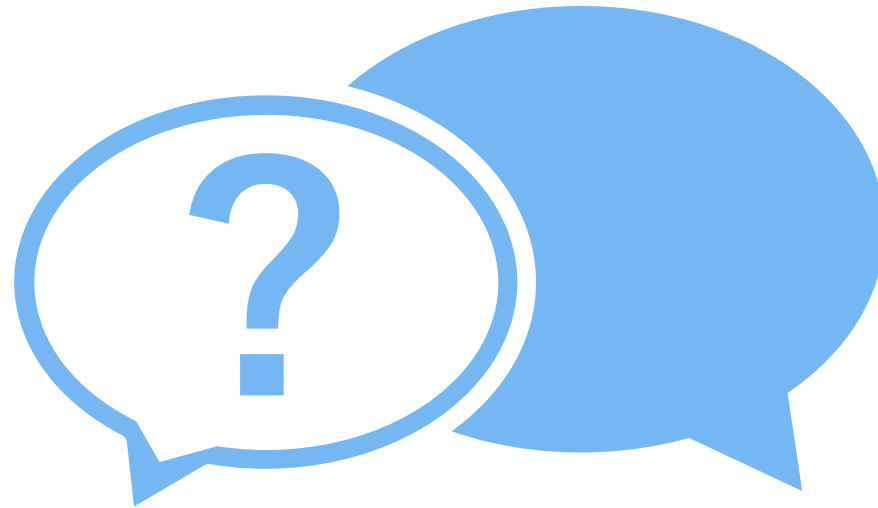
Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Thank you for joining us! The webinar will begin shortly.

Northwest ATTC presents:
**Meeting Clients Where They Are:
Using a Neuro Informed Lens**

- **Participants are automatically muted during this presentation**
- **Got questions?** Type them into the chat box at any time and they will be answered at the end of the presentation.
- An ADA-compliant recording of this presentation will be made available on our website at: <http://attcnetwork.org/northwest>

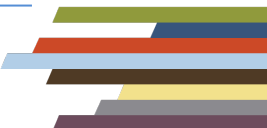
Questions? Please type them in the chat box!



Look for our surveys in your inbox!

We greatly appreciate your feedback! Every survey we receive helps us improve and continue offering our programs.

It only takes **1 minute** to complete!



Certificates of Attendance are available for live viewers!



Viewing Groups:

Please send each individual's **name** and **email address** to northwest@attcnetwork.org within 1 business day.

Your certificate will be emailed within a week to the address you registered with.



Parent-Child Assistance Program (PCAP)

- Enrolls pregnant and postpartum clients with prenatal substance use
- Three-year intensive case management program
- Builds recovery capital to foster long-term SUD recovery
- Connects clients to recovery supports





PCAP Aims

To help mothers with at-risk substance use during pregnancy:

- Achieve and maintain recovery
- Build healthy family lives
- Avoid exposing future children to alcohol/drugs prenatally





PCAP Eligibility

Individuals are eligible if they:

- are pregnant or up to 24 months postpartum,
- engaged in at-risk substance use during pregnancy, and
- need help connecting to recovery supports

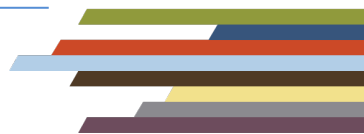


Today's Presenter



Linda Segur
Clinical Supervisor
Kitsap Parent-Child Assistance Program

Linda Segur, brings over 35 years of experience in human services, specializing in families impacted by substance use, poverty, and mental health issues. She spent 10 years as a Co-Occurring Disorders clinician in the Kitsap Mental Health Pathways program and 14 years providing parenting support through the Kitsap County Drug Court. Currently, as Clinical Supervisor of the Kitsap site for the University of Washington's Parent-Child Assistance Program (PCAP) and statewide training manager, Linda applies research on early adversity, early childhood and brain development and substance use disorders to improve professional practices. She is also an active speaker for Kitsap Strong, facilitating discussions on best practices utilizing the NEAR sciences—neuroscience, epigenetics, ACEs, and resilience as well as the Science of Hope. Linda's mission is to help individuals, particularly those affected by substance use, understand the impact of childhood adversity and move toward healthier, more stable lifestyles and parenting.





Meeting Clients Where They Are: Using a Neuro-Informed Lens

Linda Segur, SUDP

Clinical Supervisor, Kitsap PCAP

lsegur@comcast.net

December 3, 2025

What to expect...

KNOWLEDGE

Predicting brain process 101

INSIGHT

Why understanding the science matters to effective interventions

STRATEGIES

Supporting resilience



Boots on the ground!



What I do most days...

- Statewide three-year intensive case management program funded through HCA for 1500 eligible pregnant or post partum persons
- Enrolls pregnant and postpartum clients with prenatal substance use
- **Uses relational principles to connect clients to recovery supports**

Whole person lens: PPW with SUDs face intersecting inequities

- Underrepresented in SUD treatment
(Adams et al., 2021)
- Overrepresented in child welfare cases
(Goldstein & Font, 2025)
- Black, Indigenous, and low-income women are disproportionately reported and punished for prenatal substance use
(Roberts & Nuru-Jeter, 2012; Simon et al., 2020)
- Intersecting systems of surveillance and control impede prenatal care
(Bradley et al., 2025)
- SUDs hamper ability to care for children, who may have special or higher needs
(Hyysalo et al., 2021)



A photograph of several wooden blocks arranged on a light-colored, textured surface. The word "EQUITY" is spelled out in large, black, sans-serif letters on the top faces of six blocks. To the left, a block with the letter "L" is partially visible. To the right, a block with the letter "O" is partially visible. The background is softly blurred, showing more wooden blocks.

EQUITY

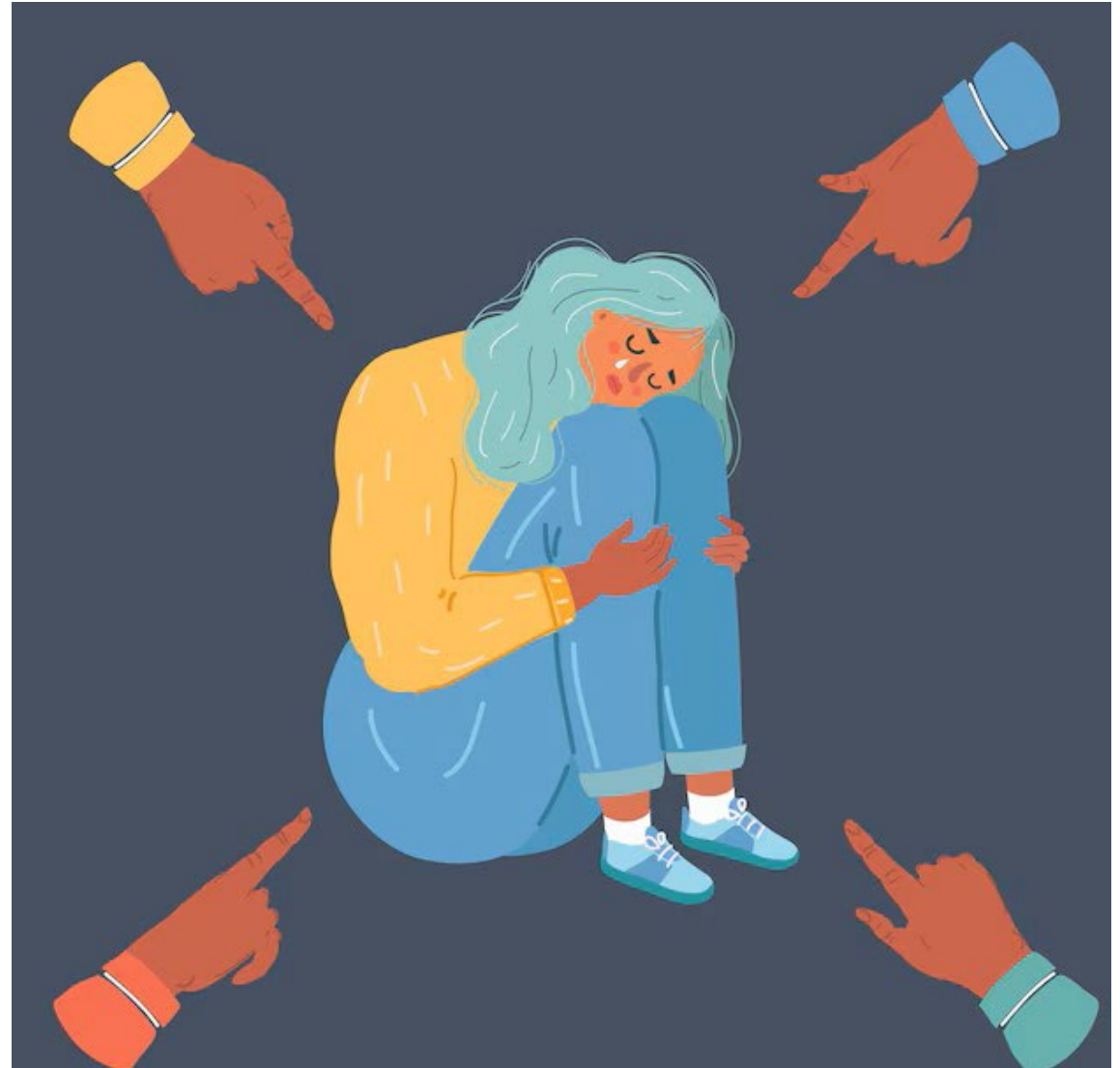
Whole person lens: Causes & Consequences of SUDs

- Poverty, trauma, and discrimination → vulnerability to SUDs
- Structural inequities → limited access to prevention and care
- Addiction → social and economic instability

Equity requires addressing social, structural, and systemic barriers — not just substance use.

Using a Whole Person Lens: Barriers to Care for PPW

- Nature of addiction
- Complex, competing needs
- Stigma, shame, and fear
- Limited treatment options
- Fragmented systems of care
- Insurance gaps
- Let's say it again:
the nature of addiction



Whole Person
Lens:
Family issues can
be part of an
intergenerational
cycle.

Childhood History of PCAP Clients

One/both parents abused alcohol/drugs	87%
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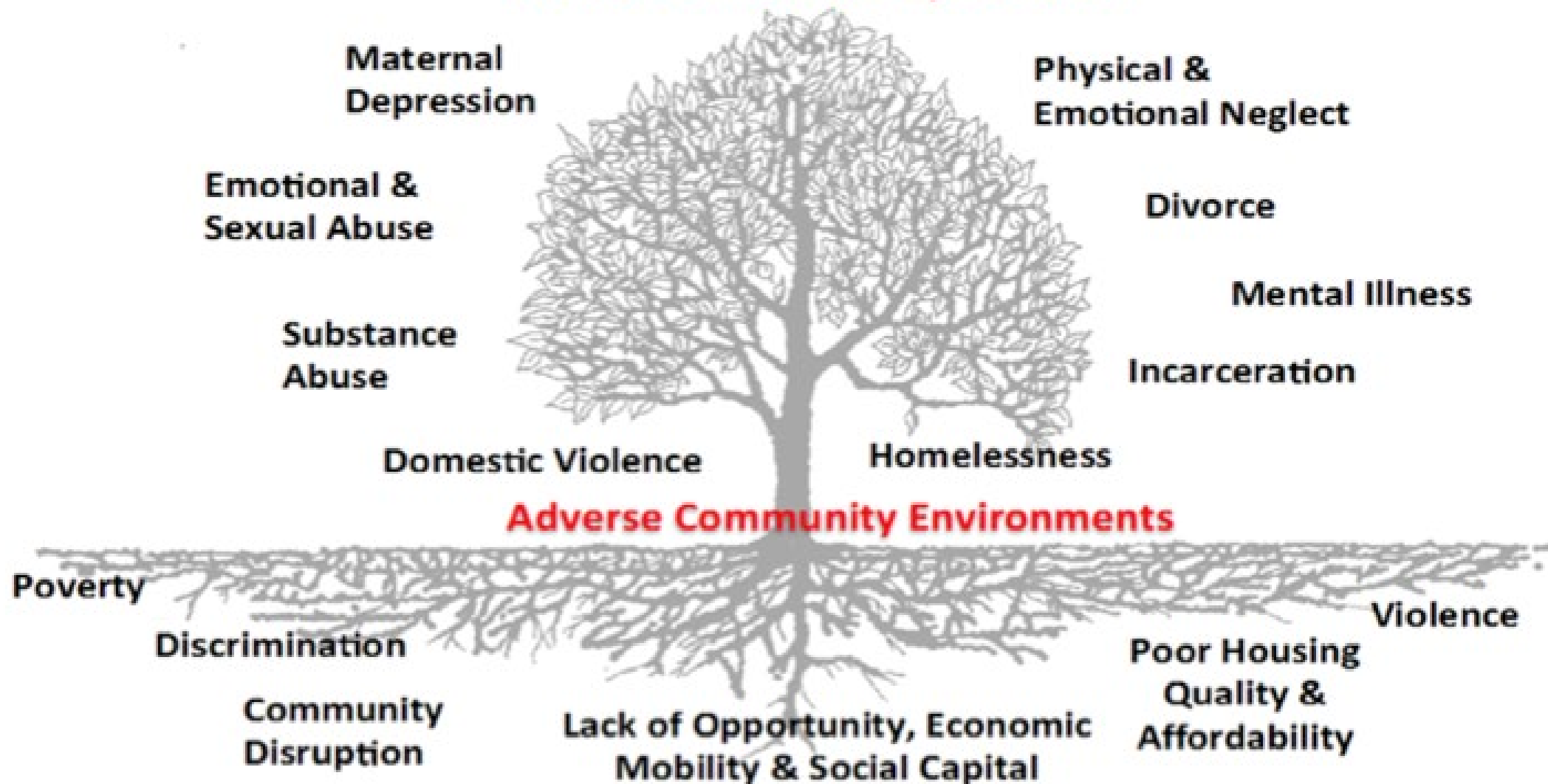
Physically/sexually abused as a child	65%
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CPS involved as a child	34%
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Adverse Childhood Experiences (ACE) score, average	5.4
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Did not finish high school	37%
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Adverse Childhood Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

Inability to trust
others

Expectation of
Danger/Harm

Expectation of
Betrayal

Defensive
Aggression

Emotionally
Reactive

Physically
Reactive

Difficulty
Expressing
Positive Emotions

Guarded and
Anxious

Shame

Fear Loss of
Control

The Impact of
Early Trauma
Impacts
Engagement In
Services
~~a wide array of
threat responses

Chan Hellman, Ph.D

Hope Centered And Trauma Informed®

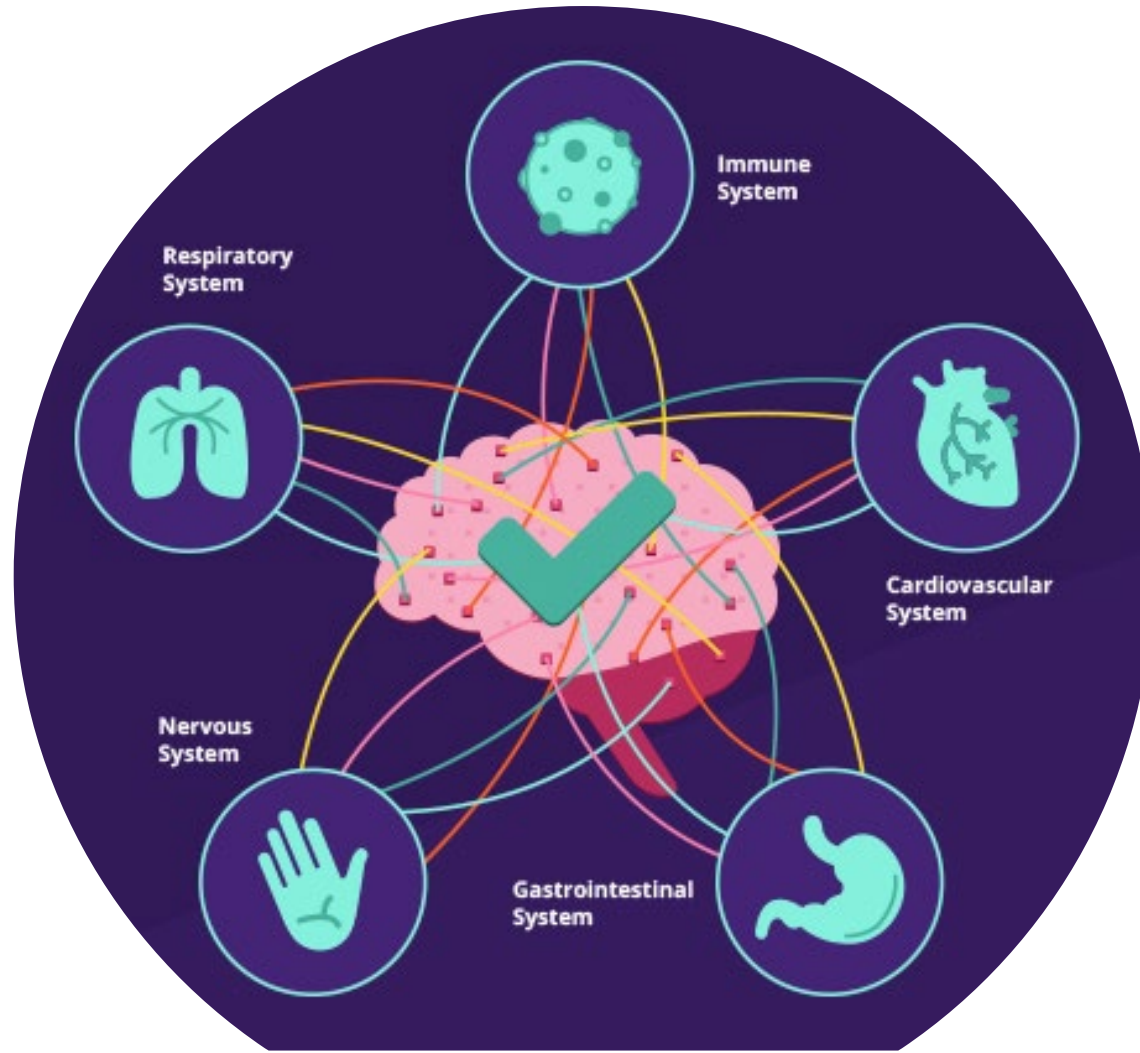


Kaitlyn

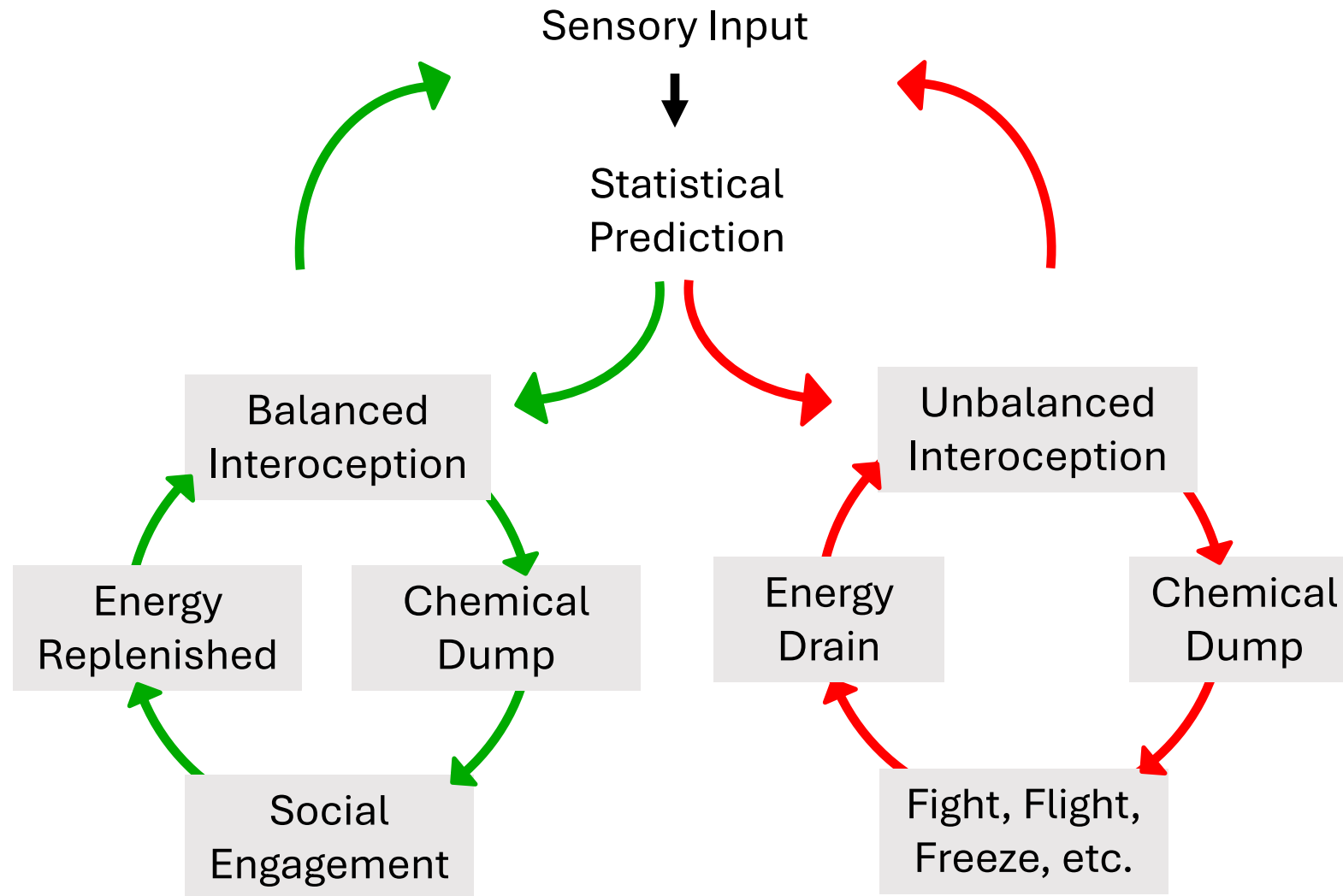
At enrollment: 38-year-old divorced mother of 2 children in their late teens. She had recently moved from another state to WA, where she has family locally. At intake, she reported she was fleeing an IPV situation. She said she was estranged from both children and, after some initial connection, also from her family in WA. Kaitlyn was pregnant; had had no prenatal care, was unsure of the due date and was actively using methamphetamine daily. She was also a heavy cannabis & nicotine user though these habits worsened her COPD. She frequently voiced suicidal ideation. She was openly combative with medical providers.

She attempted to leave PCAP services multiple times.

Trauma informed approaches are certainly called for...
Neuro informed understanding widens the relational lens



An Overview: Predictive Brain Process 101



Predictive Brain Process

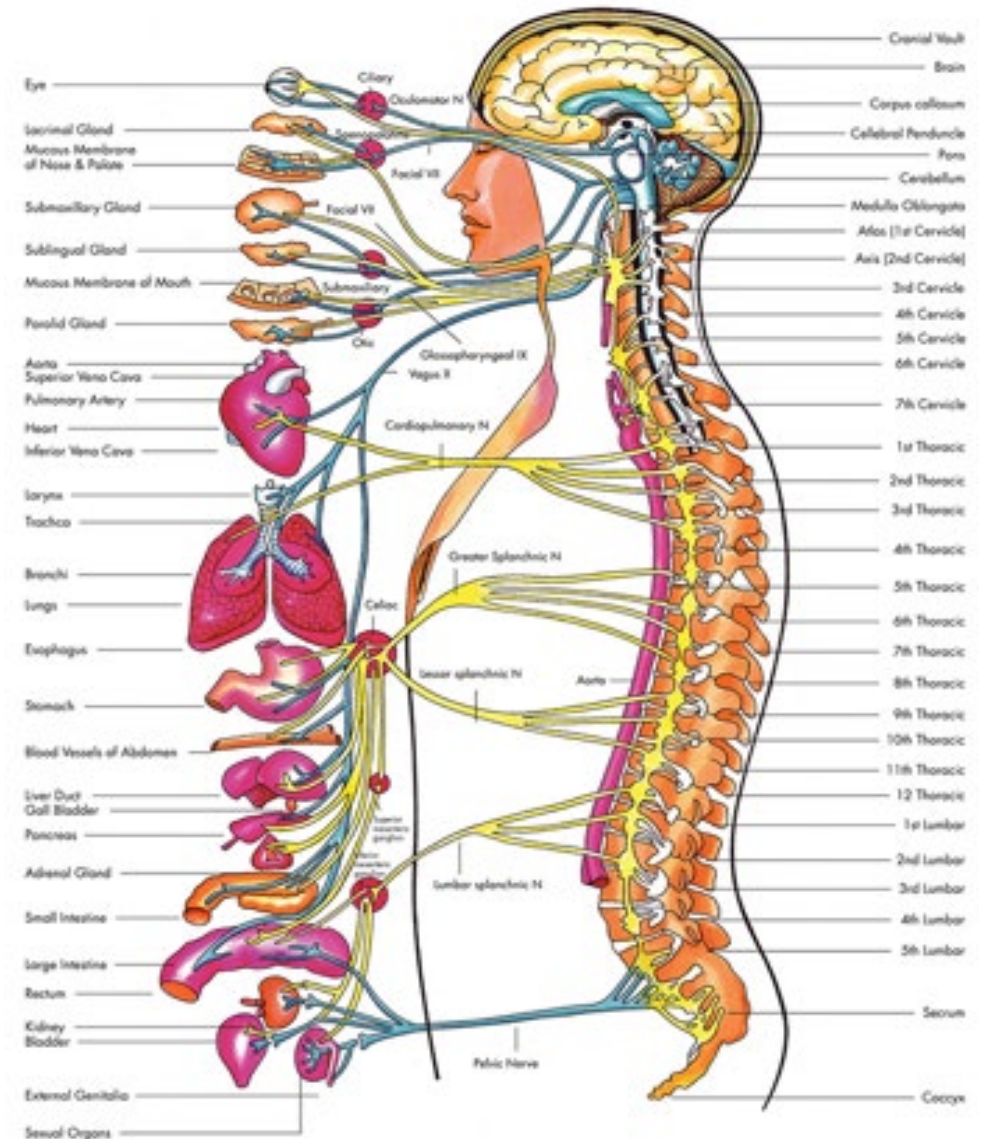
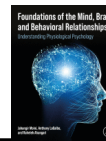
Sensory Input



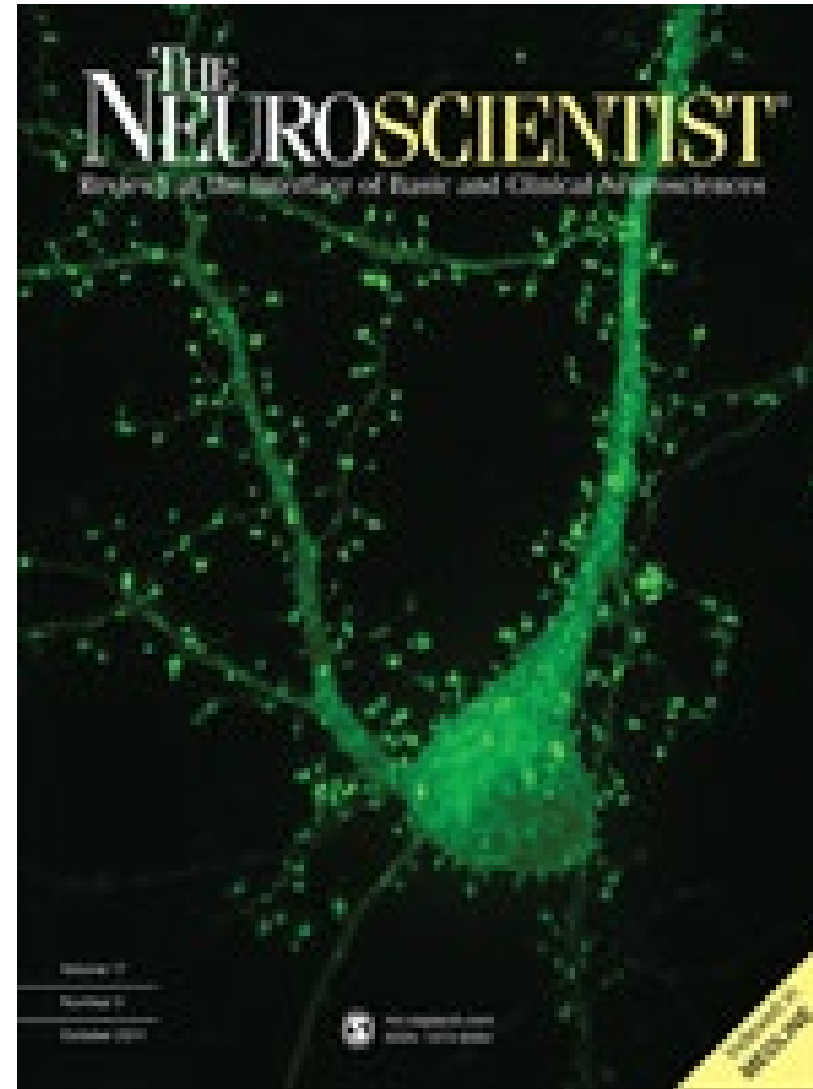
It starts with sensory input...

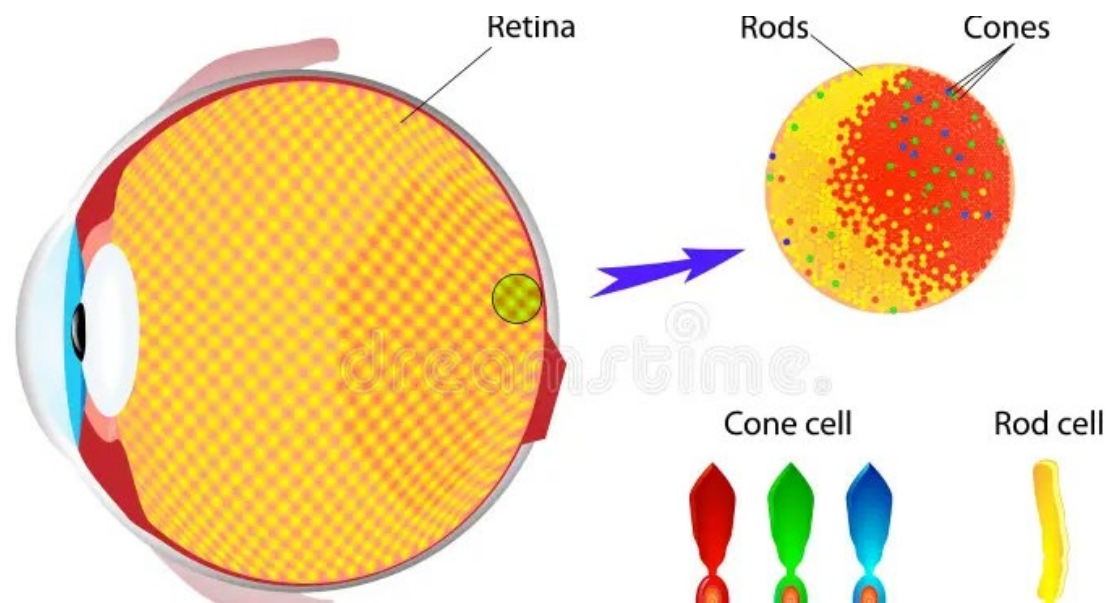
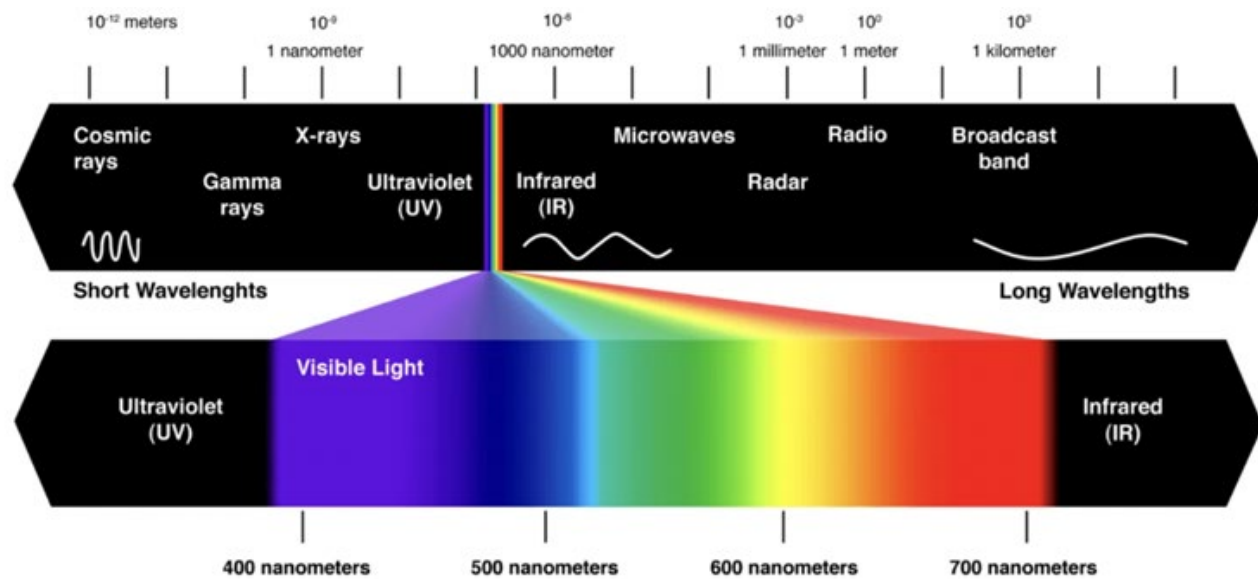
Sensory input are the **external or internal stimuli received through various sensory modalities, including visual, auditory, tactile, olfactory, and gustatory**

We experience at least 11 million bits of sensory input in any given moment



If a tree falls in the forest and there is no one around....







Predictive Brain Process

Sensory Input



Statistical
Prediction

What is this MOST LIKE based on my past experiences?





Will it eat me?
Can I eat it?

The answer begins
a neuro process



The brain's default:
Assuming the worst
can seem to protect
you the most



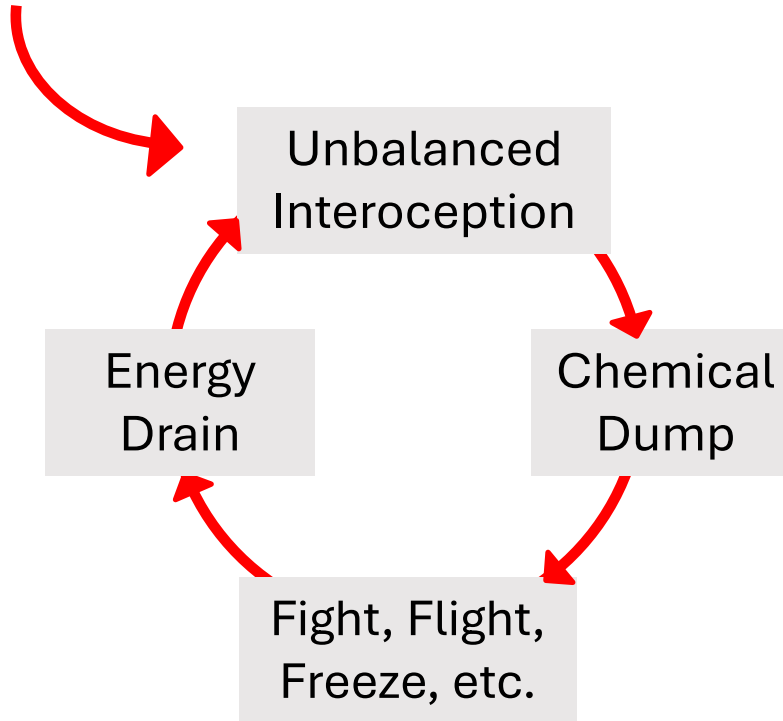
Negativity Bias

Predictive Brain *Process*

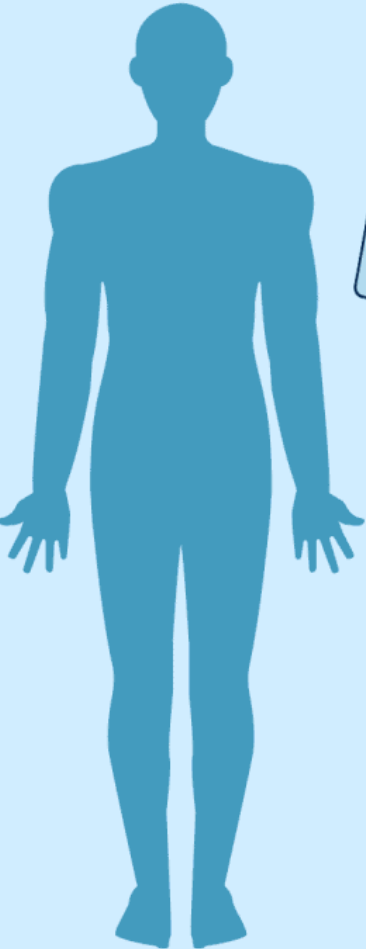
Sensory Input



Statistical
Prediction



Examples of Interoceptive Signals



*Interoception Awareness:
The ability to perceive,
identify, and understand
internal signals*

Fullness, Hunger, Cramps

**The urge to urinate or
eliminate**

Pain

Thirst

Tension

Emotions

Heartbeat



Homeostasis

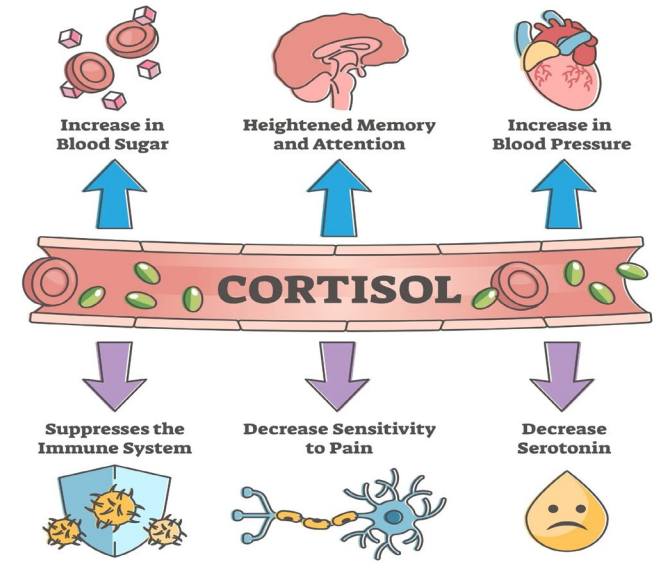


Allostasis

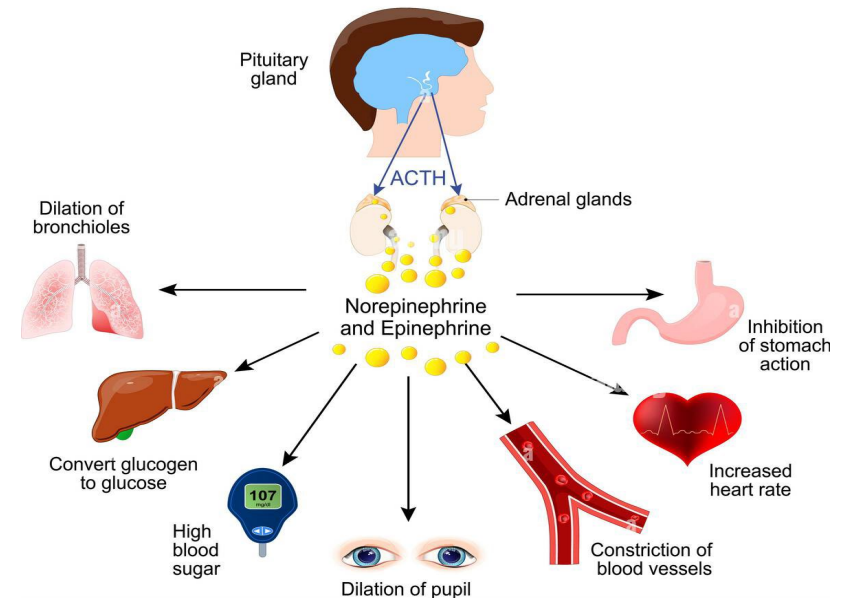
Chemical dump:--



What would YOU do if a bear jumped out from behind a tree?



Acute stress response



Am I safe?

A fear response can result in a wide variety of behavioral responses

- Fight -** Hit, push, scream, bite, lie
- Flight -** Withdraw, run away, hide,
- Freeze -** Surrender by complying, dissociation
- Etc. -** Variety of other motor responses

Our response is based on our own imprinting, family of origin, culture, values, belief systems and our own personal experience and exposure to stressors (this includes the “isms” of race, bigotry, stereotyping, etc.). Its all about the predictions our brain makes based on the statistical input of our experiences thus responses will vary.

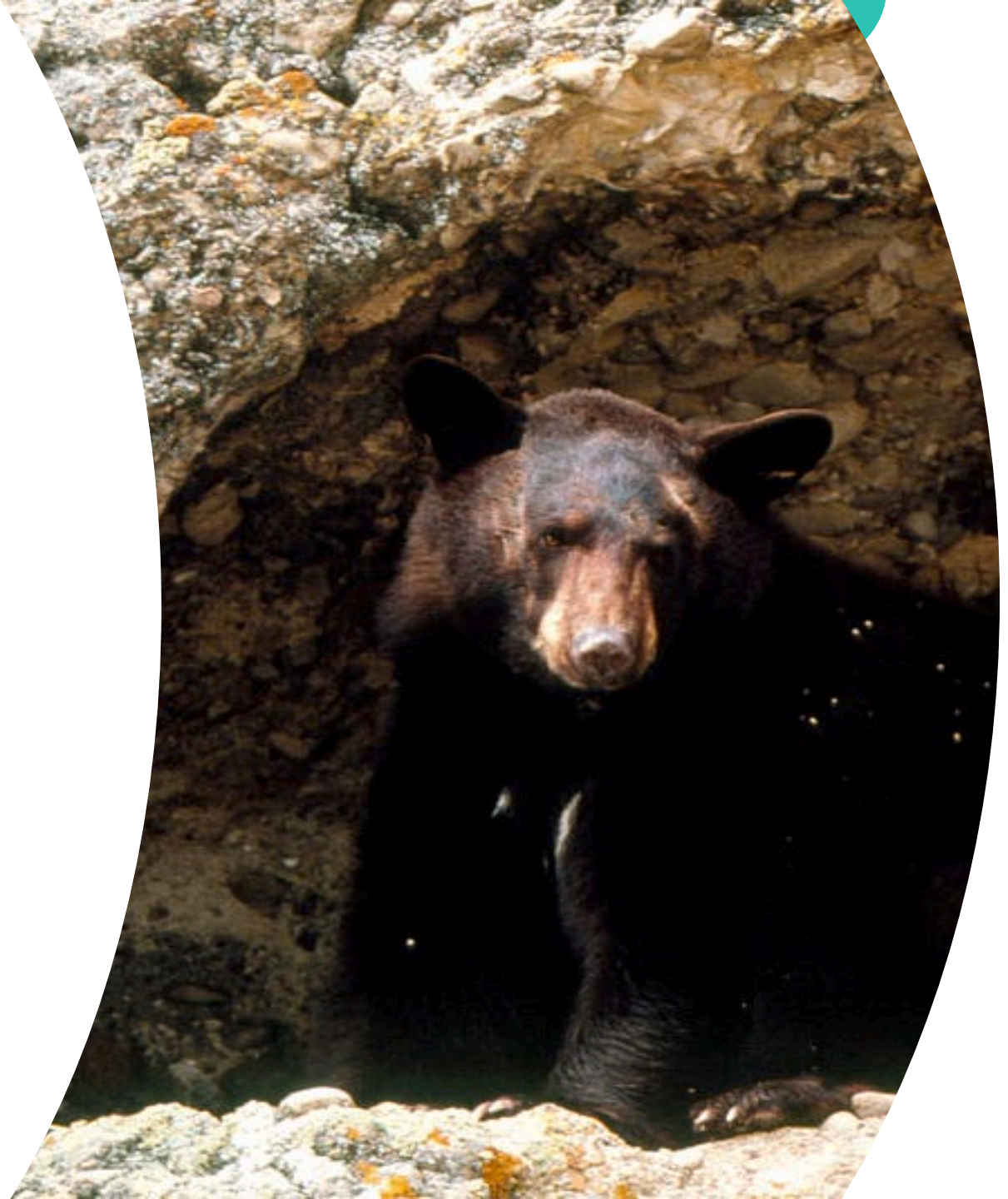
There is no universal response to the concept of fear of loss of safety,

“Energy drain”...

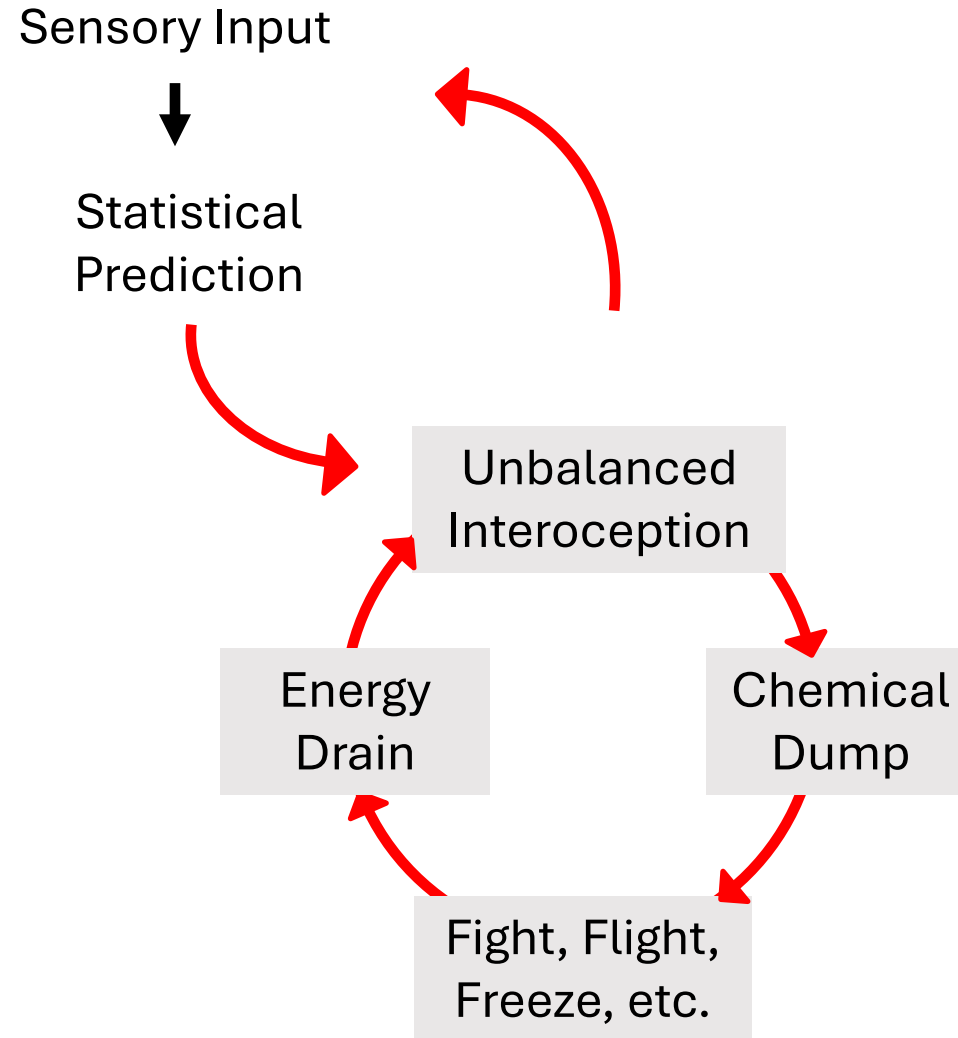
A threat response is a great thing when needed...

BUT:

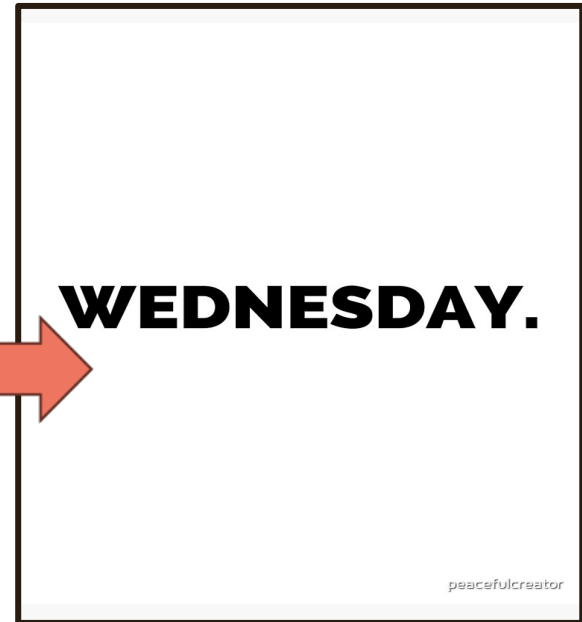
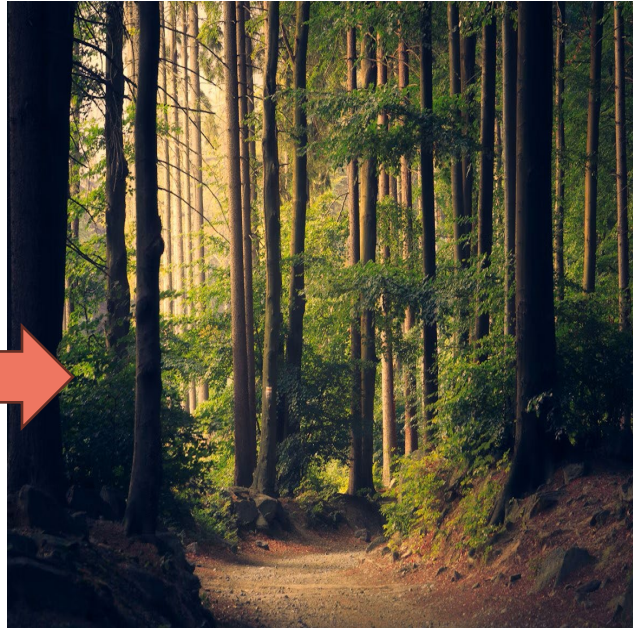
What happens when the bear comes home with you and that system is running all the time?



Predictive Brain Process



The Return Arrow: ASSOCIATIVE LEARNING

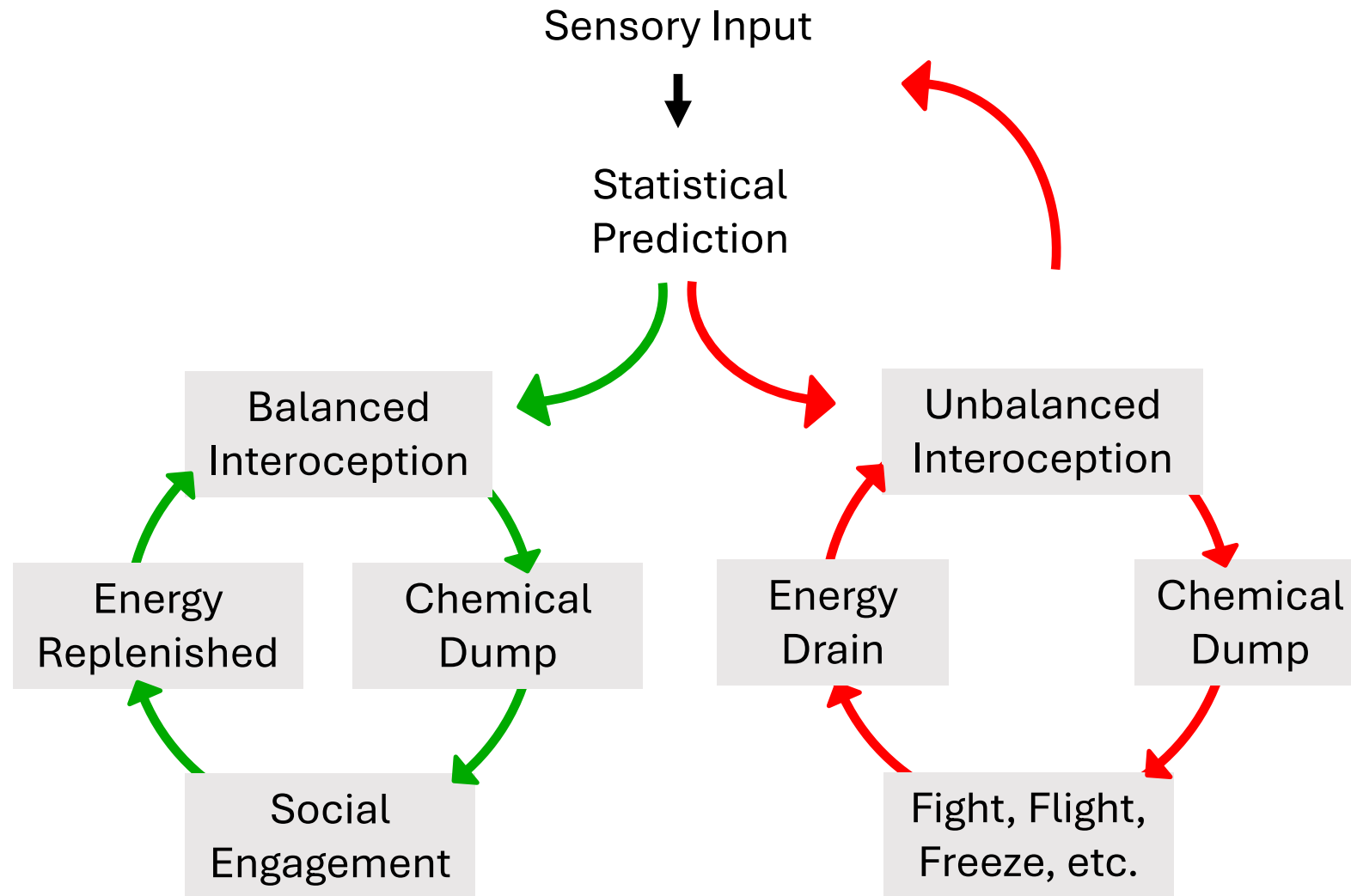


Would a baby faced with the same bear in the woods have a threat response?

A threat response is key to survival, however, the brain must also pay attention to what may be resources also critical for survival



Predictive Brain Process



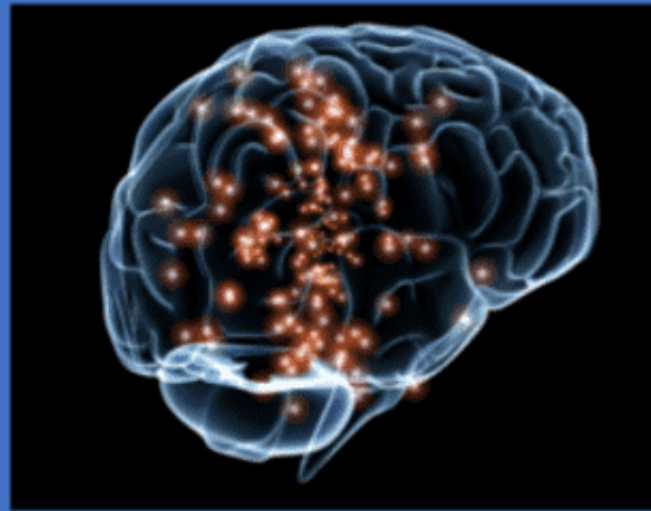
The Happy Brain Chemicals

Oxytocin: The Love Hormone

- Play with a pet
- Play with a baby
- Hold hands
- Hug
- Pay a compliment

Endorphins: The Pain Killer

- Laughing
- Aroma therapy
- Watch a comedy show
- Dark chocolate
- Exercise



This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

Dopamine: The Reward Chemical

- Finish a task
- Self-care activities
- Eat nutritious food
- Celebrate accomplishments (big and small)

Serotonin: The Mood Stabilizer

- Meditation
- Running / jogging / riding
- Sun
- A walk in nature
- Swimming



Social engagement



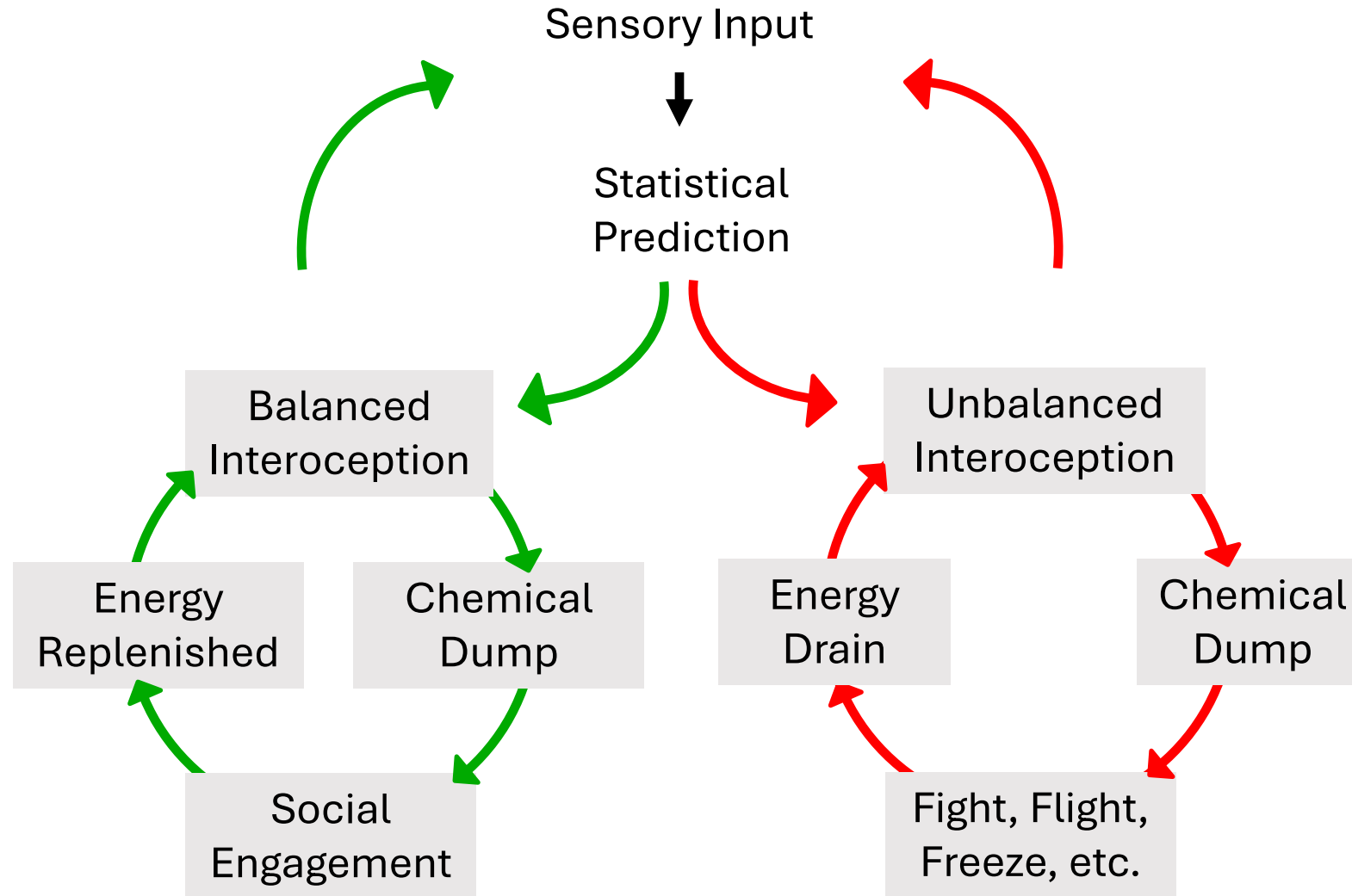
When you share a picture of a baby in your life, who gets the oxytocin bump?

With Social Engagment, Energy is Replenished

Rest
Digest
Recovery



Predictive Brain Process





resilience

The biology of resilience:
Shifting a threat response to safety by shifting sensory input

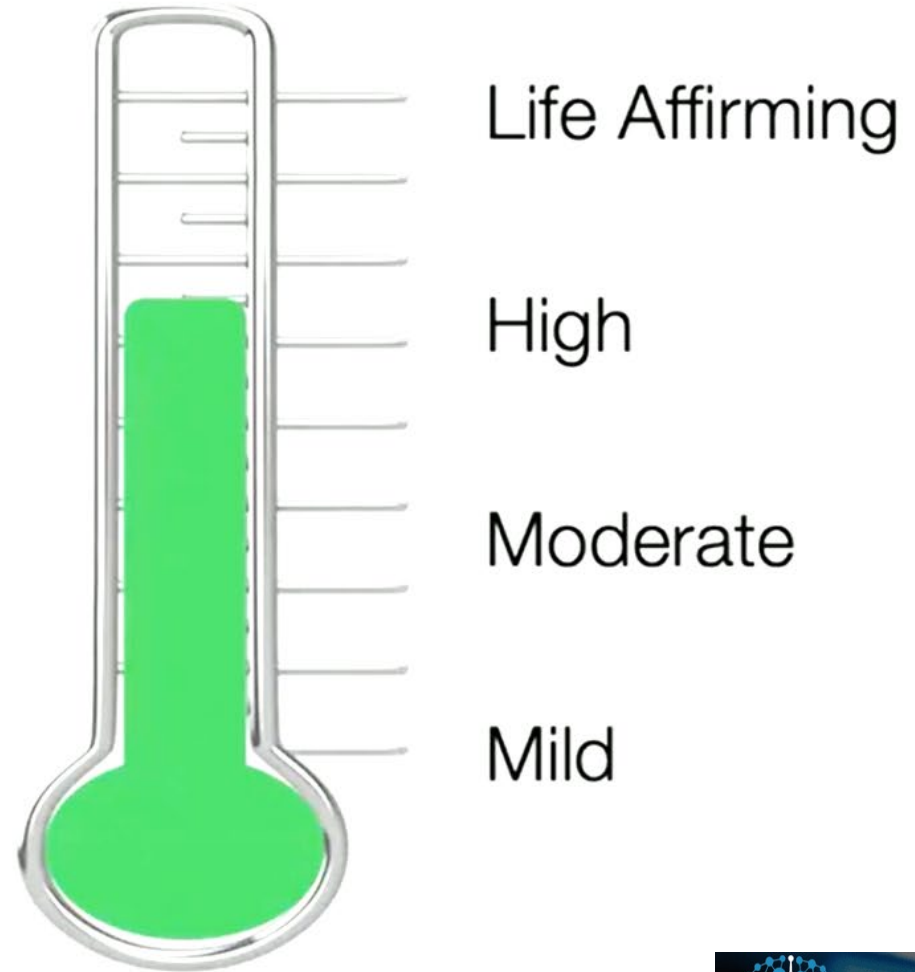
The Red Response System

- is a combo meal deal
- it is fast
- takes less repetition
- primary; default
- the slope is slippery, steep, and short



The Green Response System

- is a combo meal deal
- it is slower
- takes more repetition
- secondary but critical
- the slope is slippery, steep, and long



Kaitlyn



The Case Manager assigned has been consistent, non-confrontational, able to interact with the client showing unconditional positive regard and quietly insistent that they work together to set and honor the goals important to the client

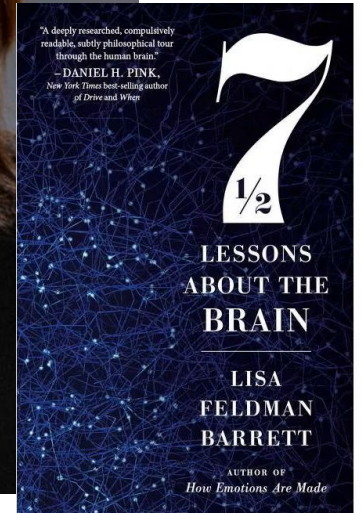
18 months into her PCAP enrollment, Kaitlyn, while not abstinent, is more stably housed, has regular & rewarding visits with her 16-month-old son, is far less reactive & can reflect on her previous behaviors with a determination to learn new ways of relating to others.



- The lens we choose to view ourselves, and the clients we serve matters—and can change outcomes at both a cellular and community level.
- Relevant services must be available, neuro informed as well as trauma informed, and of *sufficient duration and intensity* to assure that the family actually benefits and shows progress
- RESILIENCE and recovery is, ultimately, learning to tell a different story about ourselves, about the people we work with and the threats and challenges we all face. While this telling might not change the external situation, it can change the body chemistry that hinders resilience.



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Director: NeuroLeadership Academy
Master Trainer: Community
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Acknowledgments

- NWATTC, ADAI and PCAP with special thanks to Dr. Susan Stoner
- To all the parents and families who have shared their experiences and stories
- WA Health Care Authority and DBHR which funds so many community programs including PCAP
- Numerous colleagues whose collaboration has been invaluable
- Contact: lsegurpcap@agapekitsap.org or lsegur@comcast.net

Surveys

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