



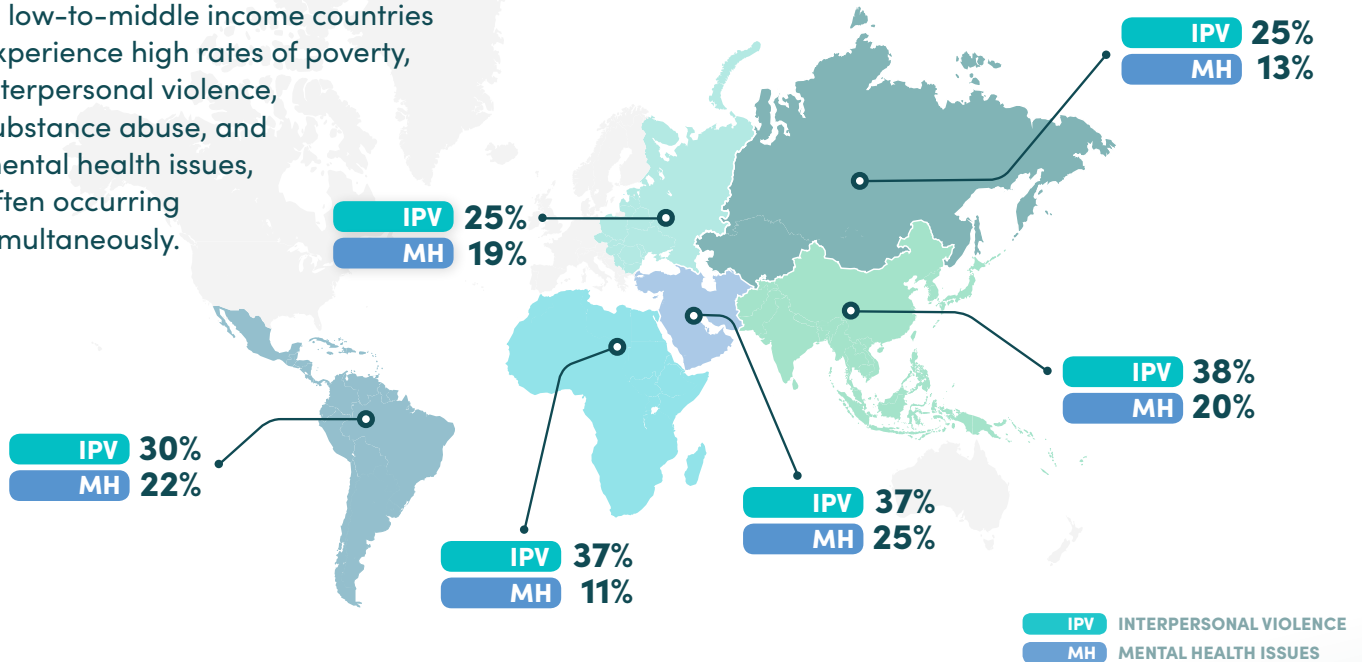
A NOVEL APPROACH

# Addressing Safety & Mental Health Around The World



## Across the globe

researchers have found those living in low-to-middle income countries experience high rates of poverty, interpersonal violence, substance abuse, and mental health issues, often occurring simultaneously.



### GLOBAL SUBSTANCE ABUSE



**ALCOHOL**  
2.8 million DEATHS



**OTHER DRUGS**  
452,000 DEATHS

## Given the growing urgency

to reduce the treatment gap and get effective treatments to those in need, we need a new approach that addresses the overlap of these health problems.

# A Single Treatment Approach to Multiple Global Health Problems

While public health problems or disorders are traditionally treated individually, the *Applied Mental Health Research Group (AMHR)* has spent nearly a decade testing the viability of a treatment model that can address multiple problems concurrently.

Rigorous science-based research has shown that well-designed transdiagnostic treatments—a single treatment approach addressing various mental, behavioral, and social problems together—can be effectively implemented by local providers in different settings. The AMHR group has led numerous studies of what is called **Common Elements Treatment Approach or CETA**.

## COMMON ELEMENTS TREATMENT APPROACH

CETA is a scientifically-proven transdiagnostic intervention, combining treatments for a range of mental health issues (trauma, depression, anxiety, substance abuse) into a single model.

CETA's modular, community-based approach addresses several mental health challenges in concert, enabling scale-up and sustainability in low-to-middle-income environments.

Engagement & Education

Cognitive Coping / Think Differently

Behavioral Activation

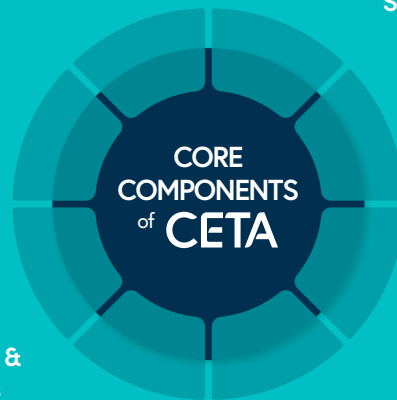
Confronting Fears & Trauma Memories

Safety Assessment & Planning

Substance Abuse Intervention

Problem-Solving

Anxiety Management



## One treatment model for many needs

CETA is designed specifically to treat multiple problem areas for adults and youth, and is adaptable to meet the needs and unique situations of each person or family. This novel approach has simplified clinical decision-making, making it a replicable and scalable treatment model for use in low-to-middle income countries around the world.



### MULTI-PROBLEM

Addresses a range of issues or problems concurrently



### MODULAR

Weave together different treatment elements



### CUSTOMIZABLE

Tailor elements, sequence, and dosage for each adult, adolescent, or child



### ADAPTABLE

Fine-tune to different severity levels (*mild, moderate, severe*)



### SCALEABLE

Simplified process facilitates implementation by lay providers

## Impact & Results

CETA has proven to be effective in reducing interpersonal violence, substance abuse, and mental health problems (e.g., depression, anxiety, post-traumatic stress, etc.), and reinforcing suicide prevention. Impact in these areas is likely to have a long-term positive impact on reducing preventable death (e.g., vehicle accidents, suicide), and improving overall public health.

Research Trials in these low-middle income countries have proven that **CETA effectively:**



### IRAQ

Reduced trauma, anxiety & depression among survivors of systemic violence in Southern Iraq



### ZAMBIA

Reduced physical & sexual violence against women and alcohol abuse in urban Zambia



### ETHIOPIA

Reduced internalizing and externalizing problems in youth in Somali refugee camps in Ethiopia



### MYANMAR

Reduced trauma & depression among refugees along the border of Thailand

IT'S TIME TO SCALE-UP CETA

## Let's get effective treatments to those in need

Complex global health issues such as interpersonal violence, substance abuse, and mental health require immediate attention to ensure effective treatment is delivered. We must work swiftly and collaboratively in communities around the world to successfully address these public health crises.



CETA is already being used in dozens of countries around the world with support from leading global development agencies and nonprofits. See the full list of countries and supporters on our website: [CETAglobal.org](http://CETAglobal.org)



**The Applied Mental Health Research Group (AMHR)** is a multi-disciplinary team working on mental & behavioral health topics around the world.

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