

RECOVER*e* Program

Clinical and Support Options, Inc.

Evaluation Report

October 1, 2011 to September 30, 2014

Prepared by:

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1. Describe evaluation activities during the reporting period.

Data Collection: Once the consumer was deemed eligible for the program and before data collection occurred, an Informed Consent was completed by the assigned Data Collection Specialist in the language of preference of the consumer (Spanish or English). Additionally, the GPRA was administered at intake to establish the baseline, followed by the Coping Behaviours Inventory, (CBI), and the Participant Locator Form. This entire process took approximately 60 minutes. Direct care Dosage Logs were also completed based on staff interaction with consumers on a continuous basis. And IT Dosage Logs were compiled within the technological system based on electronic interaction with consumers. And finally, Referral Logs were completed each time a client received and successfully accessed a referral to a service provider.

The GPRA and CBI were administered again at 6 months post the baseline and at discharge. A Satisfaction Survey was also completed upon client discharge. Original copies of the above-mentioned tools were placed by staff into the consumer's individual files and copies of the completed GPRAs, CBIs, and Satisfaction Surveys were given to the evaluation team to be entered into the appropriate database systems. All the tools were available in Spanish and English.

Tools and Frequency of Administration			
Tools	Intake	6 Months	Discharge
Informed Consent	X		
GPRA	X	X	X
CBI	X	X	X
Participant Locator Form	X	Ongoing	
Staff Dosage Logs	Ongoing		
IT Dosage Logs	Ongoing		
Referral Logs	Ongoing		
Satisfaction Survey			X

Outcome Evaluation: The outcome evaluation was a structured assessment of the EBP, Motivational Enhancement Therapy, using an adaptation of the Motivational Interviewing Treatment Integrity Code System or MITI 3.1.1. The MITI is a simplified coding system that is intended to be used: (1) as a treatment integrity measure for clinical trials of motivational interviewing and (2) as a means of providing structured, formal feedback about ways to improve practice in non-research settings. The MITI coding system was used to rate the fidelity of all technology-based “messages,” both the Web site content and the mobile phone broadcast content.

The outcome evaluation included a panel study using repeated measurements of intended outcome indicators on the same group over time to estimate net program effects. This design helped us to tie treatment intensity to shifts in outcome measures. The evaluation looked in particular at the following questions: related to the goals discussed in Section B of the original proposal: 1) To what extent did the intervention lead to increased retention? Can specific program components or participant characteristics be linked with successful outcomes? 2) To what extent did the intervention help achieve the six goals outlined in Section B: a) expand service capacity by 96 adults per year, increasing capacity for adults by an estimated 18%; b)

increase access to a greater range of substance abuse services, utilizing face-to-face therapy and SBCM with technological tools, including web-based services, video conferencing, and mobile phone support; c) increase retention in and adherence to treatment, again using technological tools that increase use of treatment programming and self-help resources; d) extend aftercare to reduce relapse potential. 3) Have linkage activities improved the delivery of services to this population? The evaluation team will document and report; (1) How many individuals have access and use the technology tools? (2) How many consumers are trained on how to effectively use the technology tools? and (3) How many expanded and enhanced technologies are integrated into the provider infrastructure?

2. Note any changes to the evaluation plan for this period and document that GPO approval was received prior to implementation of the changes.

The SAMHSA TCE-HIT team developed an additional satisfaction survey which was intended to capture participant use and satisfaction with targeted technological service provision. The survey was part of a cross-site evaluation. The RECOVER_e Program agreed to implement the additional satisfaction survey which was administered to participants upon discharge from the program. No other changes were made to the evaluation plan. Results of the additional Satisfaction Survey will be submitted in the final report.

3. Present evaluation findings to date, including outcomes, process findings, results of special studies, etc. [If nothing new from last quarter, so state.]

For the purposes of this Biannual Report, only GPRA outcomes are included at this time. A comprehensive evaluation report will be submitted for the final report which is due December 31, 2014.

The Center for Addiction Recovery (CAR) conducted the process and outcome evaluation of CSO's RECOVER_e Program. There were 289 individuals served by RECOVER_e from January 27, 2012 to September 30, 2014. Of those 289 clients, 257 were matched at baseline and 6 month data collection points. What follows is the demographic composition of the population served and the analysis and comparison of the baseline and 6 month GPRA data collection.

RECOVER_e
Analysis of GPRA data 1/27/12 through 9/30/2014

DEMOGRAPHICS, CLINICAL DATA	TOTAL	%
Clients served by grant	289	100
Gender breakdown Male	125	43
Female	157	54
Transgendered	2	1
Age breakdown 18-24	34	12
25-34	86	30

	35-44	64	22
	45-54	70	24
	55-64	26	9
	65+	1	1
	Average age	38	-
Race (not mutually exclusive)	African-American	13	4
	American Indian	20	7
	Asian	1	1
	White	243	84
Ethnicity: Hispanic/Latino	Puerto Rican	23	8
	Mexican	2	1
	Cuban	1	1
	Central American	2	1
Education	Highest Education Level Attained - Average	13	-
	- Range	6-18	-
	Clients with less than 12 years of school	53	18
Housing	Clients without permanent housing (street, shelter, someone else's apt, institution, ½ house)	98	34
Military Service	ever served	12	4
Clients with One or more Family Members in Active Duty		118	41
Monthly income from any source	Average	\$820	-
	Range	\$0-\$3,000	-
Employment	Employed at least part-time	51	18
Training	Full- or Part-time Training program	27	9

There were 289 individuals served by RECOVERe from January 2012 through to the end of the grant, September 30, 2014. Forty-three percent were men and the average age was 38. The majority identified as white (84%). Clients had completed on average 13 years of schooling. Eighteen percent had not finished high school. Thirty-four percent of clients were homeless at intake (note that our definition of homelessness includes those living in someone else's home or apartment). Twelve clients had previously served in the military. Forty-one per cent had a family member in active duty. Clients were earning on average \$820 a month at intake, 18% were employed either full or part-time, and 9% were receiving either school or job training.

CLINICAL PRESENTATION	TOTAL	%
Clients who used alcohol (≥10 days in last 30)	23	8

Clients who used illegal drugs (≥ 10 days in last 30)		46	16
Criminality	Clients arrested in the last 30 days	12	4
	Clients w/ drug-related arrests in the last 30 days	4	1
	Clients who spent at least one night in jail in the last 30 days	9	3
	Clients on Probation or Parole	60	21
Infectious Disease Risk	Injection Drug Users	12	4
	Clients sharing drug paraphernalia	2	1
	Number of unprotected sexual encounters	1105/1329	84%
Emotional Health	Clients reporting 1 or more days of serious <i>depression</i> in the last 30 days	225	78
	Clients reporting 1 or more days of serious <i>anxiety</i> in the last 30 days	250	87
	Clients reporting 1 or more days of <i>hallucinations</i> in the last 30 days	19	7
	Clients reporting 1 or more days of <i>Trouble remembering</i> in the last 30 days	200	69
	Clients reporting 1 or more days of <i>trouble controlling violent behavior</i> in the last 30 days	38	13
	Clients reporting 1 or more days of <i>suicidality</i> in the last 30 days	7	2
	Clients reporting 1 or more days of being prescribed <i>psychotropic medication</i> in the last 30 days	176	61
	Clients reporting history of Trauma	229	79
	Clients Reporting history of being physically hurt once or more in the last 30 days	22	8

Eight percent of clients reported drinking 10 or more days in the preceding 30, and 16% reported using illegal drugs. Twenty-one percent were on probation or parole. Active injection drug users accounted for 4% of the RECOVERe caseload at intake, and 1% was sharing injection paraphernalia. In the preceding 30 days before intake, 84% of all sexual encounters by clients were unprotected. Rates of mental illness symptomology were high, 78% reporting trouble with serious depression, 87% trouble with anxiety, 7% trouble with hallucinations, 69% trouble with brain function, and 13% trouble controlling violent behavior. Two percent reported signs of suicidality. Sixty-one percent of RECOVERe clients were already being prescribed a psychotropic medicine at program entry. Seventy-nine percent reported a history of trauma and 8% had been physically hurt by another in the preceding 30 days.

PREGNANCY AND CHILDREN	TOTAL	%
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Pregnant clients	9	3
Clients with children	203	70
Clients with children in another's custody - protection order	42	15

Nine clients were pregnant at intake and 203 had children. Fifteen percent reported having at least one child in another's custody due to a protection order.

The following tables report on client outcomes for all clients with available baseline and matched 6-month follow-up data (N=257).

NOTE: The majority of clients upon entry to RECOVERe were already in treatment and already abstinent (defined as 0-2 days of use in the preceding 30 days). We present these data in two ways. We group separately abstinent clients from those who are actively using (defined as 3 or more days of use) as improvements for each group differs. Improvement for those who are abstinent is signaled by an insignificant change at the six-month time point, since no change indicates continuing abstinence. For those who are actively using, improvement is measured as a drop in actively using clients.

ALCOHOL USE IN THE LAST 30 DAYS –	Intake	6 months	Rate of Change
Abstinent clients (0-2 days of use)	203	212	Insignificant Increase 4%
Actively using clients (3 or more days of use)	54	29	Insignificant Decrease 46%
All Clients average number of days used in the last 30	1.8	1.9	Insignificant Increase 5%

ILLICIT DRUG USE IN THE LAST 30 DAYS –	Intake	6 months	Rate of Change
Abstinent clients (0-2 days of use)	192	206	p<0.05 Significant Increase 7%
Actively using clients (3 or more days of use)	63	35	p<0.05 Significant Decrease 44%

All Clients average number of days used in the last 30	4.1	2.7	Insignificant Decrease 34%
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There was an insignificant increase in the number of alcohol abstinent clients from baseline to six months from 203 to 212 (+4%), suggesting that RECOVER_e is helping clients maintain their abstinence. For drugs, there was a significant increase in the number of clients maintaining abstinence at the 6-month data point ($p < 0.05$), from 192 to 206 (+7%). The number of day's clients actively used alcohol and drugs went up insignificantly for alcohol, from an average of 1.8 to 1.9 days, and down insignificantly for drugs, from an average of 4.1 days to 2.7 days.

RISK PROFILE	Intake	6 months	Rate of Change
Injection Drug Users	9	9	No Change
Clients sharing drug paraphernalia	1	1	No change
Number of unprotected sexual encounters	975/1140 86%	590/769 77%	Insignificant Decrease 9%

There was no change in the number of clients injecting drugs or sharing drug paraphernalia from intake to the six-month data point. Unprotected sexual encounters decreased insignificantly from 86% to 77% (-9%) at follow-up.

HEALTH CARE UTILIZATION	Intake	6 months	Rate of Change
Average number of sessions of Outpatient Treatment for substance abuse in the last 30 days.	5.7	4.1	$p < .01$ Significant Decrease 28%
Average number of sessions of Outpatient Treatment for a physical problem in the last 30 days.	3.2	3.0	Insignificant Decrease 6%
Average number of sessions of Outpatient Treatment for a mental health problem in the last 30 days.	4.4	3.8	$p < .05$ Significant Decrease 14%
Average number of nights of Inpatient Treatment for substance abuse in the last 30 days.	6.7	6.1	Insignificant Decrease 9%

Average number of nights of Inpatient Treatment for a physical problem in the last 30 days.	2.8	8.1	Insignificant Increase 65%
Average number of nights of Inpatient Treatment for a mental health problem in the last 30 days.	6.6	10.2	Insignificant Increase 35%
Average number of times Individuals visited an emergency room for a substance problem in the last 30 days	1.1	1.0	Insignificant Decrease 9%
Average number of times Individuals visited an emergency room for a mental problem in the last 30 days	1.4	1.1	Insignificant Decrease 21%
Average number of times Individuals visited an emergency room for a physical problem in the last 30 days	1.4	1.4	No Change

There was a statistically significant drop of 28% ($p<0.01$) in the number of client visits to outpatient treatment for substance abuse at 6 months and a 14% drop in visits to mental health services ($p<0.05$). Other types of treatment visits either stayed the same or went down insignificantly.

EMOTIONAL HEALTH	INTAKE	6 MONTHS	RATE OF CHANGE %
Average Number of days clients experienced <i>depression</i> in the last 30 days	12.7	10.9	Insignificant Decrease 14%
Average Number of days clients experienced <i>serious anxiety or tension</i> in the last 30 days	17.5	14.2	$p<0.01$ Decrease 19%
Average Number of days clients experienced <i>hallucinations</i> in the last 30 days	.5	.5	No Change
Average Number of days clients experienced <i>problems with brain function</i> in the last 30 days	14.1	11.9	$p<0.05$ Significant Decrease 16%

Average Number of days clients experienced <i>trouble controlling violent behavior</i> in the last 30 days	.8	.5	Insignificant Decrease 37%
Average Number of days clients experienced <i>suicidal</i> symptoms in the last 30 days	.1	.1	No Change
Average Number of day's clients were on <i>Psychiatric Medication</i> in the last 30 days.	15.5	15.5	No Change
Impact of drugs or alcohol on emotion. Average Score (clients experiencing significant impact)	20	8	Insignificant Decrease 60%
Impact of drugs or alcohol on stress levels. Average Score (clients experiencing significant impact)	31	12	p=.001 Decrease 61%
Impact of drugs or alcohol on activity. (clients experiencing significant impact)	18	8	Insignificant Decrease 56%
Self reported health status. (clients experiencing poor perception of health)	117	93	Insignificant Decrease 21%
Trauma Symptoms: Nightmares	168	140	Insignificant Decrease 17%
Trauma Symptoms: Feeling numb and detached	152	132	Insignificant Decrease 13%
Trauma Symptoms: Trying hard not to think about traumatic memories	171	148	Insignificant Decrease 13%
Trauma Symptoms: being on constant guard	151	135	Insignificant Decrease 11%
Physically hurt in last 30 days	18	14	Insignificant Decrease 22%

There was a drop in the average number of day's client's experienced serious depression (-14%) and anxiety (-19%, $p<0.01$), though averages did not change for hallucinations. There was, however, a significant decrease (-16%, $p<0.05$) in the average number of days clients had trouble understanding, concentrating or remembering. Trouble controlling violent behavior also went down by 37% at the 6-month data point. There was no change between the two time points

in suicidal symptoms or the use of psychiatric medication. Clients reported statistically significant decreases with stress levels (61%, $p=0.001$), insignificant decreases in emotion (60%) and activity (56%) levels related to substance use. Twenty-one percent fewer clients reported their health status to be fair or poor. Trauma related symptoms went down insignificantly across the board. There was also an insignificant decrease in the number of clients reporting physical violence in the last 30 days, from 18 to 14 (-22%).

OTHER	INTAKE	6 MONTHS	RATE OF CHANGE %
Total income	835	630	Insignificant Decrease 25%
Homelessness	84	60	Insignificant Decrease 7%
Employment at least P/T	45	48	Insignificant Increase 6%
Attend Self-Help (average number of times, 30 days prior)	48	42	Insignificant Decrease 12%

There was a 25% decrease in total income for clients at the six-month data point, an insignificant decrease (-7%) in homelessness, an insignificant increase (+6%) in the number employed. There was a small loss in the number of self-help meetings clients attended between intake and the six-month period (-12%).

6. Provide any other important information about evaluation activities.

N/A

7. Attach any written evaluation reports received during the period.