Recovery Unplugged Treatment Outcome Study

(Passive Observational Study of Resident Outcomes)

Brief Summary, February 15, 2018

Prepared by Christian DeLucia, Ph.D.

Residents are assessed on a broad array of psychosocial outcomes including substance use history, mental health history, social history, and myriad additional constructs related to problematic substance use and thought to enhance recovery efforts (e.g., emotion regulation, coping skills). Several parameters of the treatment experience are also assessed – including how residents connect with the music-related elements of treatment, how residents experience shared emotional connections with one another, and resident sense that Recovery Unplugged meets their clinical needs. Contours of the clinical relationship between the resident and his or her primary clinician are also assessed (e.g., working alliance, client perception of therapist empathy, etc.). The Addiction Severity Index, a widely used measure in substance use treatment outcome research, anchors the baseline and follow-up assessments.

The study is composed of two phases. The in-treatment study assesses clients at baseline, mid-treatment, and discharge. During calendar year 2017, data were collected on 131 residents. During the follow-up study, clients complete assessment measures at one month, three month, and six months post-discharge. As of February 9, 2018, follow-up rates were as follows:

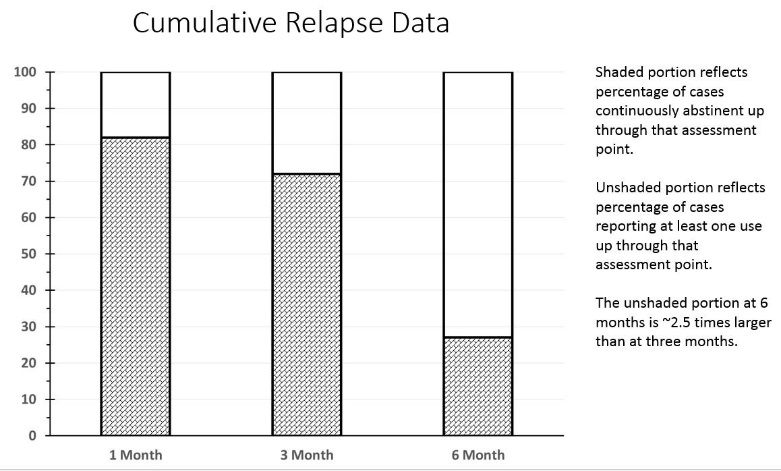
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| Interview | # Interviewed | % of those eligible |
| One month | 79 | 61.2 |
| Three month | 59 | 51.0 |
| Six month | 46 | 52.3 |

The research team presented four posters at the Addiction Health Services Research Conference in Madison, Wisconsin in October of 2017. The posters examined in-treatment changes on (1) mental health (i.e., anxiety, depression, and trauma symptoms), (2) positive mental health (i.e., optimism, gratitude, hope, and self-esteem), (3) substance-related cognitions (i.e., situational confidence to maintain abstinence, abstinence self-efficacy, and commitment to sobriety), and (4) emotion regulation and additional facets of self-concept (i.e., shame and self-compassion).

All analyses suggested that residents experienced significant and clinically meaningful gains (or reductions) in all of the outcomes assessed.

Although not presented at a professional conference yet, the research team has examined several parameters of the treatment experience – including how residents connect with the music-related elements of treatment, how residents experience shared emotional connections with one another, and resident sense that Recovery Unplugged meets their clinical needs. Preliminary analyses of these data suggest that clients report very positive perceptions of treatment – beginning at Day 4 and persisting throughout their stays at Recovery Unplugged. In other words, early in treatment, clients report very favorable perceptions of treatment and those very favorable perceptions do not subside over the course of treatment.

The research team is beginning to work with the follow-up (post-discharge) data now. A preliminary examination of relapse data in December of 2017, suggested the following pattern of cumulative relapse.



These initial relapse data suggest that 18% of residents who completed the one month follow-up reported use of at least one substance. The cumulative ‘relapse’ rate by the three month follow-up was 27% - suggesting that 27% of interviewed residents reported use of at least one substance by three months. The cumulative relapse risk went up dramatically between three and six months to 72%. The research team has not looked very closely at these data yet, so caution is warranted in interpretation.